



THESE INSTRUCTIONS ARE OPTIMIZED FOR



**RECOMMENDED PARTS  
FOR SERVICING THE**

**R-7 PLATINUM®**

- Plastic bucket/drain pan
- 2mm Allen wrench
- 8mm Allen wrench
- Flat-bladed screwdriver
- Pocket screwdriver
- 20mm 6-point socket
- 11mm socket
- Ratchet wrench
- Adjustable flat-jawed wrench
- Torque wrench
- Clean, "lint-free" rags
- 5 wt. fork fluid
- 5w/30 synthetic motor oil
- 80 wt. fully synthetic gear oil
- "Super-Slick Grease" or "PrePM"
- "Red Devil Grease"
- Oil syringe (or other measuring device)
- Shock pump

# Manitou R7 Manual

**R Pring**



## **Manitou R7 Manual:**

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