

Kit Contents

Description	Part No	Pcs
Shock absorber	HO110020	1
C-spanner	00710-02	2
Sticker Öhlins wh/tr	01185-01	2
Sticker Öhlins bl/tr	01185-04	2
Sticker Memo notes	01180-01	1
Owner's manual	07241-02	1

👁 Note!

Please note that there can be small differences between your product and the images in these instructions.

👁 Note!

Please note that during storage and transport, especially at high ambient temperature, some of the oil and grease used for assembly may leak and stain the packaging. This will not cause damage to the product, wipe off the excessive oil or grease with a cloth.

👁 Note!

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

⚠ Warning!

Before you install this product, read the Öhlins Owner's manual. This product is an important part of the vehicle and the vehicle stability.

Shock absorber for Honda CB500F/ CBR500R

HO 320

Mounting Instructions

MOUNTING INSTRUCTIONS

⚠ Warning!

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

⚠ Warning!

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

👁 Note!

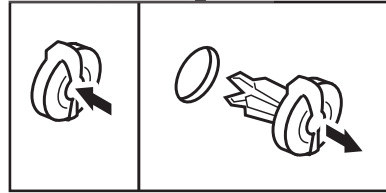
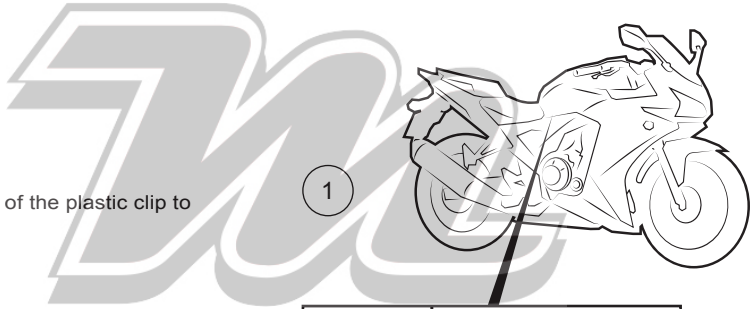
Before mounting this product clean the vehicle thoroughly.

👁 Note!

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

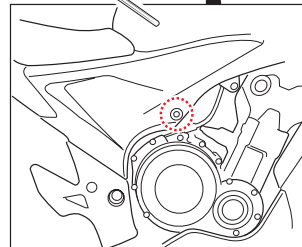
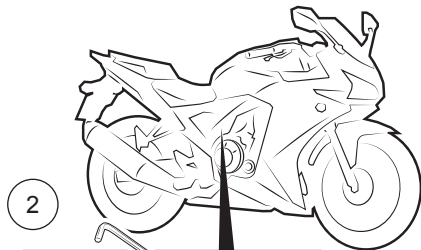
1

Push in the center of the plastic clip to release it.



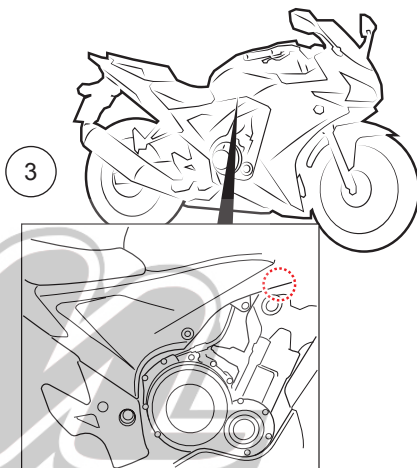
2

Loosen the screw with a 5mm Allen key.

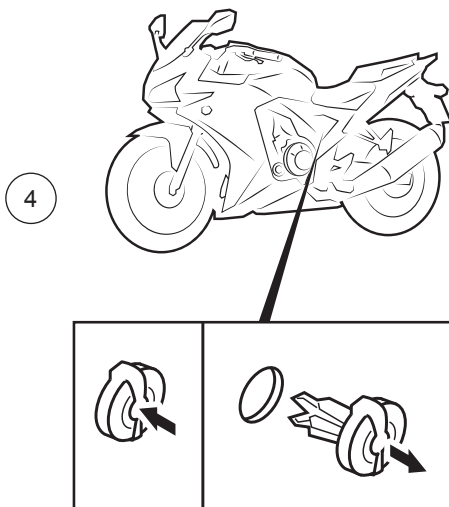


MOUNTING INSTRUCTIONS

- 3**
Remove the right side panel.



