

# Adjustments

## ⚠ Warning!

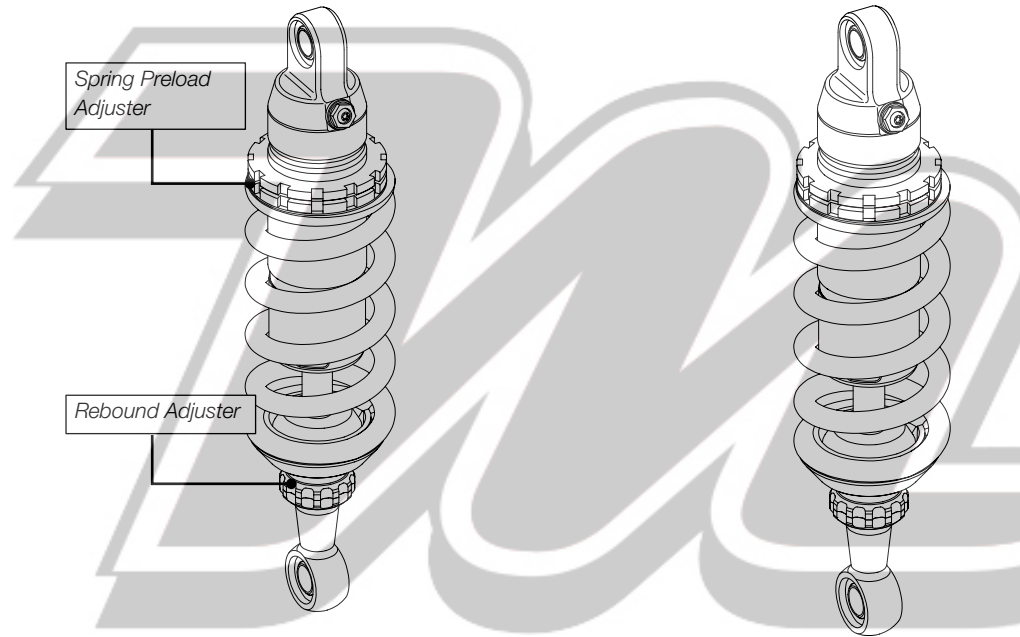
Before riding, always make sure that the basic settings made by Öhlins are according to recommended Set-up Data. Read about adjustments and setting up in the Öhlins Owner's Manual before you make any adjustments. Contact an Öhlins dealer if you have any questions about setting up the shock absorber.

# Set-up Data

## Recommended set-up

Spring Preload	10 mm
Rebound	16 clicks
Total length	366 mm
Stroke	56 mm
Spring	01092-79
Spring rate	190N/mm
Spring; Free length	170 mm

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



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 061	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.

👁 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.

Part no. BM 061\_0  
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# Shock Absorber for BMW R 1150 R

# BM 061

## Mounting Instructions

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# 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**

Open the tool box and loosen the rear seat and lift it off.

## **3**

Loosen the cone shaped connection cover of the left silencer bracket and pull it outwards, this makes it easier to reach the necessary bolts.

## **4**

Loosen and remove the original spring prespanning adjuster located just above the cone shaped cover.

## **5**

Remove the rear wheel. See the motorcycle workshop manual.

## **6**

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

## **7**

Install the Öhlins shock absorber in the reversed order, first upper attachment then lower, do not tighten yet.

## **👁 Note!**

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

## **8**

Tighten the attachment screws according to BMW specification

## **9**

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.*