

STEADILY OFF ROAD

YAMAHA YZ250F, YZ450F FLYWHEEL

WARNING: ADDING FLYWHEEL WEIGHT WILL CHANGE THE PERFORMANCE OF YOUR YZF. Ride slowly and carefully until you become comfortable with the way the bike produces power with the new part.

You will need a Yamaha YZF flywheel puller Steadily part# E-1 for this installation.

1. Drain the oil from the engine or shut off the gas and lay the bike over on its side.
2. Remove shifter.
3. Remove the ignition cover from the left side of the engine. Take care not to tear the gasket or have a new gasket available.
4. Remove the flywheel nut. The nut is a normal thread, so turn it counterclockwise to remove. Nut removal can be tricky because the whole flywheel assembly turns when you try to loosen the nut. You will have to use your own ingenuity to find a way to lock up the engine, but we have listed some ideas below. Some of these **could cause damage** if you are not careful, use at your own risk.
 - A. Put a 5mm T-handle Allen wrench in the engine case bolt at the front of the engine and hold it tight. As the engine rotates the counter balancer will bump into the Allen wrench and stop the rotation.
 - B. Use an air impact wrench to loosen the nut, you should not need to lock up the engine.
 - C. Put the transmission in high gear and hold the rear brake on. Be careful, if you over torque or get too rough you could break your brake caliper bracket.
5. Use the proper flywheel puller to remove the flywheel. Do not use claw pullers.
6. Install new flywheel and torque flywheel nut to OEM torque specifications (44 lbs).
7. Replace the side case. Use a new gasket if necessary. Torque side case bolts to 7 foot pounds.
8. Replace the shifter. Make sure the bolt threads in smoothly - cross threading is easy.