

Apex Cam Gear Adjustment

Head Reinstallation:

1. Clean the cylinder head and blockgasket surfaces carefully and thoroughly before installing the new head gaskets.
2. The cylinder head nuts (M10) **must** be tightened in three (3) steps:
 - a. 20 Nm (15 ft lbs)
 - b. 25 Nm (26 ft lbs)
 - c. 50 Nm (37 ft lbs)
3. Start from the center of the cylinder head and move towards the ends evenly on each side.
4. The M6 bolts shall be tightened to 10 Nm (7 ft lbs).

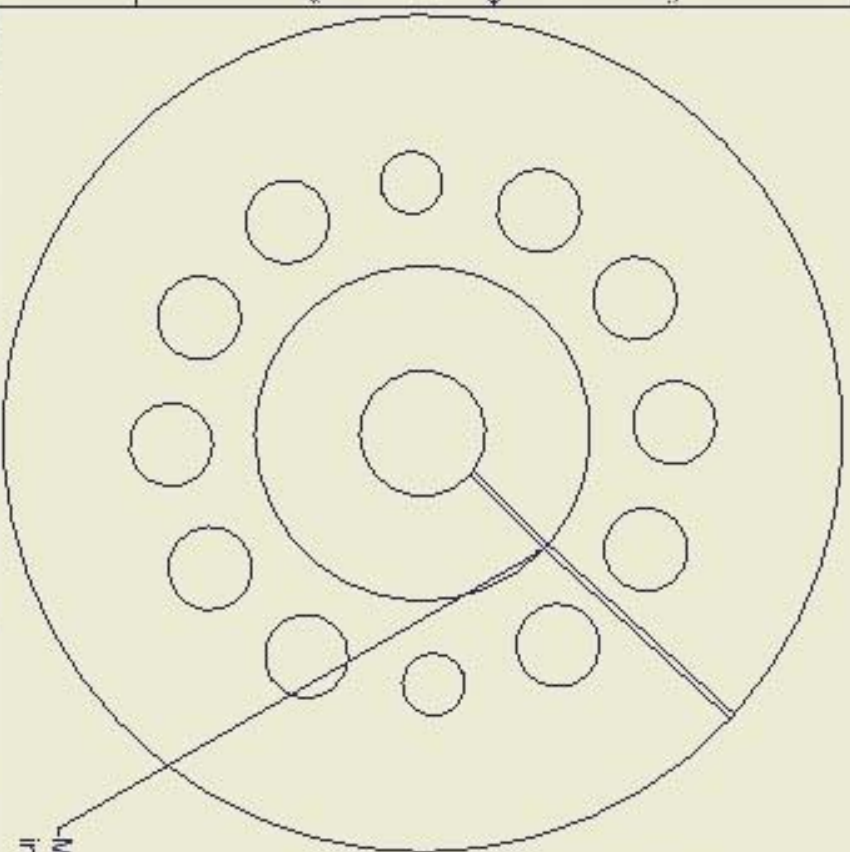
Cam Gear Timing:

When installing the thicker head gasket, the cam timing will be a little different than stock. On the exhaust cam, it's only better with the new setting, but the engine makes more power if you turn the intake camshaft back to its normal position.

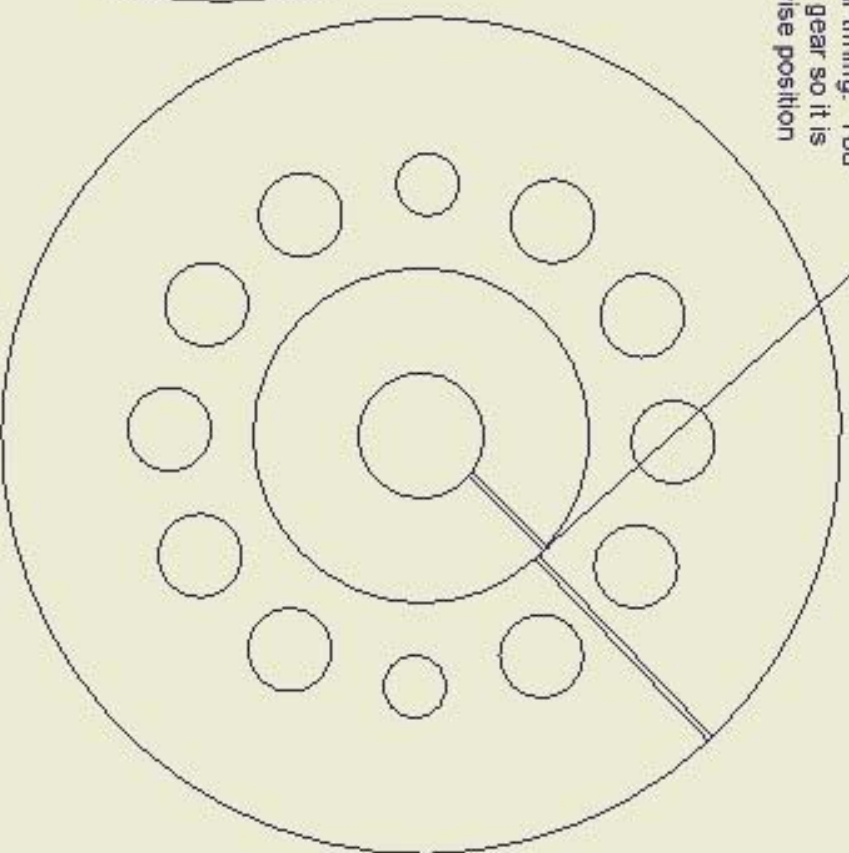
1. Note how the sprocket is installed on the cam.
2. Make a scratch mark between the center of the cam and the sprocket.
3. Remove the sprocket from the cam and make the holes a little longer by grinding them oblong.
4. Install the sprocket again and move the **sprocket** about .8mm where the scratch line is located.
5. Note the direction you should turn the sprocket compared to the camshaft (see photos attached below).
6. Make sure the piston number one (1) and four (4) are in TDC before installing the cam shafts again.
7. Install the cam bearing crews evenly to avoid the cam shafts to be damaged.
8. Apply engine oil on the bearing surfaces.
9. Make sure the cams are installed to the right marks.
10. Torque the M6 bolts to 10 NM (7 ft lbs).
11. Make sure the cam chain doesn't jump during the installation.

When installing the cam chain tensioner, wind it to its inner position with a screw driver. After installing the tensioner, use the screw driver again and relieve the spring inside and make sure the tensioner starts to work.

STOCK HEAD GASKET



- Mark the cam & gear in the stock location.



TRIPLE HEAD GASKETS

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