



Important: Always make sure your engine is at normal running temperature, avoid high revs until the engine is properly warmed up. Otherwise pistons, rings, cylinders may be damaged.

Running in oil is recommended in this procedure.

1st Session Powerseating:

With engine at temp, in top gear drop revs to as low as the engine will pull clean (usually about 3500-4000rpm) full throttle 6000rpm making sure you snap on and off the throttle each time. Repeat this procedure about 20 times in this session.

2nd Session:

Repeat as in first session

3rd Session:

Now, from 2nd gear go through each gear up to 6000rpm, at 6th gear @6000rpm complete 1 powerseat as in session 1

Repeat this procedure 6 times.

4th Session:

Repeat as in third session

5th Session:

Now from 2nd gear go through each gear up to 8000rpm, at 6th gear @8000rpm complete 1 powerseat as in session 1.

Repeat this procedure 6 times.

6th Session:

If engine not producing normal power at this point repeat session 5 ending in second 6th gear power run.

You have completed your running in procedure, now is the time to change your running in oil to normal performance oil.

Extreme Engines recommend Silkoline Pro 4 Race Oil.

You are now ready to go racing. We wish you a good luck and enjoy!!!!

If you have any queries please feel free to contact us on Mobile 07949167557 anytime.

Many thanks for choosing Extreme Engines,

Karl Bradshaw

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