

Kit Contents

Description	Part No	Pcs
Shock absorber	HO239	2
Screw MC6S 8x40	01046-21	2
Sticker Memo notes	01180-01	1
Sticker Öhlins wh/transp.	01185-01	2
Sticker Öhlins bl/transp.	01185-04	2
Tool preload adjuster	03199-03	1
Owner's manual	07241-02	1

👁 Note!

Please note that this image is a general representation of the product and may differ slightly from your product.

👁 Note!

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.

👁 Note!

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

⚠ Warning!

Before installing this product, read the Öhlins Owner's Manual. The shock absorber/front fork/steering damper is an important part of your vehicle and will affect the stability.

Shock absorber for Honda CB 1100

HO 239

Mounting Instructions

MOUNTING INSTRUCTIONS

Warning!

It is advisable to have an Öhlins dealer install the shock absorber/front fork/steering damper.

Warning!

If working on a raised vehicle, ensure it is securely supported so that it will not tip.

Note!

Before mounting this product clean the vehicle thoroughly.

Note!

When working on this product, always see the Vehicle Service Manual for vehicle specific procedures and important data.

1

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

2

Remove the original shock absorbers.

3

Replace the front bolts for the passenger handles above the shock absorbers with the supplied M8x40 to get enough clearance to the shock absorbers.

4

Install the Öhlins shock absorbers. Reservoirs up and pointing towards the rear.

5

Lower the bike so that you get some weight on the rear wheel and tighten the shock mounting screws to the correct torque according to the vehicle service manual.

Note!

Lower the vehicle so that the suspension is slightly compressed before tightening the screws.

Caution!

Ensure that all screws are tightened to the correct torque and that nothing fouls or restricts movement of the shock absorber/front fork/steering damper when the suspension is fully compressed or extended.

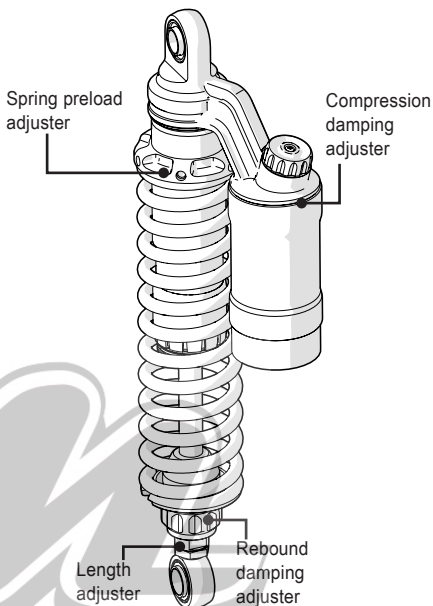
MOUNTING INSTRUCTIONS



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.



SET-UP DATA

Length	360 ⁺¹⁰ / ₀	mm	R1-R2	9	mm
Stroke	92.5	mm	R1-R3	31	mm
Rebound	12	clicks	F1-F2	35	mm
Compression	16	clicks	F1-F3	45	mm
Spring preload	18	mm			
Spring	00480-33				
Spring free length	230	mm			
Spring rate	progr.	N/mm			

👁 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 an Öhlins distributor. Please contact Öhlins if you have any questions regarding the contents in this document.

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