- 4**
Push in the center of the plastic clip to release it.

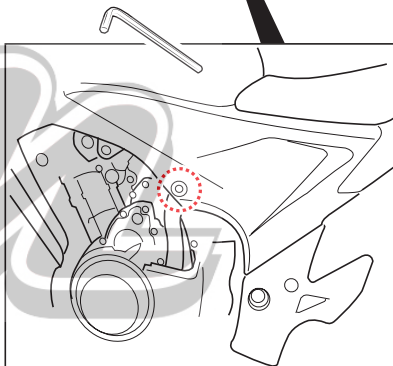
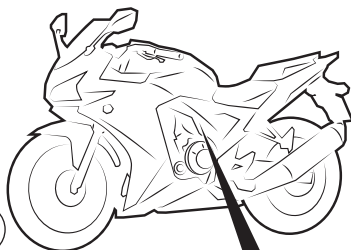


MOUNTING INSTRUCTIONS

5

Loosen the screw with a 5mm Allen key.

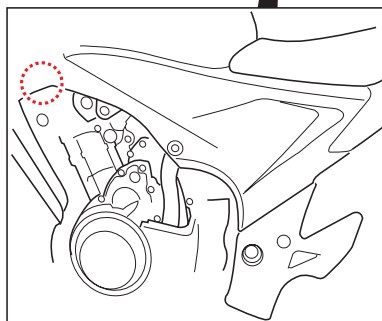
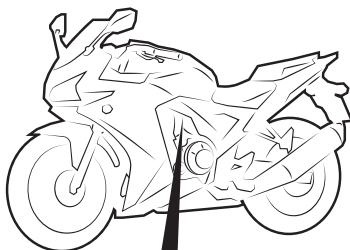
5



6

Remove the left side panel.

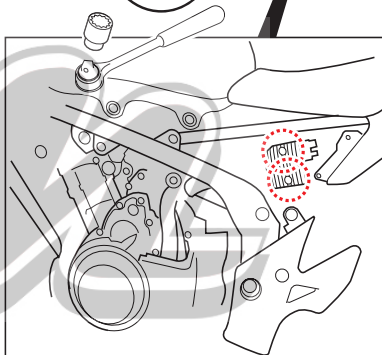
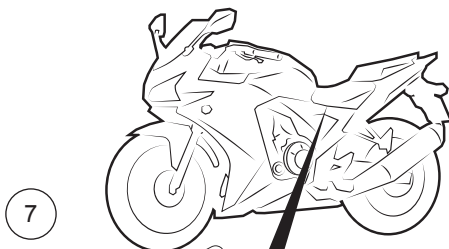
6



MOUNTING INSTRUCTIONS

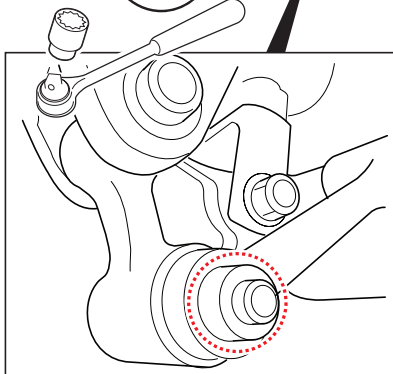
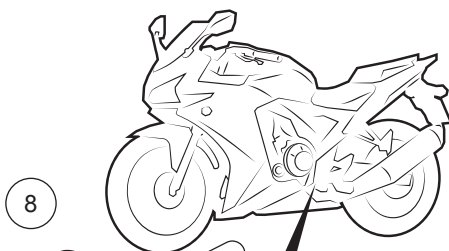
7

Loosen the bolt that hold the regulator with 10mm socket, move it a little to the side.



