



## FITTING INSTRUCTIONS FOR AB0057BK ADVENTURE BARS BMW R1250R + RS SPORT 2019-



**THIS KIT CONTAINS THE ITEMS PICTURED AND LABELLED OVER PAGE.**

SOME PARTS MAY BE SHOWN FOR CLARITY OF INSTRUCTIONS ONLY.

DO NOT PROCEED UNTIL YOU ARE SURE ALL PARTS ARE PRESENT.

**PLEASE READ ALL INSTRUCTIONS BEFORE PROCEEDING.**

**IF IN ANY DOUBT WHEN FITTING OUR PRODUCTS, CONSULT ONE OF OUR DEALERS  
OR HAVE FITTED BY A QUALIFIED TECHNICIAN.**

PLEASE NOTE THAT THE WAY THE KIT IS PACKED DOES NOT NECESSARILY REPRESENT THE WAY OF  
MOUNTING TO THE BIKE.

IN THE EVENT OF RUBBER WASHERS BEING USED TO HOLD COMPONENTS ONTO BOLTS,  
THESE RUBBER WASHERS CAN BE THROWN AWAY.

**DIGITAL COPIES OF THESE INSTRUCTIONS ARE AVAILABLE FROM:**

[WWW.RG-RACING.COM](http://WWW.RG-RACING.COM)

R&G Racing

Unit 1, Shelly's Lane, East Worldham, Alton, Hampshire GU34 3AQ.



<b><u>TOOLS REQUIRED</u></b>	<b><u>GENERAL TORQUE SETTINGS</u></b>
<ul style="list-style-type: none"> <li>• Torx socket set to include T25, T50 sockets</li> <li>• 2 x 19mm sockets and ratchets or similar</li> <li>• 8mm allen head tool</li> <li>• 18mm socket</li> <li>• Flexible Extension bar</li> <li>• Soft mallet</li> </ul>	M4 BOLT = 8Nm M5 BOLT = 12Nm M6 BOLT = 15Nm M8 BOLT = 20Nm M10 BOLT = 40Nm M12 BOLT = 40Nm

