

Kit Contents

| Description | Part No | Pcs |
|---------------------|----------|-----|
| Shock absorber | BM304 | 1 |
| Sticker Öhlins | 00192-01 | 2 |
| Tie rap | 00231-01 | 8 |
| Screw 6x18 | 01046-15 | 2 |
| Screw 12x120 | 01046-57 | 1 |
| Bracket PL adjuster | 01165-13 | 1 |
| Bracket PL adjuster | 01165-14 | 1 |
| Sticker memo notes | 01180-01 | 1 |
| Owner's Manual | 07241-02 | 1 |
| Shrink tube | 21780-01 | 1 |

Note!

Please note that this image is a general representation of the product and may differ slightly from your product.

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/front fork/steering damper is an important part of your vehicle and will affect the stability.

Shock absorber for BMW F 650/700 GS

BM 304

Mounting Instructions

MOUNTING INSTRUCTIONS

⚠ Warning!

It is advisable to have an Öhlins dealer install the shock absorber/front fork/steering damper.

⚠ Warning!

If working on a raised vehicle, ensure it is securely supported so that it will not tip.

👁 Note!

Before mounting this product clean the vehicle thoroughly.

👁 Note!

When working on this product, always see the Vehicle Service Manual for vehicle specific procedures and important data.

1

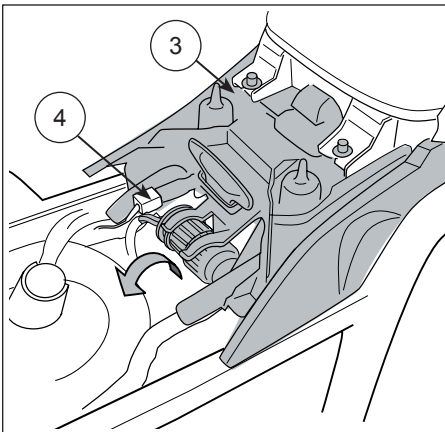
Put the motorcycle on a workstand so that the rear wheel barely touches the ground.

2

Remove the seat.

3

Remove the plastic cover on the upper attachment of the original shock absorber. Cut the tie raps around the wiring harnesses. Reattach the harnesses with the new tie raps provided in this kit.



4

Carefully loosen the electrical connector from the plastic cover. Use a small screw driver on the lower side from the rear to release the snap lock and slide the connector forward.

5

Loosen the chain guide on the swing arm for better access to the lower attachment of the shock absorber.

6

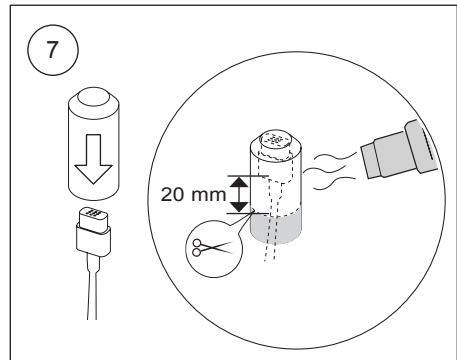
Remove the attachment screws and remove the original shock absorber.

👁 Note!

If your vehicle is equipped with ESA, follow steps 7-8. If not, continue to step 9.

7

Use the supplied Shrink hose covers to protect the bike's wire harness ESA connectors from water. Cut the covers so that they cover the connector and 20mm of the cord. Use a heat gun and heat the Shrink hose covers to 120° C to seal the connector.



8

Secure the ESA connectors with tie raps.

9

Mount the Öhlins shock absorber in the same way as the original unit. The gas valve pointing to the front of the vehicle.

MOUNTING INSTRUCTIONS

10

Mount the attachment screws. Replace the upper screw with the screw provided in this kit. Do not tighten yet.

Note!

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

11

Tighten the attachment screws according to the vehicle specs.

12

Route the preload adjuster hose on the right side along the forward tube of the passenger foot rest.

13

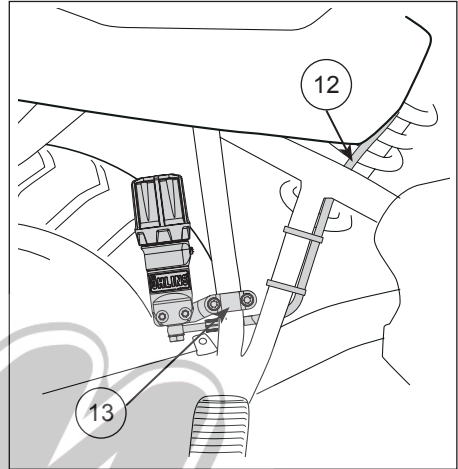
Mount the preload adjuster to the rear tube of the passenger foot rest. Fasten the hose using tie raps provided in this kit.

14

Reinstall the chain guide, plastic cover, electrical connector and the seat. Make sure that all removed parts are reinstalled in the same way as they were before the installation.

Caution!

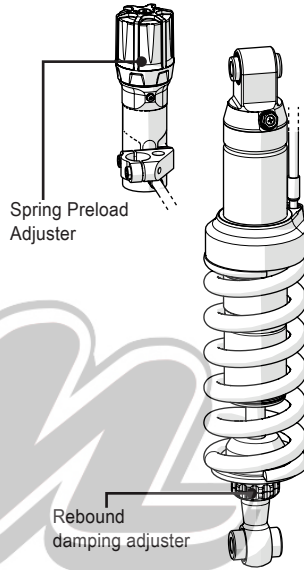
Ensure that all screws are tightened to the correct torque and that nothing fouls or restricts movement of the shock absorber/front fork/steering damper when the suspension is fully compressed or extended.



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.



SET-UP DATA

| | | |
|--------------------|----------|--------|
| Length | 413 | mm |
| Stroke | 51 | mm |
| Rebound | 18 | clicks |
| Spring preload | 8 | mm |
| Spring part no | 01096-69 | |
| Free spring length | 190 | mm |
| F1-F2 | 40-50 | mm |
| F1-F3 | 55-65 | mm |
| R1-R2 | 15-25 | mm |
| R1-R3 | 40-50 | 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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