

👁 Note!

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

Kit Contents

Description	Part No	Pcs
Shock absorber	HO110007	1
Sticker Öhlins	00192-01	1
Sticker Öhlins	01185-01	1
Sticker Öhlins	01185-04	1
C-spanner	00710-02	1
Owner's manual	07241-02	1
Bracket	60006-02	1
Tie wraps	60231-01	2
Screws	01046-34	2
Screw	01046-55	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.

⚠ Warning!

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

Shock Absorber for Honda CRF 250L

HO429

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!

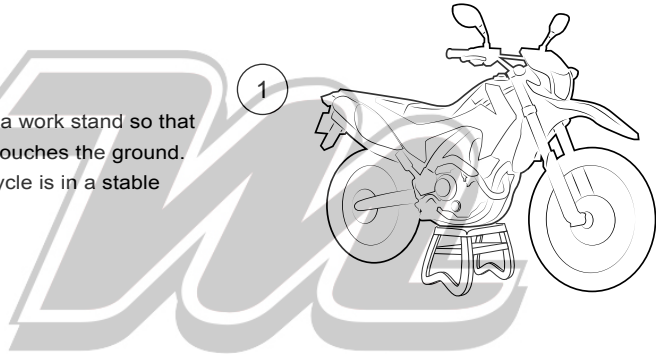
Before mounting this product clean the vehicle thoroughly.

👁 Note!

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

1

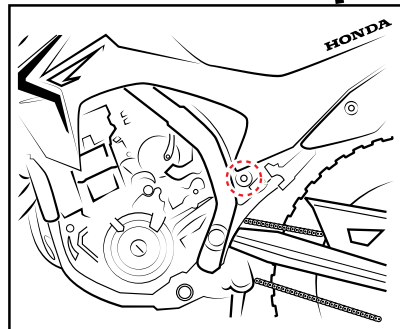
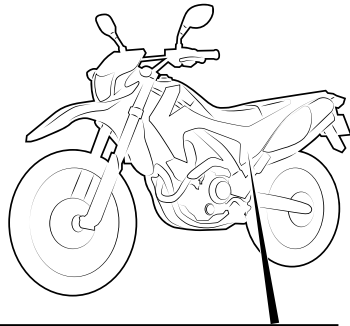
Put the motorcycle on a work stand so that the rear wheel barely touches the ground. Make sure the motorcycle is in a stable position.



2

Remove the center fairing on left side.

2

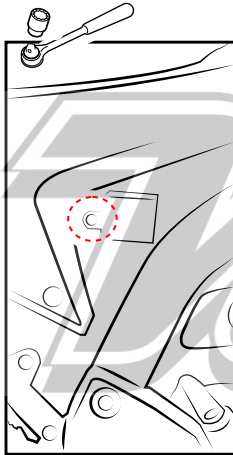
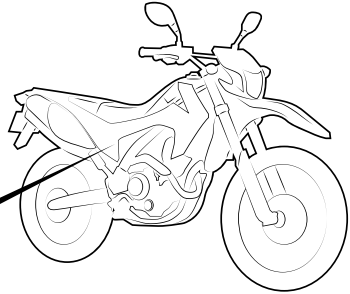


MOUNTING INSTRUCTIONS

3

Loosen the break fluid reservoir on the right side of the vehicle.

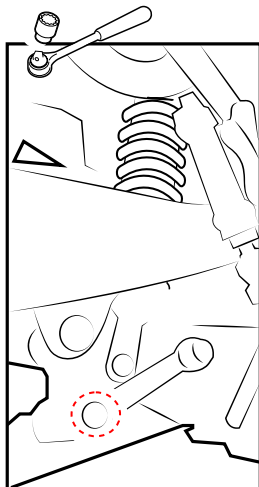
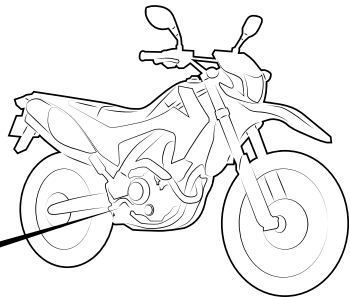
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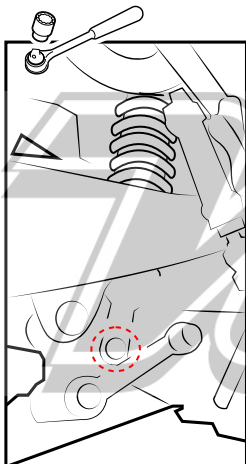
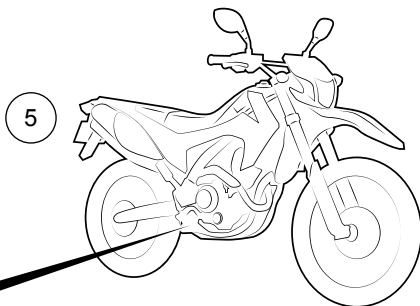
Release the pull rod by loosening the bolt and nut.