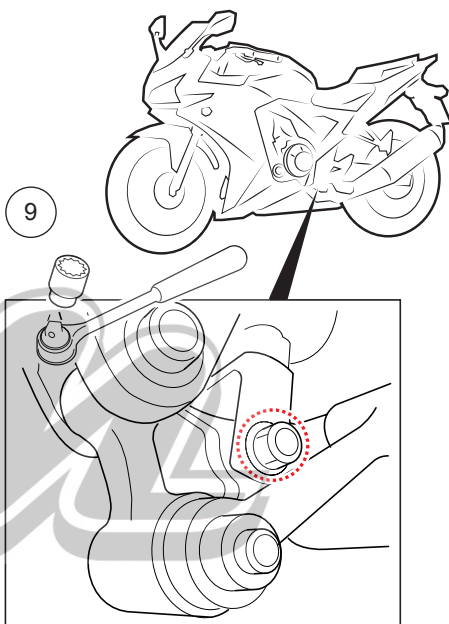
8

Remove rear pull rod bolt and nut, 14 and 17 socket.



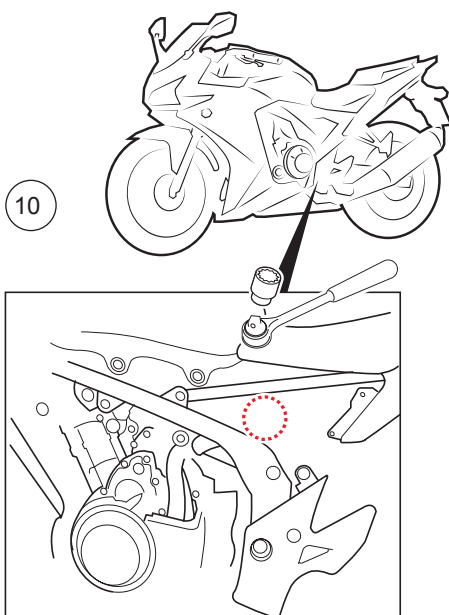
9

Remove the bottom shock mount bolt and nut, 14 and 17 socket.



10

Remove the top shock mount bolt and nut with 14 and 17 socket.



11

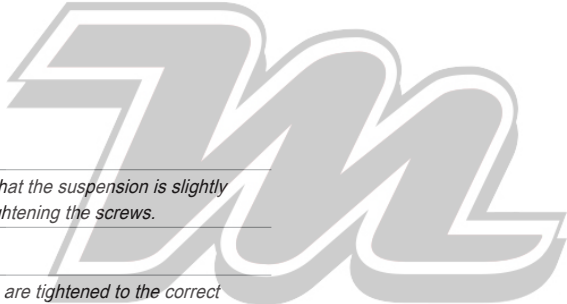
Remove standard shock absorber, then install with Öhlins product and reverse all procedures above.

 **Note!**

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

 **Caution!**

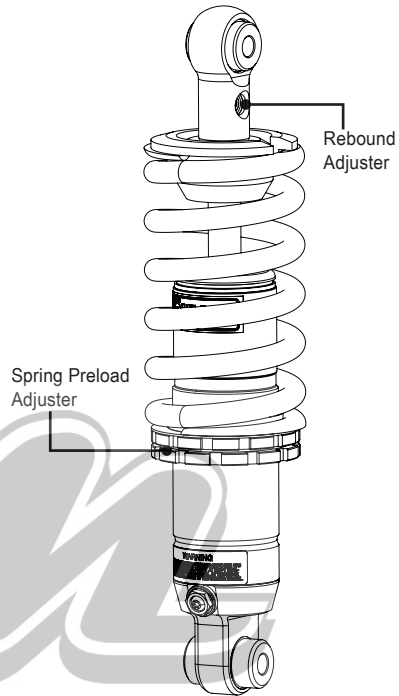
Ensure that all screws are tightened to the correct torque and that nothing fouls or restricts movement of the shock absorber when the suspension is fully compressed or extended.



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.



SETUP DATA

Length	307	mm
Stroke	54	mm
Rebound	16	clicks
Spring preload	8	mm
Spring rate	110	N/mm
Spring, free length	150	mm

Recommended sag and ride height		
R1-R2	11	mm
R1-R3	32	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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