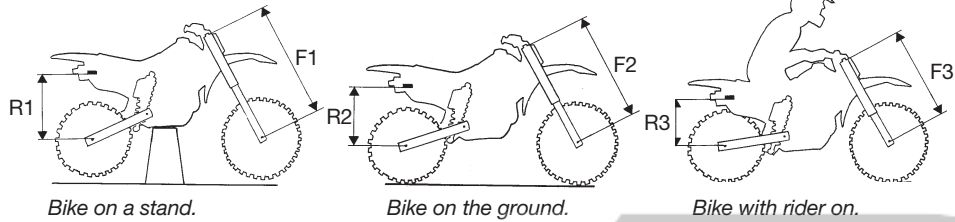


# Owners Manual

## Mounting instructions Öhlins shock absorber kit HO 084 for Honda XR 400



### Setup data

Shock absorber length	395 mm
Shock absorber stroke	100 mm
Spring pre-load	8.5 mm
Rebound damping adjuster	12 clicks
Compression damping adj.	15 clicks

### Checking sag and ride height

#### Front suspension

F1. Bike on a stand with the suspension fully extended = .....

F2. Bike on the ground without rider = .....

F3. Bike on the ground with rider = .....

Free sag                      F1 - F2 = .....

Ride height                    F1 - F3 = .....

#### Rear suspension

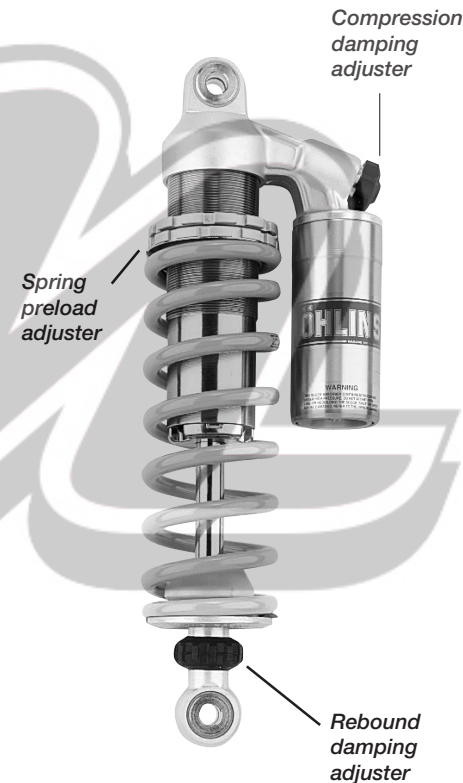
R1. Bike on a stand with the suspension fully extended = .....

R2. Bike on the ground without rider = .....

R3. Bike on the ground with rider = .....

Free sag                      R1 - R2 = .....

Ride height                    R1 - R3 = .....



### Öhlins shock absorber 46 PRC

Your Öhlins shock absorber type 46 PRC features the following adjusters:

#### Compression damping adjuster

Adjustments are made on top of the reservoir.

#### Rebound damping adjuster

Adjuster wheel on the piston shaft above the end bracket.

#### Spring preload adjuster

Adjustments are made by turning the threaded ring on the shock absorber body. Use the tool provided. Clockwise for harder adjustment, counter clockwise to release the preload.

### NOTE!

When delivered the Öhlins shock absorber is dialed to recommended settings for the specific brand and make of the motorcycle. If you have changed the setting check like this:

The adjusters have a normal right hand thread. Turn the damping adjusters clockwise to fully closed (pos. zero [0]). Turn counter clockwise to open and count the clicks until you reach the recommended number of clicks. See Setup data at last page.

### CAUTION!

Do not use too much force, delicate sealing surfaces can be damaged.



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## Safety signals

Important information concerning safety is distinguished in this manual by the following notations:



*The Safety alert symbol means:  
Caution! Your safety is involved.*

### **WARNING!**

*Failure to follow warning instructions could result in **severe or fatal injury** to anyone working with, inspecting or using the suspension, or to bystanders.*

### **CAUTION!**

*Caution indicates that special precautions must be taken to avoid damage to the suspension.*

### **NOTE!**

*This indicates information that is of importance with regard to procedures.*

## Before installation

Öhlins Racing AB can not be held responsible for any damage whatsoever to shock absorber or vehicle, or injury to persons, if the instructions for fitting and maintenance are not followed exactly.

Similarly, the warranty will become null and void if the instructions are not adhered to.

### **WARNING!**

*1. Installing a shock absorber, that is not approved by the vehicle manufacturer, may affect the stability of your vehicle. Öhlins Racing AB cannot be held responsible for any personal injury or damage whatsoever that may occur after fitting the shock absorber. Contact an Öhlins dealer or other qualified person for advice.*

*2. Please study and make certain that you fully understand all the mounting instructions and the owners manuals before handling this shock absorber kit. If you have any questions regarding proper installation procedures, contact an Öhlins dealer or other qualified person.*

*3. The vehicle service manual must be referred to when installing the Öhlins shock absorber*

Öhlins products are subject to continual improvement and development. Consequently, although these instructions include the most up-to-date information available at the time of printing, there may be minor differences between your suspension and this manual. Please consult your Öhlins dealer if you have any questions with regard to the contents of the manual.

### **NOTE!**

*During storage and transportation, especially at high ambient temperature, the oil and grease used for assembling may run out inside the packing and damage the expanded polystyrene packing material. This is not unusual and is in no way detrimental to the shock absorber.*

## Kit contents

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

Description	Pcs.	Part No.
Shock absorber 46 PRC	1	HO 084
C-spanner	1	00710-02
Sticker memo notes	1	01180-01
Sticker Öhlins	2	00197-01

## Mounting instructions

### **1**

Put the motorcycle on a stand so the rear wheel has ground clearance. Make sure it's steadily positioned and will not fall over.

### **WARNING!**

- 1. It's advisable to have an Öhlins dealer or other qualified person to fit your shock absorber.*
- 2. Instructions in the vehicle service manual are to be followed when changing the shock absorber.*
- 3. When working on a lifted vehicle it must be securely supported to prevent it from falling.*

### **2**

Remove the seat by loosening the rear attachment screws.

### **3**

Loosen the saddle support and the hose clamp from the air filter. Disconnect electrical wires. Remove the whole unit with air filter and muffler.

### **4**

Loosen the lower and the upper attachment of the original shock absorber and remove it.

### **5**

Fit the Öhlins shock absorber in the same way as the original unit. Fasten it by using the two original bolts.

### **6**

Place the seat support and seat back in position and fasten them. See: Motorcycle workshop manual

### **7**

Continue your work according to the Owners Manual, section Adjustments

### **NOTE!**

*Make sure that all bolts 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.*

### **WARNING!**

*Certain modifications may be necessary when installing the Öhlins shock absorber/suspension. It is essential that the mounting instructions are carefully followed.*