DIY - Changing the Valve Lifters

Removal

- 1. Remove rear heater blower assembly
- 2. Remove air cleaner assembly
- 3. Remove rear wheels
- 4. Remove mufflers, tips, brackets and black heater hoses
- 5. Disconnect lower spark plug boots
- 6. Remove engine tins
- 7. Disconnect upper spark plug boots
- 8. Remove valve covers
- 9. Remove spark plugs

Prep

- 1. Soak new valve lifters overnight in fresh engine oil.
- 2. Clean valve covers and fasteners.

Install

- 1. Bring engine to TDC for #1 cylinder
- 2. Remove intake rocker and pull out old lifter
- 3. Clean rocker, rocker shaft and fasteners
- 4. Insert new valve lifter into rocker and install (13 Nm). Apply oil to sliding surfaces.
- 5. Repeat steps 2-4 for exhaust valve
- 6. Rotate engine 120 degrees

Repeat steps 2-6 for the remaining cylinders in firing order (1-6-2-4-3-5)

- 7. Refit spark plugs (30 Nm)
- 8. Refit valve covers (9.7 Nm)
- 9. Refit upper spark plug boots
- 10. Refit engine tins
- 11. Refit lower spark plug boots
- 12. Refit mufflers, tips, brackets and black heater hoses
- 13. Refit air cleaner assembly
- 14. Start engine and check operation
- 15. Refit rear heater blower assembly
- 16. Refit rear wheels (130 Nm)
- 17. Test drive and check operation