

Setup data

Shock absorber length	275 mm
Shock absorber stroke	72 mm
Spring pre-load	~3 mm

Rider weight chart

For the correct spring to use with this shock absorber, see chart below.

Kgs	Lbs	N/mm	Art No.
60-69	132-154	27	00180-98
70-79	155-176	30	00180-45
80-89	177-198	33	00180-70
90+	199+	36	00180-85

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 =

NOTE!

*If ride height is higher than recommended, softer spring/springs must be used.
If ride height is lower than recommended, harder spring/springs must be used.
Contact your Öhlins dealer for advice.*

Mounting Instructions

Öhlins shock absorber kit HO 487
for Honda CRF70R, XR 70

Öhlins shock absorber 36 DW

Your Öhlins shock absorber type 36 DW features the following adjusters:

Spring pre-load adjuster

Adjustments are made by turning the rings on the shock absorber body. Clockwise for harder adjustment, counter clockwise to release the preload.

NOTE!

When delivered the Öhlins shock absorber is dialed to recommended setting for the specific brand and make of the motorcycle.



Part No. HO 487. Issued 04 03 31



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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.

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 36 DW	1	HO 487
Sticker Öhlins	2	00197-01
Sticker memo notes	1	01180-01
C-spanner	1	00710-01
Spring clip	1	00116-01
Owners manual	1	

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

Mounting instructions

1

Put the motorcycle on a stand so the rear wheel is clear of the ground. 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

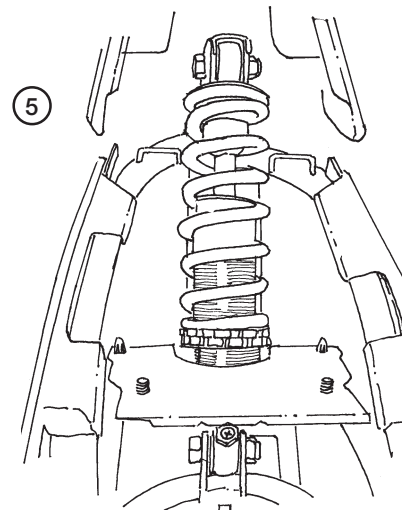
Remove the seat by loosening the three screws located on the underside of the rear fender.

3

Remove the fuel tank by loosening the two forward screws and the rubber strap at the rear.

4

Loosen and remove the standard shock absorber. See the motorcycles Workshop manual.



5

Fit the Öhlins shock absorber in position with the shock absorber body is directed rearwards. Use the original bolts.

6

Refit the fuel tank and the seat.

NOTE!

Make sure that all bolts are tightened to the correct torque and that nothing fouls the shock absorber when the suspension is being fully compressed and fully extended. See the motorcycles Workshop manual for correct torque.

6

Continue your work according to the Owners Manual, section Adjustments