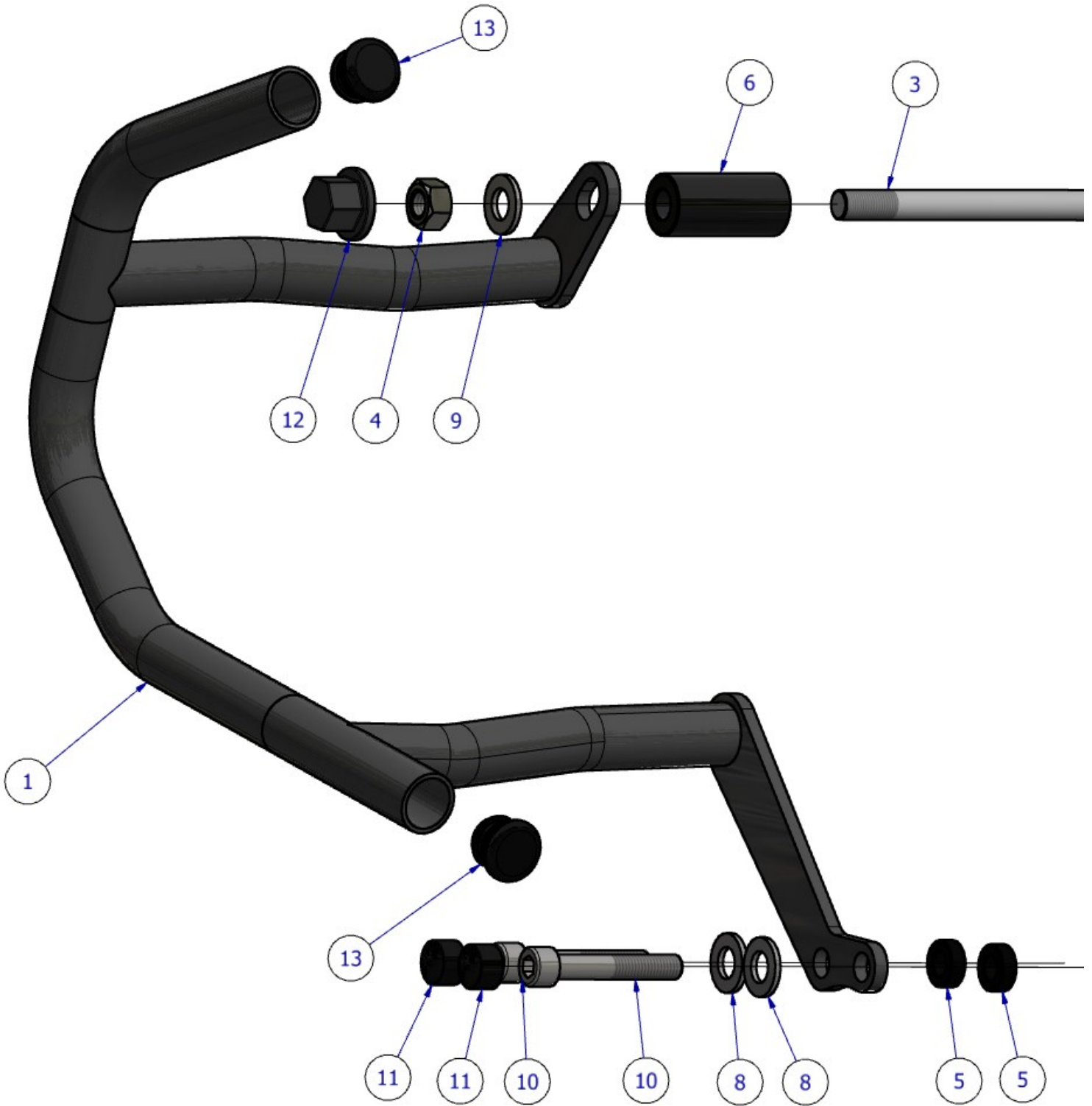
## **LEGEND**

<b>ITEM No.</b>	<b>DESCRIPTION</b>	<b>QTY</b>
ITEM 1	AB0049 LHS - LHS CRASH BAR	1
ITEM 2	AB0057 RHS - RHS CRASH BAR	1
ITEM 3	EB099 M12x440mm ENGINE BAR	1
ITEM 4	M12 NYLOC NUT	2
ITEM 5	S0050 SPACERS 7mm WIDE (LOWER BRACKETS BOTH SIDES)	4
ITEM 6	S0279 SPACER 53mm LONG (UPPER LHS SPACER)	1
ITEM 7	S1227 SPACER 107mm LONG (UPPER RHS SPACER)	1
ITEM 8	M10 WASHER	4
ITEM 9	M12 WASHER	2
ITEM 10	M10x1.5x60mm LONG CAP HEAD BOLTS (LOWER MOUNTS BOTH SIDES)	4
ITEM 11	NC0007 - M10 CAP HEAD BOLT CAPS	4
ITEM 12	NC0003 M12 NUT CAPS	2
ITEM 13	FI0149 FRAME TUBE INSERT	4

R&G Racing

Unit 1, Shelly's Lane, East Worldham, Alton, Hampshire GU34 3AQ.

