

Before installing this product, check the contents of the kit. If anything is missing, please contact an Öhlins dealer.

Kit Contents

	Part No.	Pcs.
Shock absorber	BM 057	1
Öhlins Sticker	00192-01	2
C-spanner	00710-02	1
Memo Notes Sticker	01180-01	1
Owner's Manual	07241-02	1

👁 Note!

Please note that during storage and transportation, especially at high ambient temperature, some of the oil and grease used for assembling may leak and stain the packaging. This is in no way detrimental to the product, wipe off the excessive oil/grease with a cloth.

⚠ Warning!

Before installing this product, read the Öhlins Owner's Manual. The shock absorber is an important part of your vehicle and will affect the stability.

Shock Absorber for BMW R 1200 RT Rear

BM 057

Mounting Instructions



How to install

⚠ Warning!

It is advisable to have an Öhlins dealer install the shock absorber.

👁 Note!

When installing, consult your Vehicle Service Manual.

👁 Note!

Before installing the Öhlins shock absorber clean the vehicle thoroughly.

1

Put the motorcycle on a workstand so that the rear wheel barely touches the ground.

⚠ Warning!

Make sure the vehicle is securely supported so that it will not tip.

2

Remove the silencer by loosening the clamp and the rear attachment.

3

Loosen and remove the seat. Remove the carrier rack and all side fairings, first the front then the rear ones.

👁 Note!

The screws holding the fairings are of different lengths. Make sure to return them to the correct position.

4

If the motorcycle is equipped with ESA the electronic plugs must be disconnected from the shock absorber and isolated.

5

Loosen first the lower shock absorber bracket, then the upper and take out the original shock absorber.

6

Mount the Öhlins shock absorber in reverse order, first the upper attachment, then the lower one.

Do not tighten yet.

👁 Note!

Lower the motorcycle so that the shock absorber is slightly compressed, before tightening the screws.

7

Reinstall all removed parts to the motorcycle.

⚠ Warning!

Make sure that all screws are tightened to the correct torque and that nothing fouls or restricts movement of the shock absorber when the suspension is fully compressed or extended.



Adjustments

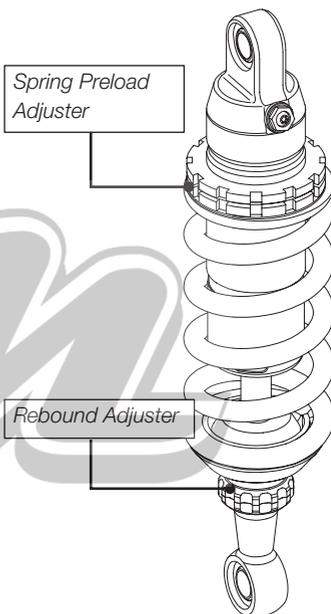
⚠ Warning!

Before riding, always make sure that the basic settings made by Öhlins are according to recommended Set-up Data. Read about adjustments and setting up in the Öhlins Owner's Manual before you make any adjustments. Contact an Öhlins dealer if you have any questions about setting up the shock absorber.

Set-up Data

Recommended set-up

Spring Preload	15 mm
Rebound	16 clicks
Total length	376 mm
Stroke	54 mm
Spring	01096-69
Spring rate	170N/mm
Spring; Free length	190 mm



👁 Read about Free Sag and Ride height in the Öhlins Owner's Manual.

👁 Öhlins products are subject to continuous improvement and development, therefore, although these instructions include the most up-to-date information available at the time of printing, minor updates may occur.

To find the latest information contact your Öhlins distributor. Please consult your Öhlins dealer if you have any questions regarding the contents in this document.

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