

Yamaha MT-07 689 maintenance sheet

MT-07 I · 75 PS (55 kW)

Years : 2014-2017 Generated on : 12 October 2026

Technical specifications

Petrol

Engine code : Yamaha CP2

689 cm³

Manual 6

Maintenance schedule

≈: estimated reference — the vehicle’s service indicator prevails.

ITEM	INTERVAL	
Oil and filter change	≈ 10,000 km or 1 year	JASO MA or MA2 approved four-stroke motorcycle oil (JASO MB on scooters): an “energy conserving” car oil makes the wet clutch slip. Change it more often in city use or on track.
Brake fluid	Every 2 years	Replace the fluid in both circuits (and the hydraulic clutch if fitted), whatever the mileage; dark fluid has absorbed moisture.
Fork oil	≈ 30,000 km	Fork oil change and seal check; an oil film on the tubes means a seal needs replacing before it contaminates the brake caliper.
Chain kit (chain and sprockets)	≈ 25,000 km	Lubricate and check the tension every 500 to 1,000 km and after rain; replace chain and sprockets together when the chain no longer holds its tension or the teeth are hooked.
Spark plugs	Every 20,000 km	Replace the full set; worn plugs raise consumption and cause misfires.
Air filter	Every 40,000 km	Replace more often in dusty conditions.
Valve clearance	Every 40,000 km	Check and adjust if needed, often together with the plugs; too little clearance burns the valves, too much makes the engine noisy.
Coolant	Every 3 years	Replace the coolant and check the hoses and radiator; check the level cold between services.

Service record

DATE	MILEAGE	WORK DONE	WORKSHOP

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Indicative intervals and costs: adapt maintenance to the engine, use and manufacturer’s instructions.

Full schedule and updates : <https://auto-karnet.com/en/maintenance/yamaha/mt-07/mt-07-1-2014-2017/689-75>