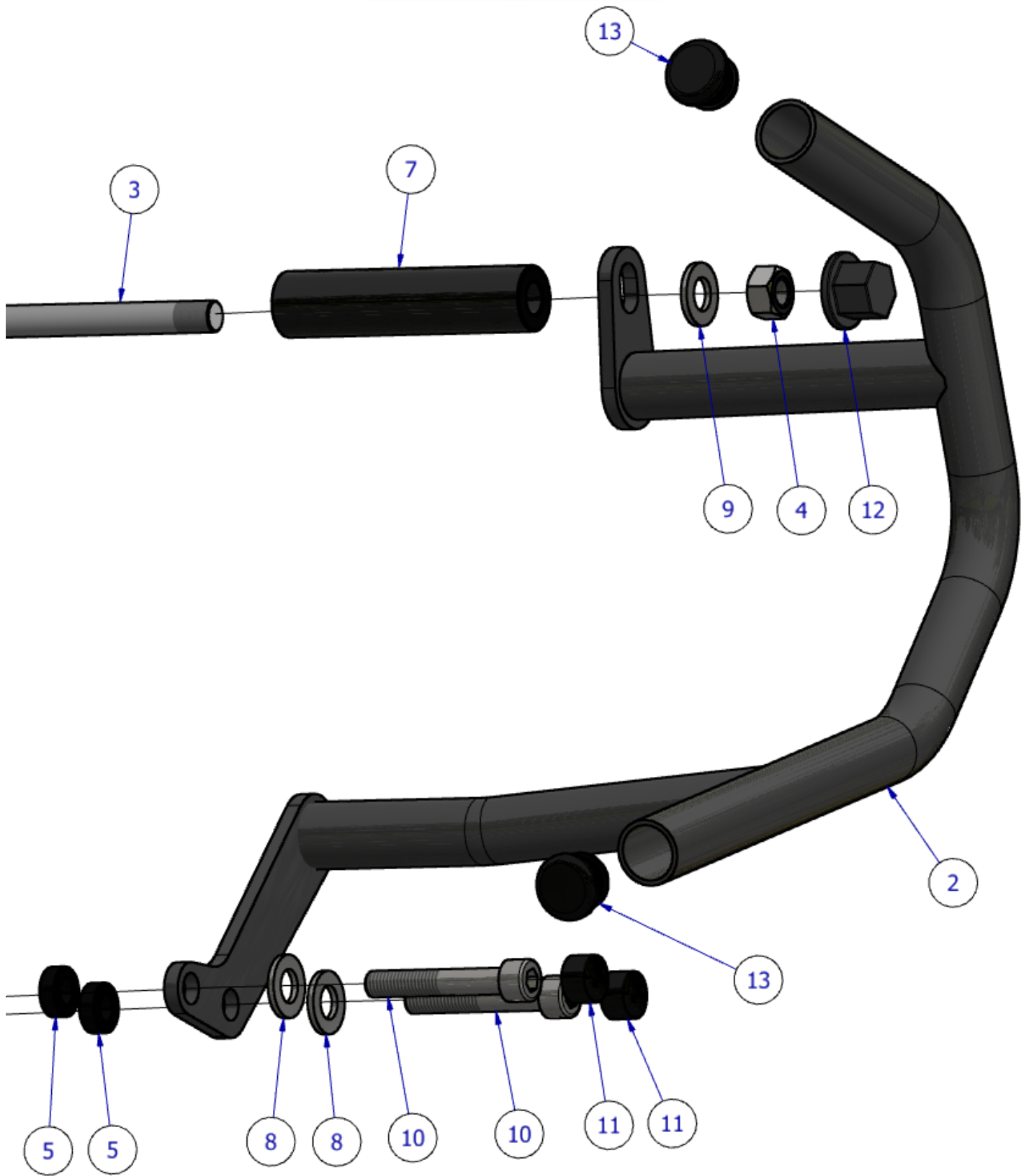
Tel: +44 (0)1420 89007 Fax +44 (0)1420 87301 [www.rg-racing.com](http://www.rg-racing.com) Email: [info@rg-racing.com](mailto:info@rg-racing.com)



**ASSEMBLY DIAGRAM 1**  
**LEFT HAND SIDE**

R&G Racing

Unit 1, Shelly's Lane, East Worldham, Alton, Hampshire GU34 3AQ.

