## **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.

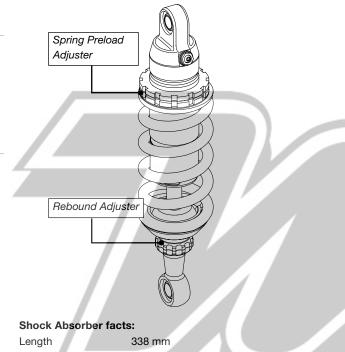
## Set-up Data

Recommended	setting
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Rebound	14 clicks
Spring Preload	10 mm

#### Spring

Part No. Rate 01095-54 140 N/mm Free spring length 180 mm



#### 65 mm Stroke

#### **Recommended Sag and Ride Height**

40 - 50 mm
55 - 65 mm
25 - 35 mm
50 - 60 mm

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

Ohlins 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.

F1 - F2:

F1 - F3:

R1 - R2:

R1 - R3:

Part no. HO 046 0 Issued 2010-11-18

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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 Varadero HO 046

### **Mounting Instructions**



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

#### **Kit Contents**

	Part No.	Pcs
Shock absorber	HO 046	1
Öhlins Sticker	00192-01	2
C-spanner	00710-02	1
Memo Notes Sticker	01180-01	1
Owner's Manual	07241-02	1

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.

#### A Warning!

Before installing this product, read the Öhlins Owner's Manual. The shock absorber is an important part of your vehicle and may affect the stability of your vehicle.

### How to install

#### **Warning!**

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

#### Note!

When installing, consult your Vehicle Service Manual.

#### Note!

Before installing the Öhlins shock absorber clean the vehicle thoroughly.

#### 1

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

#### **Warning!**

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

#### 2

Unlock the seat and remove it, remove the left and right side covers.

#### 3

Remove the wheel of the hydraulic preload adjuster.

#### Note!

When loosening the adjuster wheel a spring and a ball will be released.

#### 4

Loosen first the upper and then the lower shock absorber attachment.

#### 5

Loosen the triangle link and remove it.

#### 6

Remove the shock absorber downwards.

#### 7

Mount the Öhlins shock absorber in reversed order fit the upper bracket first.

#### 8

Reassemble the triangle link and fit the lower attachment.

#### Note!

Lower the motorcycle so that the shock absorber is slightly compressed, before tightening the screws.

#### 12

Tighten all screws to the torque specified by your Honda service manual.

#### 13

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

### 🖱 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.