Spark plugs

Supply	OK
X spark plugs	
High temperature grease	

Action	OK
allow access to spark plugs	
Remove cap from plug 1	
Untighten spark plug 1 with plug wrench	
replace it by a new one, on which you put some grease	
tighten carefully	
reinstall cap	
do the same for other spark plugs	
reinstall everything that was removed on step 1	

Other operations checklists are available on :

http://www.trackandroad.net/fiches_mecanique_eng.html