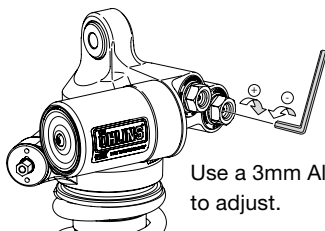


Adjustments

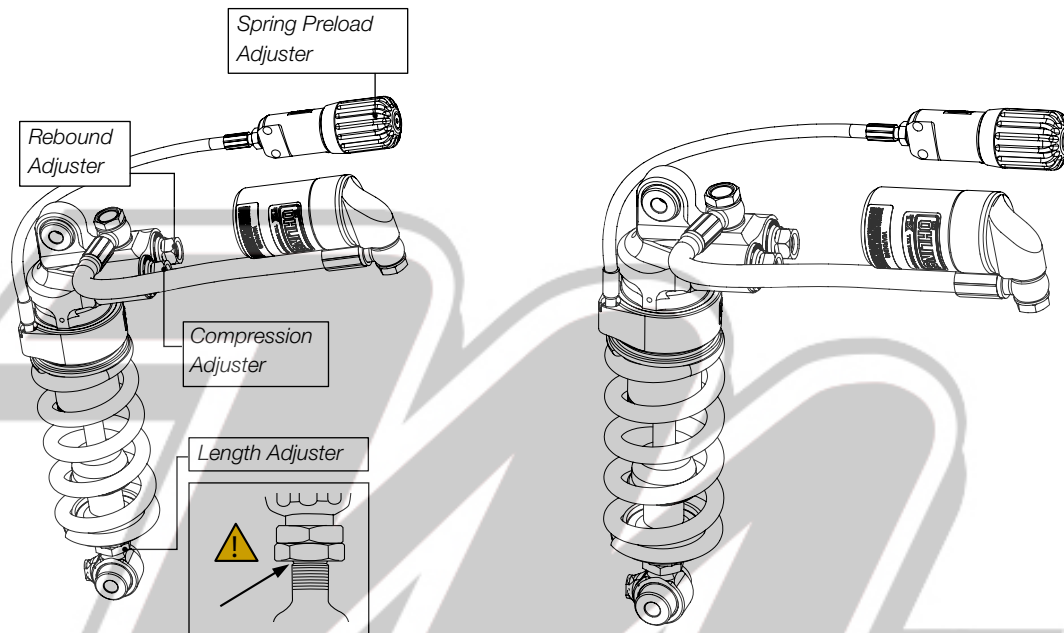
⚠ Warning!

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.

Compression and Rebound Adjuster



Use a 3mm Allen key to adjust.



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	HO 039	1
Öhlins Sticker	00192-01	2
Memo Notes Sticker	01180-01	1
Washer 6.4/12/1.5	00153-04	2
Tie-rap L=188	00231-01	3
Nut M6	00430-02	2
Screw MC6S 8x25	01046-03	2
Screw K6S M6x30	05404-07	2
Washer 10/20/3	21617-03	1
Bracket	21617-05	1
Owner's Manual	07242-01	1

Set-up Data

Recommended set-up

Spring Preload	16 mm
Rebound	14 clicks
Compression	10 clicks

Total length	295 ⁺⁶ / ₀ mm
Stroke	60 mm
Spring	21040-31
Spring; Free length	160 mm

Recommended Sag and Ride Height

Free Sag (R1-R2)	15 mm
Ride Height (R1-R3)	32 mm

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

👁 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. HO039
Issued 2011-11-21



© Öhlins Racing AB. All rights reserved. Any reprinting or unauthorized use without the written permission of Öhlins Racing AB is prohibited.

Öhlins Racing AB
Box 722
S-194 27 Upplands Väsby, Sweden
Phone +46 8 590 025 00
fax +46 8 590 025 80



www.ohlins.com

Shock Absorber for Honda CBR 600 RR ABS HO 039

Mounting Instructions

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.



⚠ Warning!

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

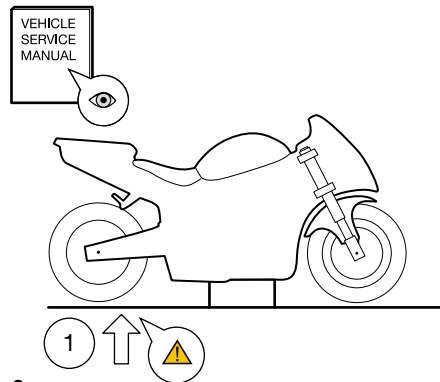
When installing, consult your Vehicle Service Manual.

⚠ Warning!

