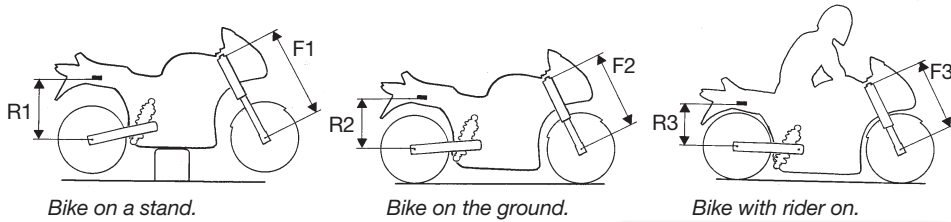


Owners Manual

Mounting instructions Öhlins shock absorber kit HO 203 for Honda VFR 800 F



Setup data

Shock absorber length	317.5 mm
Shock absorber stroke	53.5 mm
Spring preload	13 mm
Rebound damping adjuster	14 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 $F1 - F2 = \dots\dots\dots$

Ride height $F1 - F3 = \dots\dots\dots$

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 $R1 - R2 = \dots\dots\dots$

Ride height $R1 - R3 = \dots\dots\dots$



Öhlins shock absorber 46 DRS

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

Rebound damping adjuster

Adjuster wheel on the piston shaft above the end bracket.

Spring preload adjuster

Adjustments are made by turning the knob on the hydraulic adjuster. Clockwise for harder adjustment, counter clockwise too 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 to much force, delicate sealing surfaces can be damaged.



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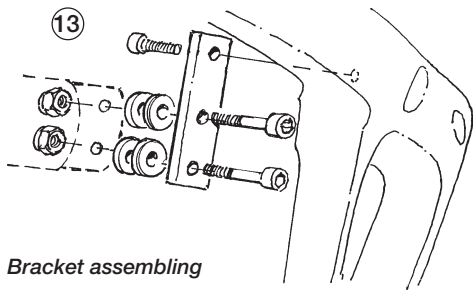
Mount the lower shock absorber bolt and refit the pulling rod to the frame and to the triangle link.

NOTE!

The rear wheel has to be lowered when the triangle link is assembled.

13

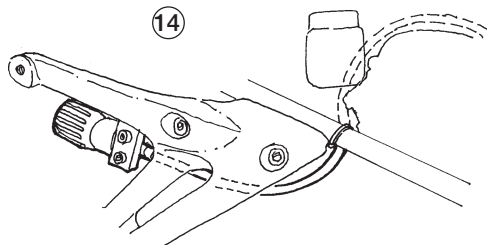
The hydraulic pre-load adjuster shall be mounted at the rear footrest bracket. Use the bracket, spacers, screws and nuts supplied.



Bracket assembling

14

Fix the hose with the tie raps supplied



15

Refit the brake hose attachment behind the wheel.

16

Refit the rear wheel cover and the silencer unit.

17

Refit the battery, the small side covers, the license plate holder, fuel tank, the rear fairing and the seat.

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.

18

Connect the electrical wires and the battery.

19

Continue your work according to the Owners Manual, section adjustments.

Mounting instructions

1

Put the motorcycle on a stand so the rear wheel is clear of the ground. Make sure it's steadily fixed so it 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 lifting handlebars (4 screws), the seat, the rear fairing (4 screws), the license plate holder (6 screws) and the small side covers (2x3 snap fasteners).

NOTE!

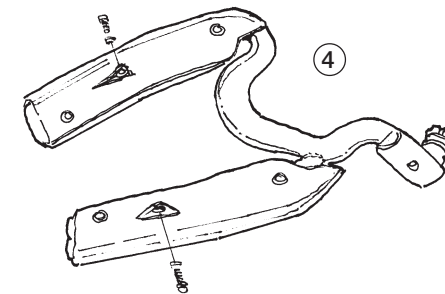
Disconnect the electrical wires before removing the rear lights.

3

Disconnect and remove the battery.

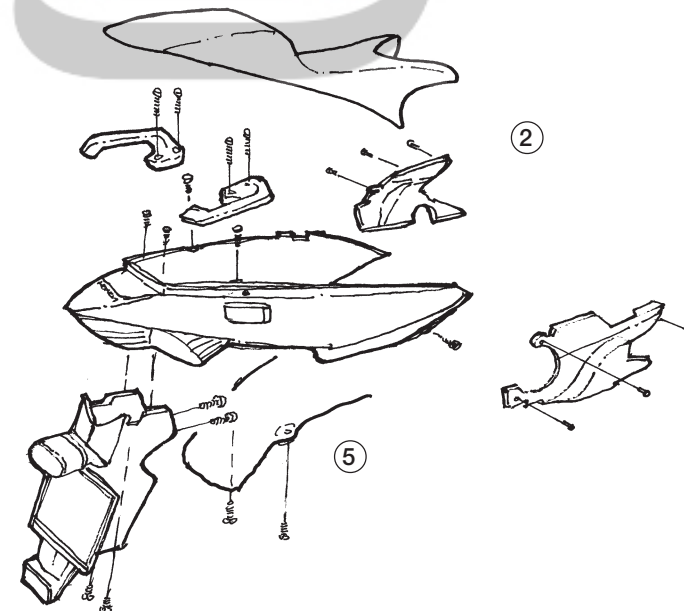
4

Loosen the bolts holding the silencers and the clamp of the rear pipe and remove the whole unit.