4

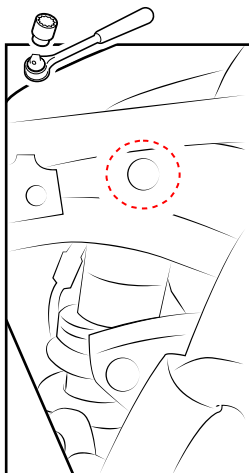
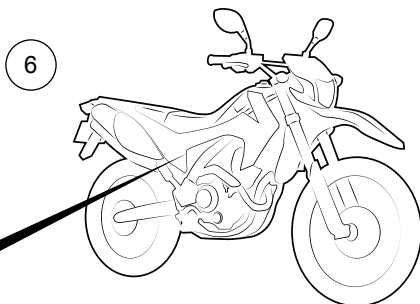


MOUNTING INSTRUCTIONS

- 5**
Remove the lower bolt of the shock absorber.



- 6**
Loosen the upper bolt of the standard shock.
Lift the swing arm and remove the standard shock through the bottom of the frame.

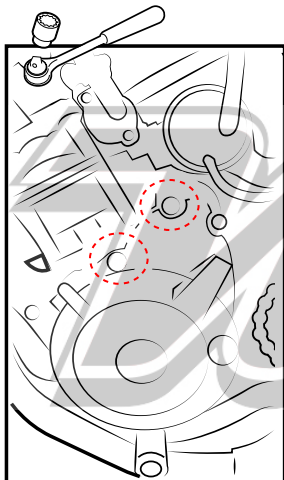
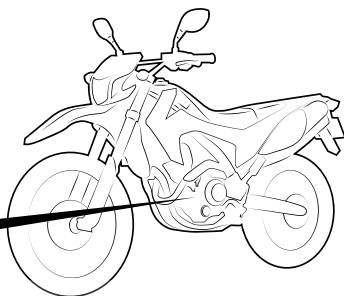


MOUNTING INSTRUCTIONS

7

Loosen the two bolts on the left side of the engine, then install the reservoir bracket.

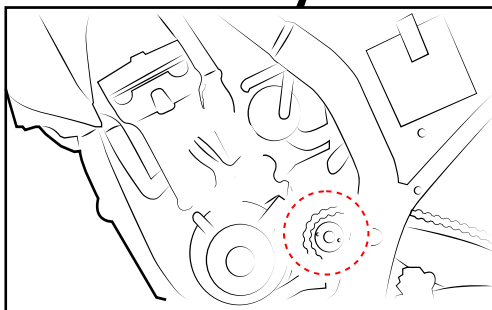
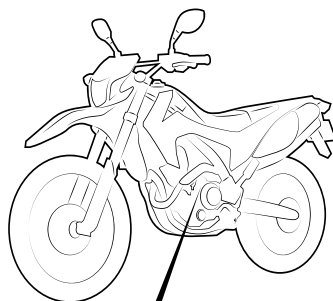
7



8

Remove the chain cover and remove the circlip that holds the front sprocket. Move the sprocket outwards as far as possible.