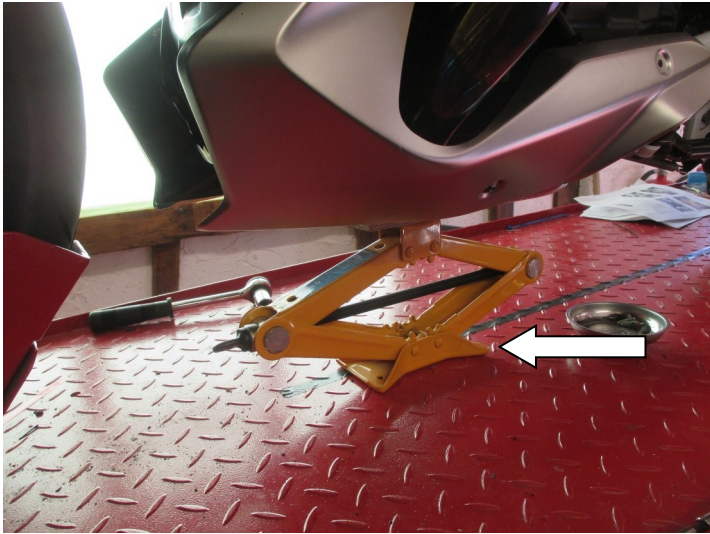


**ASSEMBLY DIAGRAM 2**  
**RIGHT HAND SIDE**

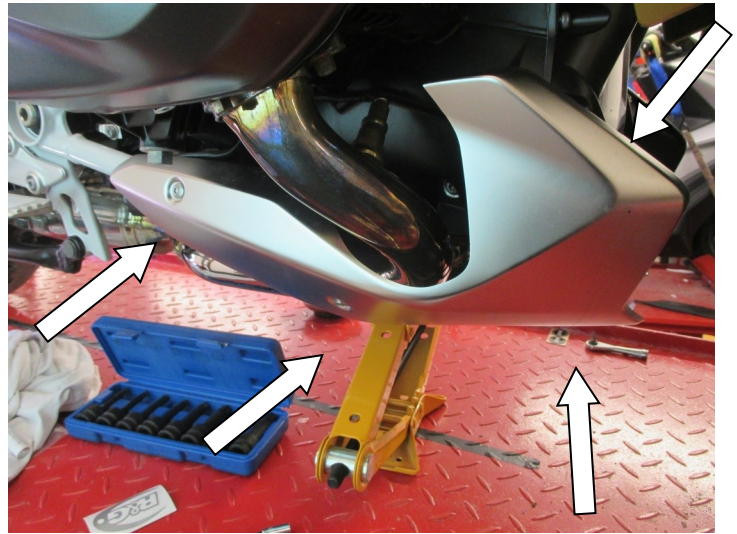
R&G Racing

Unit 1, Shelly's Lane, East Worldham, Alton, Hampshire GU34 3AQ.

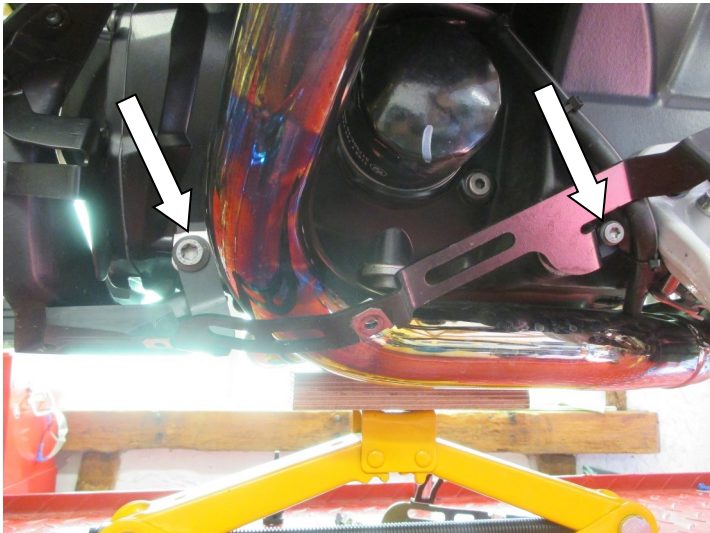
Tel: +44 (0)1420 89007 Fax +44 (0)1420 87301 [www.rg-racing.com](http://www.rg-racing.com) Email: [info@rg-racing.com](mailto:info@rg-racing.com)



