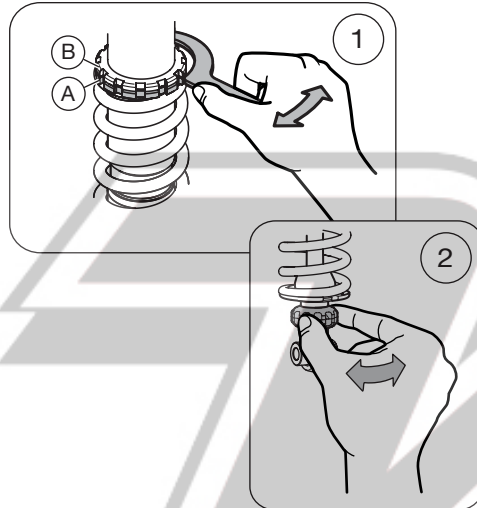


ADJUSTMENTS

Before riding -always ensure that the basic settings made by Öhlins are intact.

1 Spring Preload

Use a C-spanner. Turn the spring platform nut (A) clockwise to increase the spring pre-load, turn counter clockwise to decrease it. Lock the setting with the lock nut (B).



2 Rebound

Turn the wheel on the piston shaft above the end eye/bracket. Turn clockwise to increase damping, turn counter clockwise to decrease.

NOTE!

When delivered the Öhlins shock absorber is dialed to the recommended settings for the specific vehicle model. If you have changed the setting, reset according to the following:

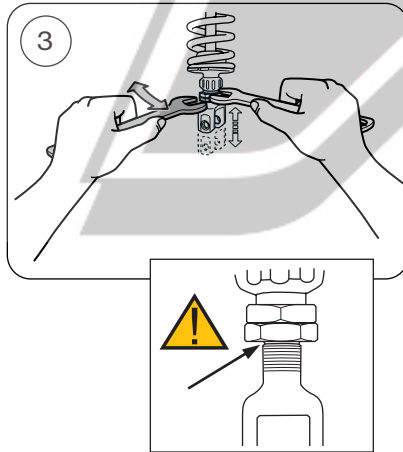
The adjuster has a right hand thread. Turn the adjuster clockwise to fully closed (pos. zero [0]). Turn counter clockwise to open and count the clicks until you reach the recommended number (see Set-up Data).

CAUTION!

Do not use force, delicate sealing surfaces can be damaged. Handtighten only.

3 Length

We recommend you to adjust the length before installing the shock absorber to the vehicle. Use two wrenches. Hold the upper nut with one hand and at the same time loosen the lock nut (lower nut). Turn the end eye/ bracket to the desired length. Lock the lock nut with tightening torque 40 Nm.



WARNING!

The adjustable end eye/bracket must not be threaded out more than that the groove is fully visible beneath the lock nut. This is maximum length. After adjusting, make sure that the lock nut is tightened.

Mounting instruction

WITH SET-UP DATA

SHOCK ABSORBER BM709 for BMW R1200R Front

Before installing this shock absorber, check the contents of the kit listed below. If anything is missing, please contact your nearest Öhlins dealer.

Kit Contents:

	Art. No.	Pcs.
Shock absorber	BM709	1
C-spanner twin	00710-01	1
Sticker "Öhlins" Y/B	00192-01	2
Memo Notes Sticker	01180-01	1
Owner's Manual		1

Set-up data:

Spring preload	5 mm
Rebound damping	12 click
Shock absorber length	327 \pm 8 mm
Stroke	73 mm
Spring	00180-44
Free spring length	200 mm
	57 N/mm

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.

Before installing this product, read the Öhlins Owner's Manual!



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Mounting Instruction BM709. Issued 2007-09-05. These instructions and other documents can be downloaded from www.ohlins.com

HOW TO INSTALL

⚠ WARNING!

It is advisable to have an Öhlins dealer to install the shock absorber kit. Refer to your vehicle service manual when installing this product.

1. Put the motorcycle on a workstand and raise it so that the front wheel don't touch the ground.

⚠ WARNING!

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

2. Remove the seat and the 4 side covers.

3. Loosen the fuel tank and pull it carefully backwards to be able to loosen the original shock absorber.

4. Remove the nut, washer, sleeve and 2 bushings (re-use when installing the Öhlins shock absorber).

5. Remove the **original shock absorber** with the upper and lower bolts.

NOTE!

Before installing the Öhlins shock absorber:

- Clean the vehicle thoroughly
- Adjust the length of the shock absorber (check the headlight angle after adjusting the length!)

6. **Install the ÖHLINS shock absorber:**

Install the Öhlins shock absorber with the original nut, washer, sleeve and 2 bushings (do not tighten yet).

7. Lower your bike and tighten all screws.

NOTE!

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 being fully compressed or extended.

8. Reinstall every part according to your vehicle service manual.

HOW TO INSTALL