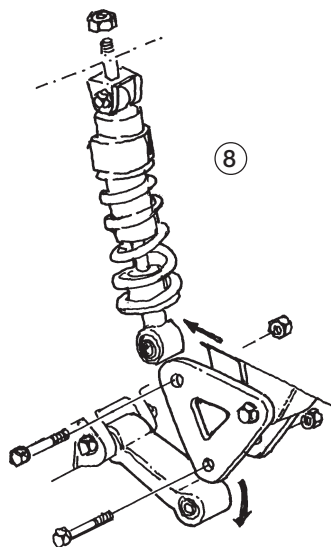
5

Loosen the plastic cover above the wheel.



6

Remove the original pre-load adjuster and its bracket as a unit. Part the bracket from the adjuster and remove the adjuster wheel from the adjuster.



NOTE!

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

7

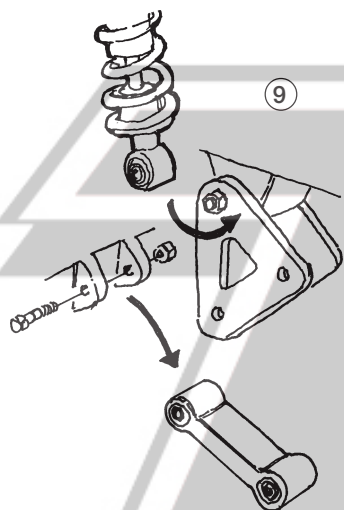
Loosen the fuel tank and turn the rear of the fuel tank to the right so that the upper shock absorber attachment is accessible from above.

8

Loosen upper attachment nut of the shock absorber from above.

9

Loosen the lower shock absorber and the pulling rod from the triangle link. Loosen the pulling rod from the frame and remove it



10

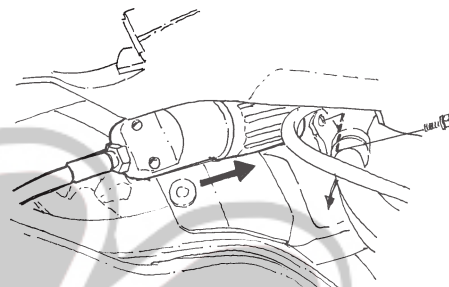
Lift the rear end enough to make removal of the shock absorber out to the left side of the motorcycle possible. Be careful to memorize how the hose of the original adjuster is positioned. The Öhlins adjuster is to be fitted exactly the same way.

NOTE!

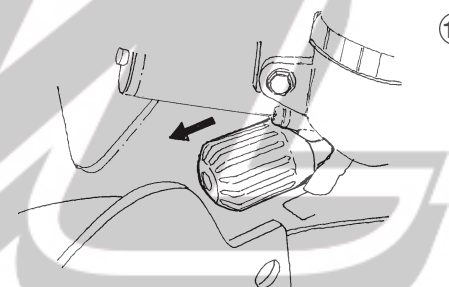
The rear wheel must be raised 100-150 mm to clear enough space to take the shock absorber out. It may be necessary to loosen the brake hose attachment behind the rear wheel. The plastic cover above the wheel must be lowered as far as possible.

11

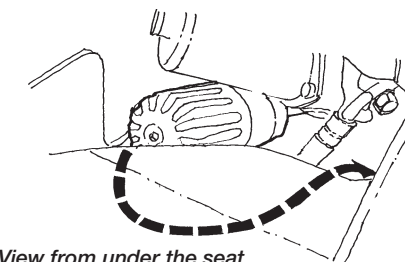
Attach the Öhlins shock absorber in reverse order. The hydraulic pre-load adjuster should be pulled out to the right side of the motorcycle according to illustrations.



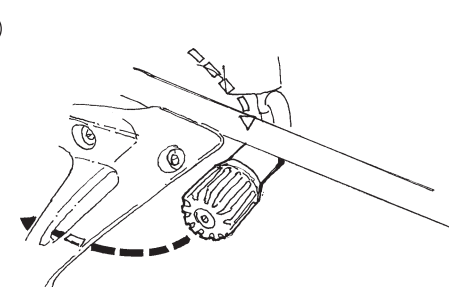
View from the left side



View from under the seat



View from under the seat



View from the right side

NOTE!

To make the procedure possible, the screw holding the brake hoses behind the shock absorber must be removed and the hoses pushed downwards. The plastic cover above the wheel must be lowered as far as possible.