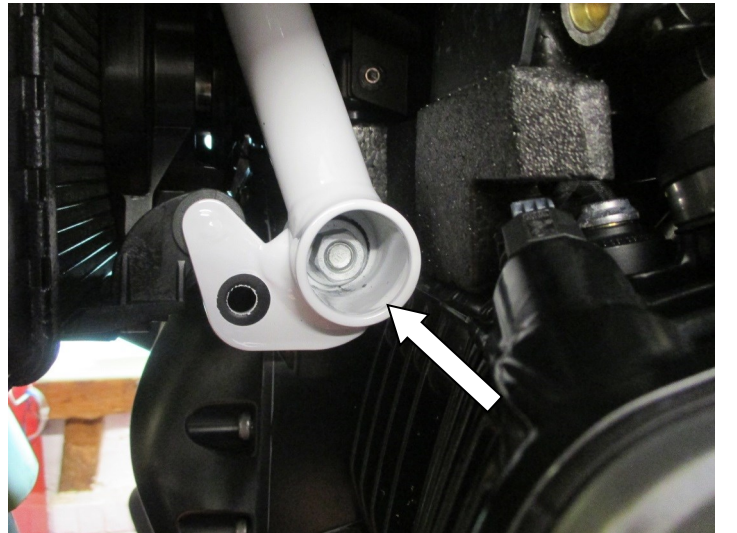
PICTURE 1



PICTURE 2



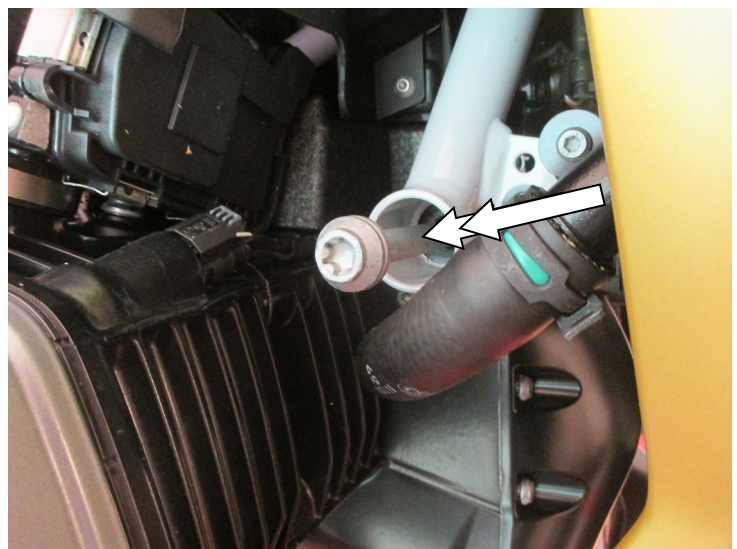
PICTURE 3



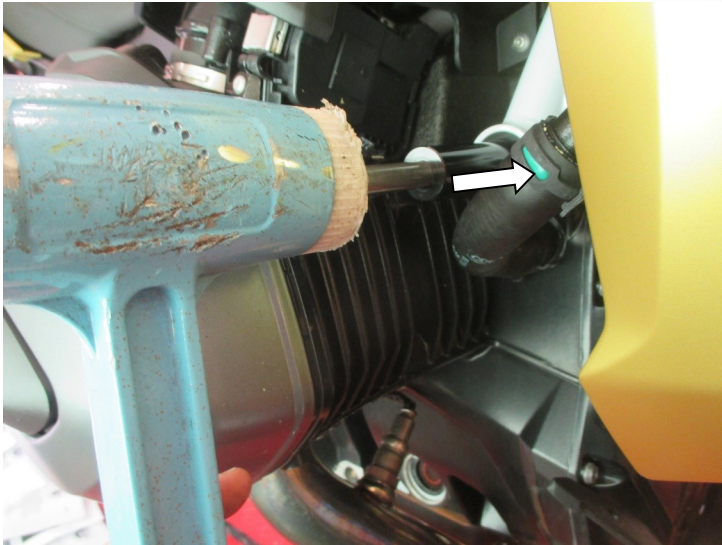
PICTURE 4



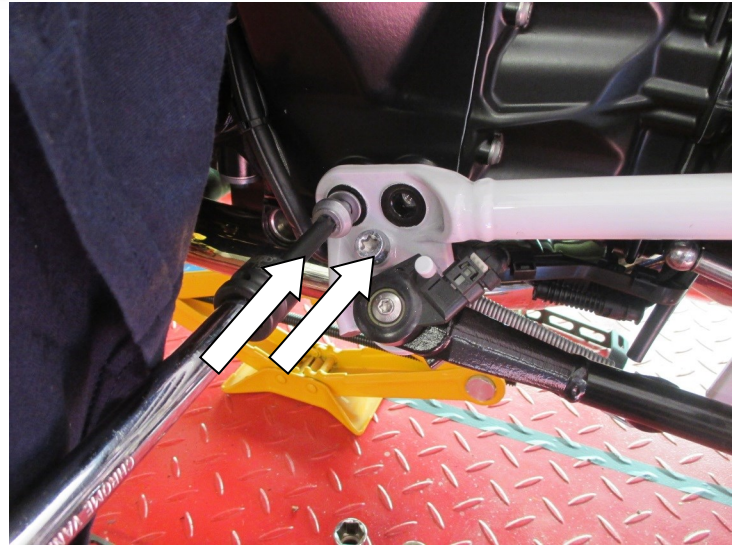
PICTURE 5



PICTURE 6



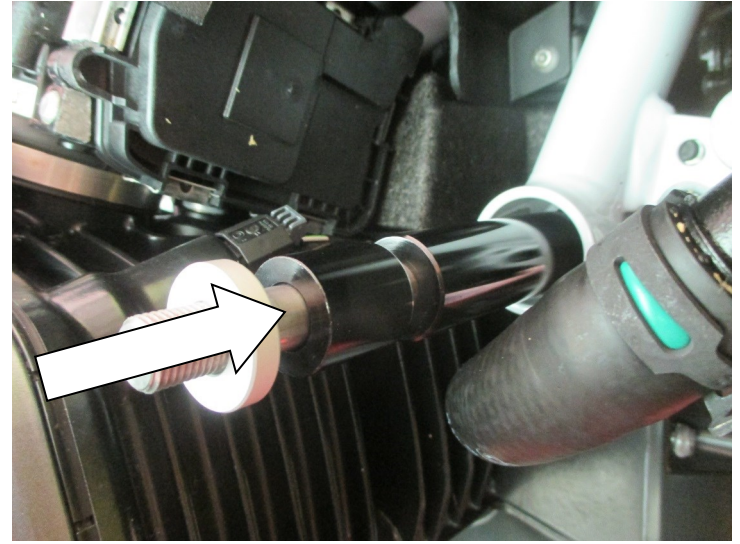
PICTURE 7



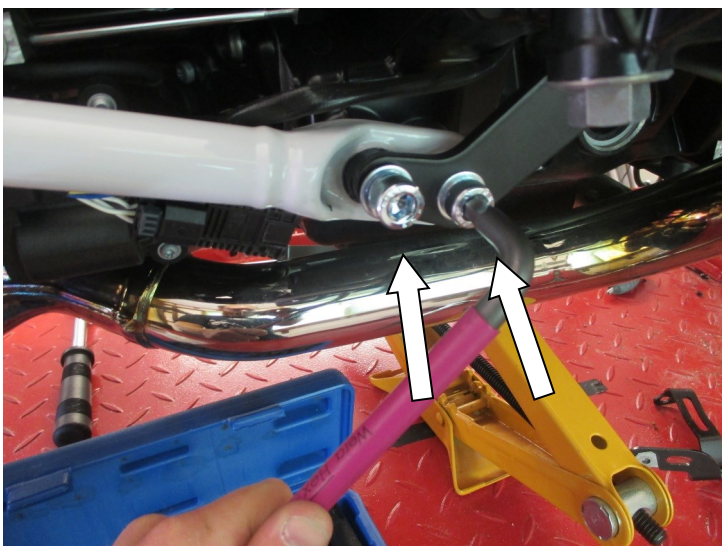
PICTURE 8



PICTURE 9



PICTURE 10



PICTURE 11



PICTURE 12

R&G Racing

Unit 1, Shelly's Lane, East Worldham, Alton, Hampshire GU34 3AQ.

Tel: +44 (0)1420 89007 Fax +44 (0)1420 87301 [www.rg-racing.com](http://www.rg-racing.com) Email: [info@rg-racing.com](mailto:info@rg-racing.com)



## **FITTING INSTRUCTIONS**

Before removing any bolts, ensure to support the engine from underneath as shown in **Picture 1**, to prevent the engine from moving during installation. Be aware that some parts of the installation would be made easier with an assistant.

