MOTO X SPORTS

STOCK SPEC CARD
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TRIUMPH
TF 450-X 2026

Motocross · 450cc 4T · US version

CPSC recall 26-763 (2026-09-10) names this model: details on the page

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

Partly verified
5 of 19 figures read off a manual page

GEARING

Stock front sprocket	13T	ⓘ [2] maker
Stock rear sprocket	49T	ⓘ [2] maker
Chain pitch	– Not yet verified	
Stock chain links	– Not yet verified	
Stock final drive ratio	3.77 : 1	⊜ calc.

WHEELS AND TIRES

Front rim	21 x 1.6	ⓘ [2] maker
Rear rim	19 x 2.15	ⓘ [2] maker
Front tire	80/100-21	ⓘ [2] maker
Rear tire	110/90-19	ⓘ [2] maker

SUSPENSION

Fork	KYB 48mm coil spring fork	ⓘ [2] maker
Fork travel	310 mm (≈ 12.2 in)	ⓘ [2] maker
Shock travel	305 mm (≈ 12.0 in)	ⓘ [2] maker
Stock fork spring rate	– Not yet verified	
Stock shock spring rate	– Not yet verified	
Static sag, bike only	– Not yet verified	
Race sag, rider on	– Not yet verified	

FLUIDS AND CAPACITIES

Engine oil spec — ✓ [1] p. 105
10W/50 fully synthetic, API SN (or higher), JASO MA-2

Engine oil capacity (wet fill excluding oil filter)	1050 ml (≈ 35.5 fl oz)	✓ [1] p. 236
Engine oil capacity, with filter change	1150 ml (≈ 38.9 fl oz)	✓ [1] p. 236
Coolant capacity	– Not yet verified	
Fuel capacity	7 L (≈ 1.85 gal)	ⓘ [2] maker

MAINTENANCE

Tire pressure (off-road)	– Not yet verified
Chain slack	– Not yet verified
Spark plug and gap	– Not yet verified

Chain wear limit — ✓ [1] p. 151
If the length exceeds 12.6 in (320 mm), the drive chain must be replaced.

Brake pad wear limit — ✓ [1] p. 160
Front Brake Pad Thickness Table Carrier Plate and Brake Pad Minimum Thickness 0.15 in (3.70 mm)

DIMENSIONS

Seat height	960 mm (≈ 37.8 in)	ⓘ [2] maker
Wheelbase	1492 mm (≈ 58.7 in)	ⓘ [2] maker
Weight	238.8 lb (≈ 108.3 kg)	ⓘ [2] maker

SERVICE SPECS

Fork oil, brake fluid, coolant type, fuel octane, idle speed, valve clearance	– Not yet verified

SHOP NOTES

Date / hours

Sprockets run

Sag, race / static

Clickers, fork / shock

Tire pressure, F / R

Map or jetting

Notes

✓ 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.

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1 Triumph Owner's Handbook TF250-X, TF450-X and TF450RC Edition, publication part number 3850672-US-EN issue 1 (© Copyright 04.2025 Triumph Motorcycles America Limited) pp. 105, 151, 160, 235, 236, 237, 238

2 Triumph 2026 TF 450-X specifications (triumphmotorcycles.com, US)

The live page, with every source