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

1

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



2

Loosen the hose clamp around the gas reservoir on the original shock absorber mounted at the left passenger foot peg bracket.

3

Remove the plastic fender behind the shock absorber.

4

Loosen and remove the lower and upper mounting bolt for the original shock absorber.

5

Remove the original shock absorber unit upwards and towards the rear.

6

Install the Öhlins shock absorber in reverse order. The reservoir shall be placed in the bracket for the original reservoir on the left side. Use the original hose camp.

7

The pre-load adjuster shall be mounted on the right side of the bike between the foot peg and the rear frame. Use the washer supplied at the front of the foot peg bracket. Use the M8x25 screws supplied.

8

Modification of the front part of the rear plastic fender is necessary if you want to use it together with the Öhlins shock. Use the supplied cut guide as a template.

9

Install all parts that have been removed in reverse order.

10

Use the ty-raps to clamp the hose for the preload adjuster.

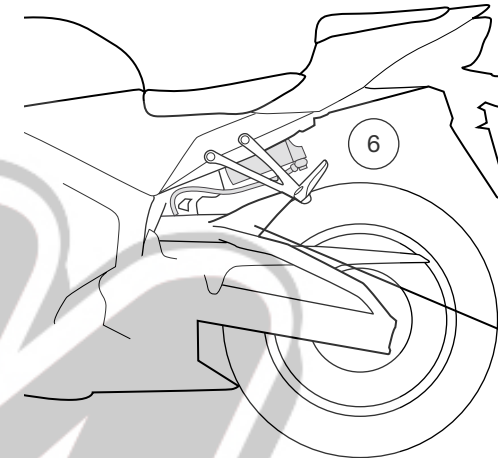
⚠ Caution!

Check that both hoses are routed in smooth bends and do not get squeezed when the rear suspension is moving.

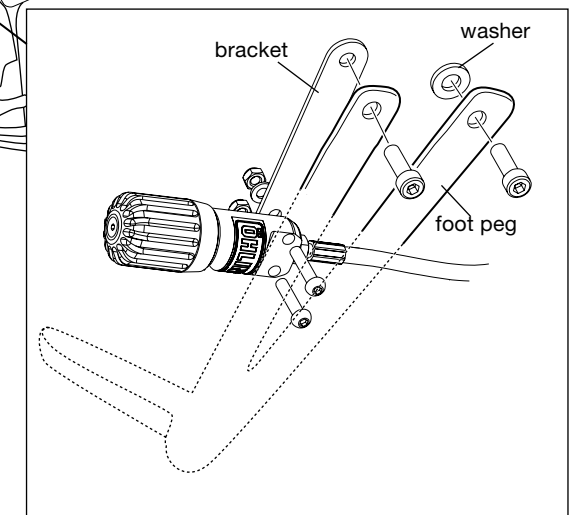
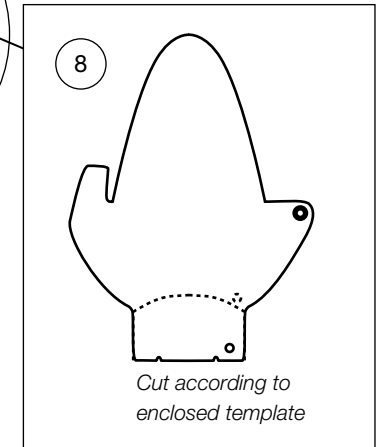
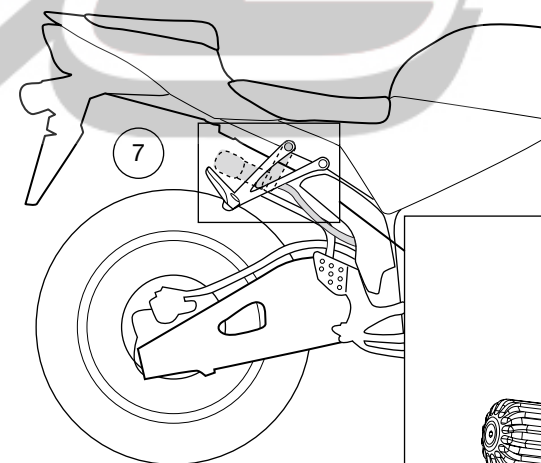
⚠ Caution!

Make sure that all screws are tightened to the correct torque and that nothing fouls or restricts movement of the shock absorber.

View from the left side of the vehicle.



View from the right side of the vehicle.



Honda CBR 600 RR ABS:
Removal or modification
of the rear plastic fender is necessary

Drill a new 6mm hole for the cable holder.

Cut after this line