### **Engine spoiler removal**

Depending on your model, or if fitted with optional stainless steel engine spoiler, this will need to be removed, including mounting brackets before installing adventure bars. Follow the steps below if applicable:

- Remove the 4 torx bolts arrowed in **Picture 2** from each side of the chin spoiler and remove these from the bike using a Torx T25 tool.
- Remove the 2 torx bolts securing the chin spoiler brackets on each side of the bike as arrowed in **Picture 3** using a T50 tool and remove from the bike.

### **LEFT HAND SIDE**

- Remove the original engine bar nut arrowed in **Picture 4** using an 18mm socket. A flexible extension may make this easier to access. You may need to have a helper secure the engine bolt from the RHS of the bike as shown in **Picture 5** using a torx socket and wrench to avoid the bar spinning when removing the nut.

### **RIGHT HAND SIDE**

- Withdraw the original engine bar from the RHS of the bike as shown in **Picture 6**. You may wish to use a drift from the LHS to push the bar through the engine mount.
- Replace the OEM engine bar with the EB099 engine bar provided (item 3) from the RHS of the bike, inserting the longer thread first and making sure to leave an equal amount of bar protruding from each side of the engine. You may wish to use a soft mallet to tap the bar through the engine mounts as shown in **Picture 7**.

**The following steps should be done in order, ensuring to only remove one pair of lower engine bolts at any time to prevent engine from moving in the frame.**

### **LEFT HAND SIDE**

- Referring to the LHS **Assembly Diagram 1** on page 3, slide the shorter M12 spacer (S0279—Item 6) over the exposed engine bar on the LHS of the bike.
- Remove the two bolts arrowed in **Picture 8** on the left hand side of the bike using a Torx T50 socket.



- Offer up the LHS crash bar assembly (item 1) ensuring to slide the upper mount over the exposed engine bar to meet the spacer (item 6) and the lower mounts in line with the lower engine bolts removed.
- Fix the assembly in place using 2 x M10 cap head bolts (item 10) and washers (item 8) with one M10 spacer (item 5) per bolt in the lower mounts as shown in **Assembly Diagram 1** and **Picture 9** using an 8mm allen head tool. Do not tighten fully at this stage.
- Place one M12 washer (item 9) over the end of the protruding engine bar and fasten one M12 Nyloc nut (item 4) in place. Do not attempt to tighten fully at this stage.

### **RIGHT HAND SIDE**

- Referring to **Assembly Diagram 2** on page 4, Place the longer M12 spacer (S1227—item 7) over the end of the exposed engine bar on the RHS of the bike as shown in **Picture 10**.
- Repeat the process for the RHS adventure bar assembly (item 2) by removing the 2 lower engine mount bolts and fixing the RHS assembly in the same manner as before, using the remaining M10 bolts (item 10), M10 Washers (item 8) and M10 spacers (item 5) as shown in **Picture 11**. Do not tighten fully at this stage.
- Place the remaining M12 washer (item 9) and M12 Nyloc nut (item 4) over the protruding end of the engine bar on the RHS, ensuring to engage the Nyloc nut fully.
- Now fully tighten the lower M10 engine mount bolts on both sides using an 8mm allen tool to the recommended torque.
- Remove the engine support from underneath the bike, this will help prevent the engine bar from spinning during the next stage.
- Tighten both M12 Nuts of the engine bar using 2 x 19mm Sockets to the recommended torque. You may need an assistant to hold the LHS while tightening the RHS, making sure to fully engage both Nyloc nuts and leave an equal amount of engine bar protruding from each nut.
- As shown in both **Assembly Diagram 1 & 2**, Fit the two larger nut covers (item 12) over each M12 nut, as shown in **Picture 12**.
- Now fit the remaining M10 nut covers (item 11) over each of the lower M10 mount bolts.
- Fit the four frame tube inserts (Item 13) into the open ends of both adventure bars. They may need a soft tap with mallet to seat.
- Re-fit the engine spoiler (if applicable) by reversing the removal process.
- Ensure all parts of the bike are secure and check the tightness of all nuts before riding.

R&G Racing

Unit 1, Shelly's Lane, East Worldham, Alton, Hampshire GU34 3AQ.

Tel: +44 (0)1420 89007 Fax +44 (0)1420 87301 [www.rg-racing.com](http://www.rg-racing.com) Email: [info@rg-racing.com](mailto:info@rg-racing.com)