



2003-2004 Honda CRF150/230

MUFFLER INSTRUCTIONS

Thank you for purchasing the FMF Powercore 4 muffler for your **CRF150/230**. We have spent countless hours of design work and testing to insure you receive the highest quality product on the market today.

Your Powercore 4 muffler has been developed using the latest design, testing and manufacturing technologies. It is manufactured from an extruded aluminum canister with a nickel plated mid pipe, hi-flo end cap and uses space age sound-absorbing packing material.

The Powercore 4 muffler is designed to broaden your existing powerband and give you an all around power increase.

Check out our website www.fmfracing.com for more information.

Please read all instructions thoroughly before installation. Failure to follow all installation instructions completely will void any FMF warranty implied or otherwise. FMF Racing will not be held responsible for problems derived from improper installation and/or improper usage.

Before you begin installing this product, be sure you are wearing **eye protection** and gloves. You should have a complete understanding of how to remove and replace your stock exhaust. If you do not, you should have it installed by a professional mechanic. Keep all OEM parts when removing your stock exhaust, as some parts may be utilized with the FMF exhaust depending on your particular application.

PARTS SUPPLIED

- (1) Long Strap Bracket
- (1) 32mm Flat Washer
- (1) #52 Header Band Clamp

TOOLS REQUIRED

- | | |
|------------------|-----------------|
| 11mm Wrench | Contact Cleaner |
| 12mm Wrench | WD-40® |
| Vise Grip Pliers | Hi-temp Silicon |

REMOVAL

OEM = Original Equipment Manufacturer

- 1] Remove the right plastic side panel to gain access to the muffler.
- 2] Loosen the OEM header clamp at the front of the muffler.
- 3] Slightly loosen the header flange at the front of the motor.
- 4] Loosen and remove the front OEM muffler bolt. Keep for later use.
- 5] While holding the muffler, loosen and remove the rear OEM muffler bolt. Keep for later use.
- 6] Gently slide the muffler rearward to release it from the header. Spray WD-40 on the joint if it is difficult to remove.

PRE-INSTALLATION

- 7] Clean the header where the muffler slips over with contact cleaner.
- 8] Lightly coat the header with hi-temp silicon to aid sealing.

INSTALLATION

- 9] Slip the muffler inlet over the header.
- 10] Attach the exhaust by using the existing OEM bolt on the front lower subframe mount. Do not fully tighten at this time.
- 11] While supporting the muffler, slide the strap bracket carefully over the muffler and position it to the rear upper mounting point. Be careful not to scratch the aluminum canister and make sure the “inside” sticker on the bracket is towards the subframe.
- 12] Using vise grip pliers, pinch the strap bracket tabs together and install the existing OEM bolt with the supplied washer between the subframe and the bracket. Do not fully tighten at this time.
- 13] Slowly tighten all mounting fasteners and clamps to OEM specified torque specs, starting from the header and working back. Make sure the header and muffler are in neutral positions and not binding.
- 14] Inspect the complete exhaust to make sure the exhaust system is not in contact with the frame, shock spring, engine, body panels or any cables, hoses or wiring. The exhaust system should only be in contact with the exhaust port and mounting points. Confirm all controls operate in accordance with the manufacturer’s specifications.
- 15] Your muffler may have a protective coating to protect its finish. You will need to clean this off prior to starting the engine with either Windex® or 409®.

POST-INSTALLATION

- 16] Before operating your CRF refer to our website for jetting recommendations. Stock jetting in most cases will work fine. Our sea-level, 70 degree, jetting recommendations are to be used as a guide only. There are too many variables outside of FMF’s control to give you an exact configuration. If you’re not capable of tuning your motorcycle yourself, please find a mechanic in your area who is capable to take on this role. Refer to our website for more jetting information.
- 17] Start the engine and bring it up to operating temperature. Check for exhaust leaks.
- 18] Let engine cool completely and re-torque all mounting hardware to the manufacturers specifications.

MAINTENANCE

To clean your FMF muffler, simply use soap and water when it becomes dirty. Let exhaust system cool before cleaning. Do not spray cold water onto a hot exhaust. Dry completely.

Use a fine scotch-brite pad and WD-40® to clean the stainless steel mid pipe and endcap if needed.

We recommend repacking your Powercore 4 muffler after 20-30 hours of use when properly jetted. This will maintain peak performance and keep that race tone. We have various packing materials to choose from. We also recommend cleaning the spark arrestor screen (if equipped) every 30 hours of use using a wire brush gently.

To repack the muffler, remove the six (6) allen screws from the front of the muffler using a 4mm allen wrench. Do not remove the rear endcap. Gently slide out the front mid pipe from the muffler canister. You may need to use a rubber or plastic mallet to lightly tap it out. Be careful not to damage the muffler. Unwrap the packing from the core and discard. If your muffler uses a 2 stage packing, only remove the outer layer. Wrap the core with new packing and secure with a strip of masking tape. Do not pack too tightly, as this will hamper performance and increase the sound level. Before re-installing the inner core assembly, apply a thin layer of hi-temp silicon on the front endcap where the aluminum canister slips over. Slip inner core assembly into canister making sure the perforated core fully seats in the rear endcap. Re-install the allen screws until snug or tighten 1/4 turn after the screw makes contact with the canister.

Disclaimer:

FMF Racing inspects all products prior to packaging and strives toward improving its products. Our guarantee is limited to the replacement of defective products. This limited guarantee is in lieu of all other guarantees or warranties implied or expressed. Buyer assumes all risk for any and all damage caused to himself, a third party and/or property by virtue of failure of this product. We make no warranty as to products distributed by FMF Racing, expressed or implied from our suppliers or 3rd party vendors. This includes, without limitation, any warranties or merchantability and fitness for a particular purpose. All products are offered and designed for use with standard machines. FMF Racing makes no claims as to the products effectiveness on modified machines. FMF Racing is the sole determiner of abuse, misuse, installation errors and modifications. We assume no liability for any errors in listings, specifications, part numbers, prices or model applications. We reserve the right to change specifications, product descriptions, product quality, pricing and application at any time without notice and without further obligation. By installing and/or using an FMF product, you hereby accept and understand these stated terms and conditions and have followed all instructional steps.