HONDA
CRF450X 2026

Enduro · 449cc 4T · US version

Safety recalls: see motoxsports.com/bikes/recalls/

Engine and chassis figures, as the manual prints them, are on the live page.

Partly verified
26 of 32 figures read off a manual page

GEARING

Stock front sprocket	13T	ⓘ [2] maker
Stock rear sprocket	51T	ⓘ [2] maker
Chain pitch	520	✓ [3] p. 2-49
Stock chain links	116	✓ [3] p. 2-49
Stock final drive ratio	3.923 : 1	✓ [1] p. 97

WHEELS AND TIRES

Front rim	– Not yet verified	
Rear rim	– Not yet verified	
Front tire	80/100-21 51M	✓ [1] p. 96
Rear tire	110/100-18 64M	✓ [1] p. 96

SUSPENSION

Fork — ⓘ [2] maker
49mm fully adjustable leading-axle inverted telescopic Showa coil-spring fork

Fork travel	12.0 in. (≈ 305 mm)	ⓘ [2] maker
Shock travel	11.8 in. (≈ 300 mm)	ⓘ [2] maker
Stock fork spring rate	5 N/mm	✓ [3] p. 3-3
Stock shock spring rate	52 N/mm	✓ [3] p. 3-3
Static sag, bike only	– Not yet verified	
Race sag, rider on	105 mm (≈ 4.1 in)	✓ [3] p. 3-22

FLUIDS AND CAPACITIES

Engine oil spec	SAE 10W-30, JASO T 903 MA	✓ [1] p. 96
Engine oil capacity (after draining)	1.10 L (1.16 US qt)	✓ [1] p. 96
Engine oil capacity, with filter change	1.15 L (1.22 US qt)	✓ [1] p. 96
Coolant capacity	1.14 L (1.20 US qt)	✓ [1] p. 97
Fuel capacity	7.6 L (2.01 US gal)	✓ [1] p. 96

SERVICE SPECS

Fork oil	Fork Fluid (Viscosity: 5W)	✓ [3] p. 3-16
Brake fluid	DOT 4	✓ [3] p. 2-53
Coolant type	Pro Honda HP Coolant	✓ [3] p. 2-45

Fuel octane — ✓ [1] p. 96
unleaded gasoline, pump octane number of 91 or higher

Idle speed	1,800 ± 100 rpm	✓ [1] p. 96

Valve clearance — ✓ [1] p. 96
Intake 0.004 ± 0.001 in (0.11 ± 0.03 mm); Exhaust 0.011 ± 0.001 in (0.28 ± 0.03 mm), cold

MAINTENANCE

Tire pressure (off-road) — ✓ [1] p. 96
22 psi (150 kPa) front and rear

Chain slack — ✓ [3] p. 2-48
55-60 mm (2 1/4-2 3/8 in), rear wheel off the ground, from the upper surface of the swingarm to the chain pins center

Spark plug and gap — ✓ [1] p. 97
NGK SILMAR9A-9S, gap 0.80-0.90 mm

Chain wear limit — ✓ [3] p. 2-48
Measure the drive chain plate. SERVICE LIMIT: 13.3 mm (0.52 in)

Brake pad wear limit — ✓ [3] p. 2-54
If either pad is worn anywhere to a thickness of 1.0 mm (0.04 in), both pads must be replaced.

DIMENSIONS

Seat height	963 mm (≈ 37.9 in)	✓ [1] p. 96
Wheelbase	1500 mm (≈ 59.1 in)	✓ [1] p. 96
Weight	275 lbs. (≈ 124.7 kg)	ⓘ [2] maker

SHOP NOTES

Date / hours

Sprockets run

✓ printed on the manual page shown
ⓘ maker web page or spec sheet ⊜ calculated, not printed
≈ converted by MotoXSports – not yet verified

Check your own manual before ordering parts or setting up the bike. Torque values are not published here: use the manual.

1 Honda 2026 CRF450X Owner's Manual (31MKE7700) pp. 71, 87, 96, 97
2 2026 Honda CRF450X Specifications, American Honda press release, May 20, 2025 (hondanews.com)