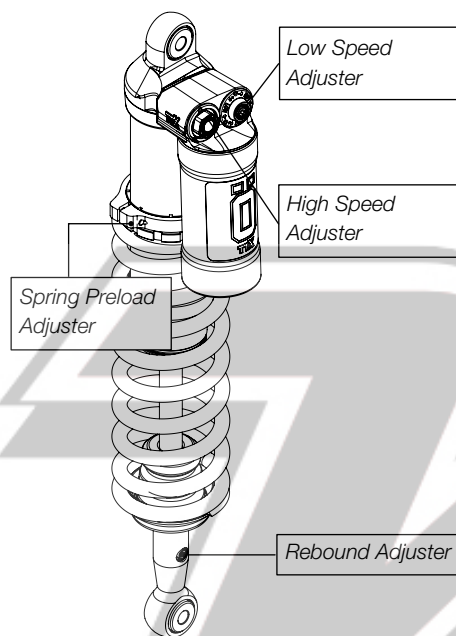


Adjustments

⚠ 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 approx. 10mm 5 turns
Compr. low speed 12 clicks
Compr. high speed Set to II
Rebound damping 18 clicks

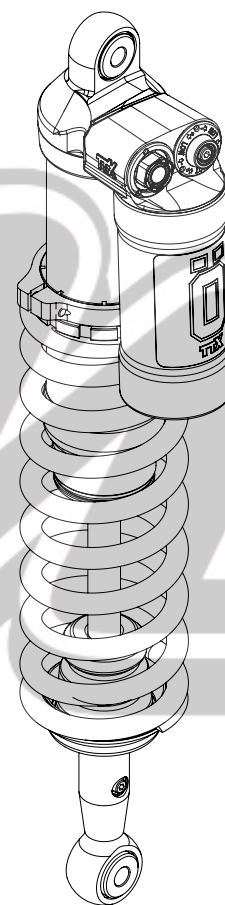
Free sag and Ride height

R1 - R2 (Free sag) 35 ± 5 mm
R1 - R3 (Ride height) 105 ± 5 mm

👁 Read more about free sag and ride height in the Öhlins Owner's Manual.

Shock absorber data

Length 449 mm
Stroke 145 mm
Active range 128 mm



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

👁 Note!

Please note that the product image in this folder may differ from the product you have purchased.

Kit Contents

	Part No.	Pcs.
Shock absorber	GG 1389	1
Spring clip	15629-02	1
Öhlins Sticker	10207-01	1
Owner's Manual	07253-02	1
General Info Sheet	01198-01	1

👁 Note!

No spring included in this kit. See the Spring Guide in this folder, or contact an Öhlins dealer for advice.

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. GG 1389
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Shock Absorber for Gas Gas EC 250/300/450F **GG 1389**

Mounting Instructions



Brand	Rider's weight* / Spring / Spring Rate	Spring / Spring Rate
EC250/300F	60/132 06310-09 50	EC450F 06310-10 52
	65/143 06310-09 50	
	70/154 06310-10 52	
	75/165 06310-10 52	
	80/176 06310-11 54	
	85/187 06310-11 54	
	90/198 06310-12 56	
	95/209 06310-12 56	
	100/220 06310-13 58	
	105/231 06310-14 60	
110/242 06310-15 62	06310-11 54	
115/253 06310-16 64	06310-12 56	
		06310-13 58
		06310-13 58
		06310-14 60
		06310-15 62
		06310-16 64
		06310-17 66

* Rider's weight: Rider wearing all riding equipment

Install the Spring

Note!

Install the spring to the shock absorber before installing the shock absorber on the vehicle.

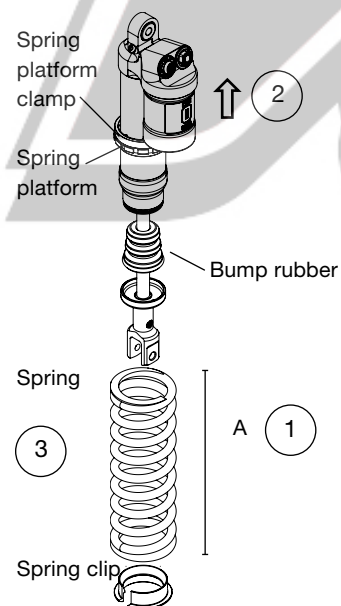
- 1 Measure the free length of the spring (A).
- 2 Loosen the screw on the spring platform clamp so that you can move the spring platform as far up as needed to install the spring.
- 3 Put the shock absorber up-side-down in a vice so that you can install the spring and the spring clip.

Note!

The spring platform and spring are press fitted. Push hard to install the spring.

- 4 Measure the spring length. Adjust the spring preload to the recommended setting, see section **Adjustments** and **Set-up data** in this folder.

- 5 Install the shock absorber to the vehicle according to the procedure in this folder. Check sag and ride height (see the Owner's Manual) and adjust the spring preload again if necessary.



Note!

Tighten the screw on the spring platform clamp before riding the motorcycle.

Warning!

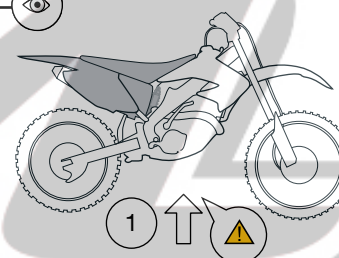
It is advisable to have an Öhlins dealer install the shock absorber.

Warning!

When working on a raised vehicle, make sure the vehicle is securely supported so that it will not tip.

When installing, consult your Vehicle Service Manual.

VEHICLE SERVICE MANUAL



- 1 Install the Öhlins shock absorber according to the vehicle manual.

Note!

Before installing the Öhlins shock absorber clean the vehicle thoroughly.

2

Make sure that all removed parts are reinstalled in the same way as they were before the installation of the Öhlins shock absorber.

Caution!

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.

After installing this product, take a test ride at low speed to make sure that your vehicle has maintained its stability.

If the suspension makes an abnormal noise, or the function is irregular, or if you notice any leakage from the product, please stop the vehicle immediately and return the product to an Öhlins Service Centre.