



Installation Instructions for KPMI Part No.: 30-3075

1990-'97 • Honda • VFR 750 49 State
High Performance Spring Only Kit

A) 30-3075 Kit Includes:

<u>KPMI Part No.</u>	<u>Qty</u>	<u>Application</u>	<u>Description</u>
30-31221-O	16 - Pcs	Intake / Exhaust	Chrome Silicon Springs
30-31221-I	16 - Pcs	Intake / Exhaust	Chrome Silicon Springs
30-31222	16 - Pcs	Intake / Exhaust	Spring Shims

* If necessary to achieve installed height listed below, place KPMI spring shim 30-31222 underneath existing OEM spring shim

B) Recommended Installed Height - Intake / Exhaust

1. Installed Height	1.285"-1.295"
2. Seat Pressure	40 lbs
3. Open Pressure at 0.400" lift	137 lbs
4. Max Valve Lift	0.400"

C) Notes:

1. The difference between the installed height and the coil bind height is considered "Free-Travel"

The coil bind height is determined by compressing the spring(s) with the Retainer and Basewasher in place (a vice can be used for this operation). Once springs are compressed, measure the distance between the Retainer and Basewasher where the Outer Spring contacts them.

2. Free-travel should always be gross valve lift +0.060" for safe operation.
3. Retainer-to-Seal / Guide clearance should also be gross valve lift +0.060" for safe operation.
4. Failure to check valve train clearances can result in serious damage to an engine

Packaged By: _____

Date: _____

TECH TIPS

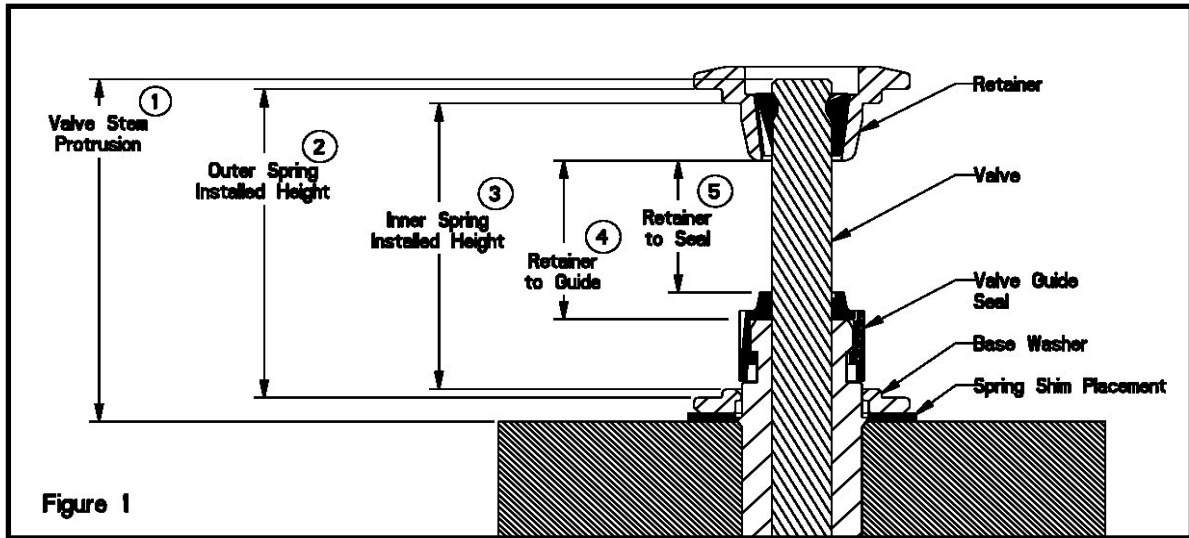


Figure 1

Valve Train Terminology

1. Stem Protrusion is measured from the tip of the valve stem to the cylinder head. See Figure 1.
2. Outer spring installed height is measured where the outer spring contacts the Retainer and Basewasher when assembled (See Figure 1).
3. Inner spring installed height is measured where the inner spring contacts the Retainer and Basewasher when assembled (See Figure 1).
4. Retainer-to-Guide clearance is the distance between the Valve Guide (w/o the seal) and the bottom of the Retainer, with the Valve in the closed position (See Figure 1 and Notes 3 & 4).
5. Retainer-to-Seal clearance is the distance between the Valve Stem Seal and the bottom of the Retainer, with the Valve in the closed position (See Figure 1 and Notes 3 & 4).

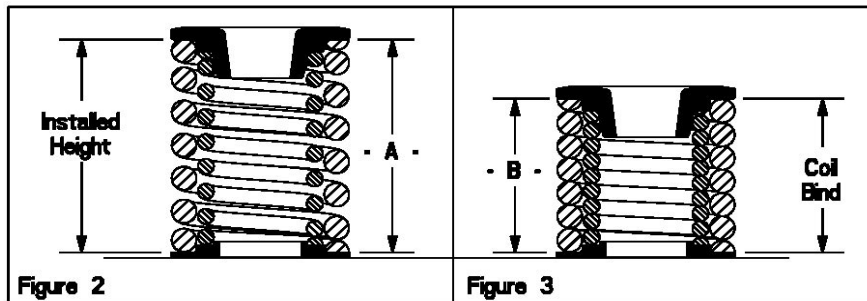


Figure 2

Figure 3

Installed Height

1. In Figure 2 the installed height is measured from where the Outer Spring contacts the Retainer and the Basewasher. This measurement is taken when the Valve, Basewasher, Retainer, and Keepers are assembled in the cylinder head.

Coil Bind / Solid Height:

1. In Figure 3 the coil bind height is determined by compressing the Spring(s) with the Retainer and Basewasher in place (a vice can be used for this operation). Once springs are compressed, measure the distance between the retainer and basewasher where the Outer Spring contacts them.

Notes:

1. The difference between the installed height and the coil bind height is considered "Free-Travel"
2. Free-travel should always be gross valve lift +0.060" for safe operation.
3. Retainer-to-Seal / Guide clearance should also be gross valve lift +0.060" for safe operation.
4. Failure to check valve train clearances can result in serious damage to an engine.