

Kit Contents		
Description	Part No	Pcs
Shock absorber	BM 149	1
Tie rap	00231-01	4
C-spanner	00710-05	2
Sticker Memo notes	01180-01	1
Sticker Öhlins wh/tr	01185-01	2
Sticker Öhlins bl/tr	01185-04	2
Owner's Manual	07242-01	1
Shrink tube	21780-01	1

👁 Note!

Please note that there can be small differences between your product and the images in these instructions.

👁 Note!

Please note that during storage and transport, especially at high ambient temperature, some of the oil and grease used for assembly may leak and stain the packaging. This will not cause damage to the product, wipe off the excessive oil or grease with a cloth.

👁 Note!

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

⚠ Warning!

Before you install this product, read the Öhlins Owner's manual. This product is an important part of the vehicle and the vehicle stability.

Shock absorber for BMW R1200GS Adventure

BM 149

Mounting Instructions



MOUNTING INSTRUCTIONS

⚠ Warning!

We strongly recommend to let an Öhlins dealer install this product.

⚠ Warning!

If you work with a lifted vehicle, make sure that it is safely supported to prevent it from tipping over.

👁 Note!

When you work with this product, see the vehicle service manual for vehicle specific procedures and important data.

👁 Note!

Before you install this product clean the vehicle.

1

Put the motorcycle on a work stand so that the front wheel is approximately 150 mm off the ground.

2

Remove the seat.

3

Remove the panels around the tank and lower front sides.

4

Remove the air intake funnels to the air box.

5

Disconnect the connector at the back of the rear tank bracket.

6

Remove the screws that hold the tank and the air box.

7

Remove the tank.

👁 Note!

If the motorcycle has ESA-system, follow steps 8-9. If not, continue to step 10.

8

Disconnect the shock absorber's cable and use the supplied shrink hose cover to protect the bike's connector from water. Cut the cover so that it covers the connector and 20 mm of the cable. Apply heat with a heat gun and heat the shrink hose cover to 120°C to seal the connector.

9

Secure the connector with tie raps.

10

Move the air box and tank as far towards the rear as needed to reach the upper shock absorber screw. Remove the upper shock absorber screw.

11

Remove the lower shock absorber screw.

12

Remove the front swing arm's rear mounting axle.

13

Remove the OE shock absorber.

14

Install the Öhlins shock absorber, compress the shock absorber slightly before you tighten the screws fully. Assemble everything in reverse order.

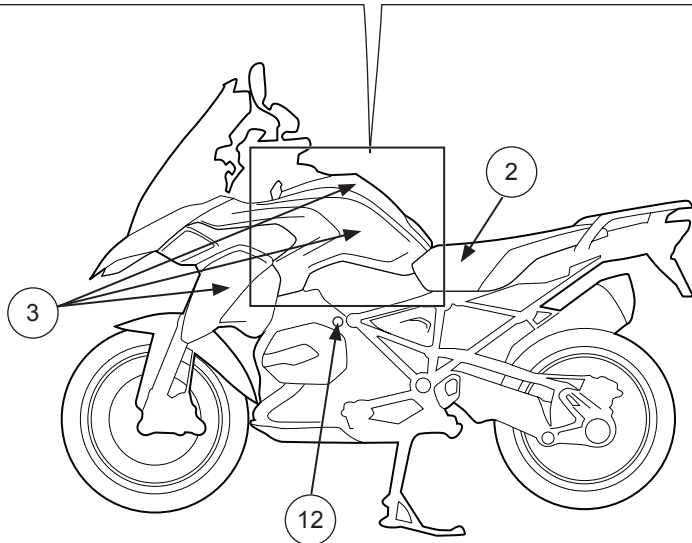
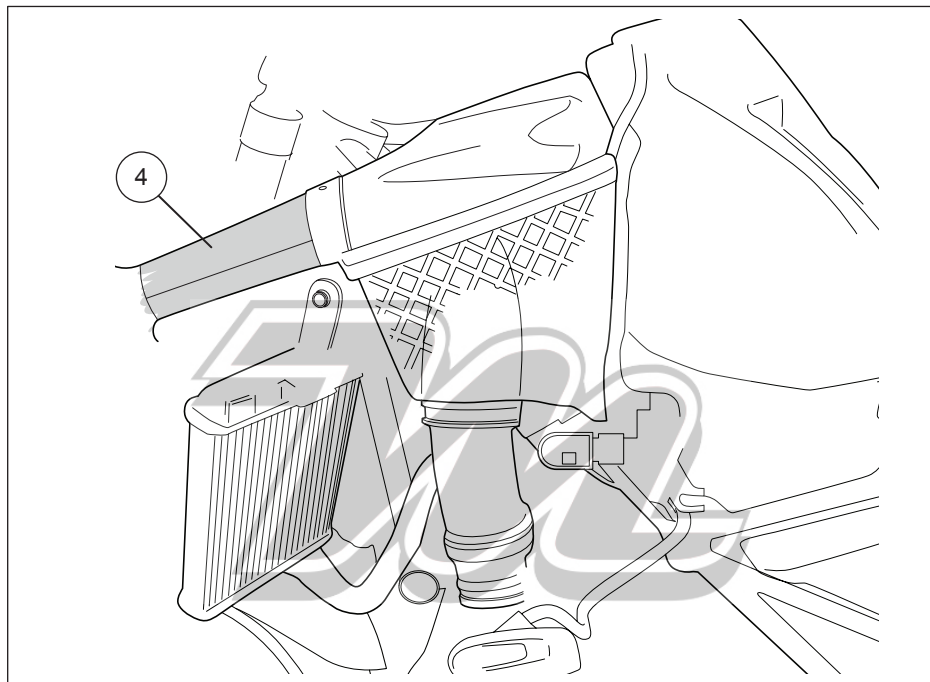
👁 Note!

Lower the vehicle so that the suspension is slightly compressed before you tighten the screws.

👉 Caution!

Make sure that you tighten all screws to the correct torque and that nothing fouls or restricts movement of the shock absorber/front fork/steering damper when the suspension is fully compressed or extended.

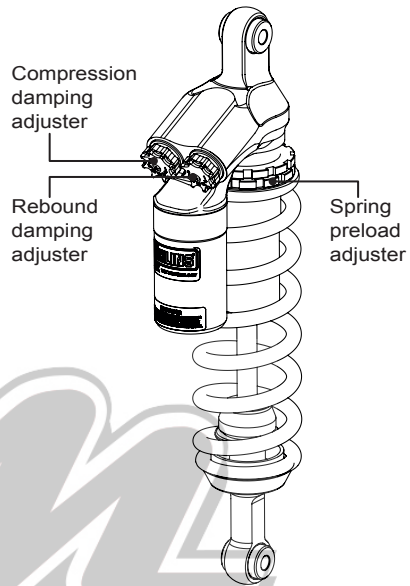
MOUNTING INSTRUCTIONS



ADJUSTMENTS

⚠ Warning!

Before you ride/drive, always make sure that the setup is according to the recommended setup 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.



SETUP DATA

Length	399	mm
Stroke	96	mm
Spring part no.	21067-15	
Spring rate	62	N/mm
Spring free length	220	mm
Spring preload	6	mm
Compression	12	clicks
Rebound	20	clicks

Recommended Free sag and Ride height		
R1-R3	48	mm
F1-F3	53	mm

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 an Öhlins distributor. Please contact Öhlins if you have any questions regarding the contents in this document.

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