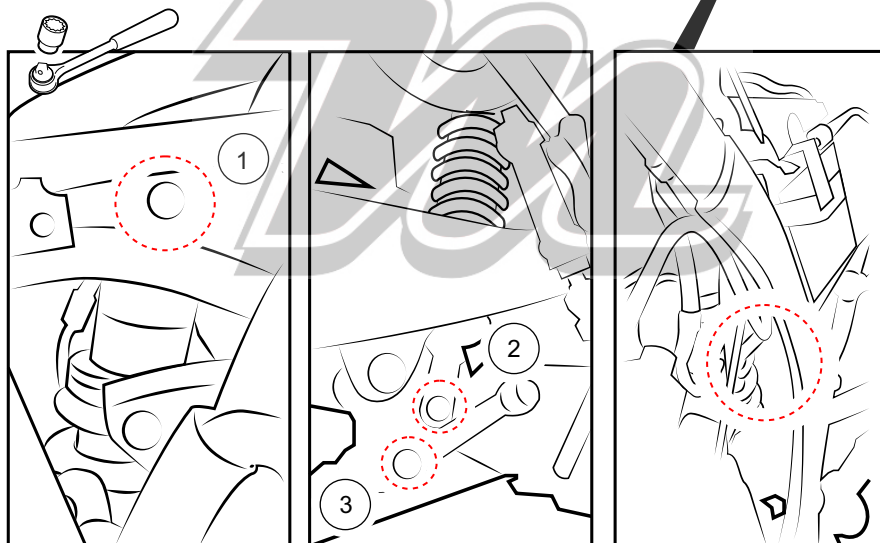
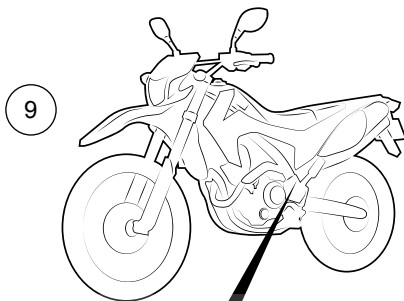
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MOUNTING INSTRUCTIONS

9

Install the Öhlins shock absorber the same way as the original shock was removed. Push the reservoir through the frame above the front sprocket and tighten the bolts (1), (2) and (3).



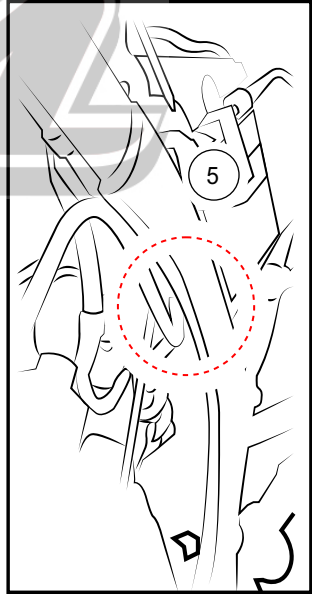
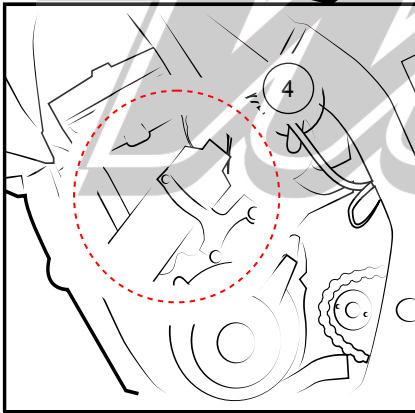
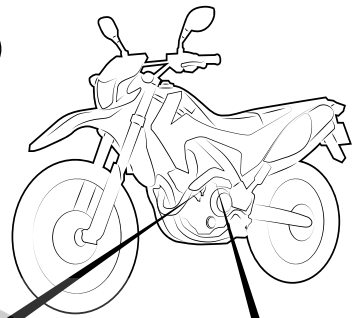
MOUNTING INSTRUCTIONS

10

Install and tighten the reservoir into the bracket (4) and clamp the hose with the tie wrap on the tube towards the inside of the frame (5).

Reinstall all removed parts in the same position that they were before removal.

10



Note!

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

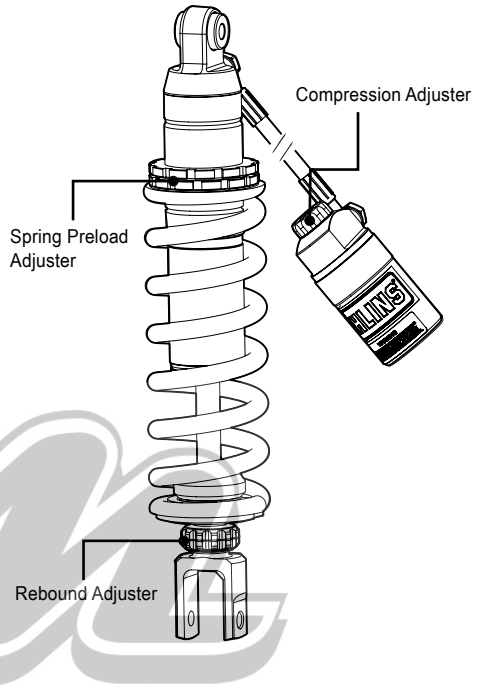
Caution!

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.



SET-UP DATA

Recommended set-up

Spring Preload 11 mm
Compression Adjuster 12 clicks
Rebound Adjuster 12 clicks

Shock absorber data

Length 396 mm
Stroke 82 mm

Spring

Part No 60011-36
Free spring length 230 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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