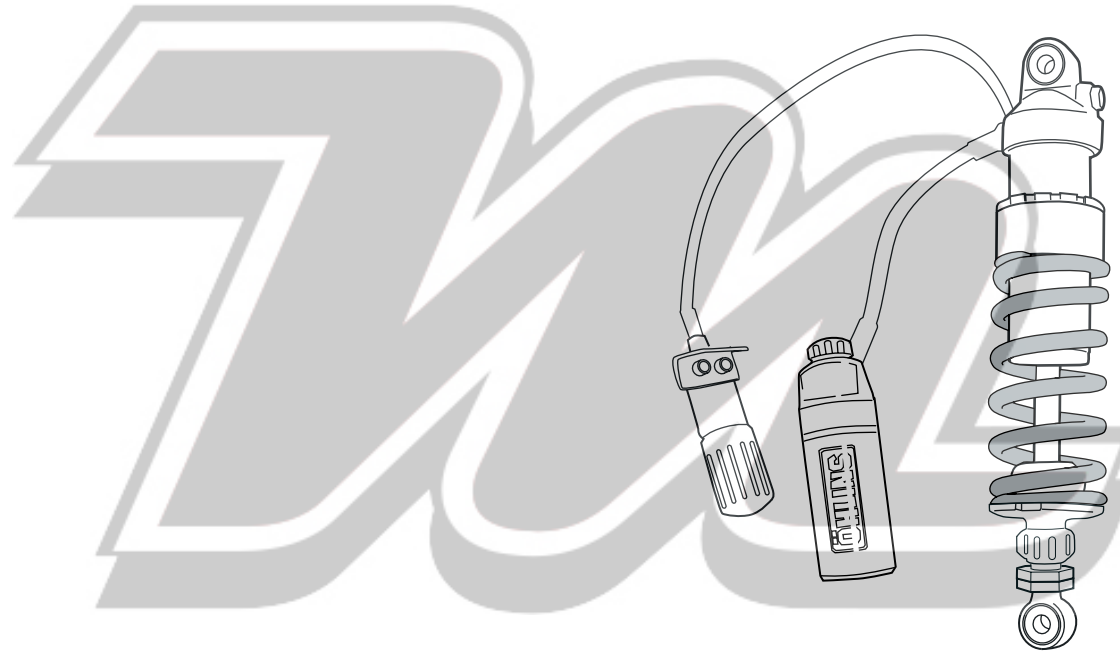


Mounting Instructions

Öhlins shock absorber kit HO 605
for HONDA VRF 800 FI



Kit Contents

Before installing the shock absorber, please check the contents of the kit. If anything is missing, please contact your Öhlins dealer.

Description	Article no. (Pcs.)
Shock absorber 46HRCL	HO605 (1)
Nut M6	00430-02 (2)
Screw MC6S 6x16	01046-01 (1)
Screw MC6S 6x35	01046-06 (2)
Spacer 6.5/15/5	01138-01 (4)
Bracket	01164-01 (1)
Hose clamp	00643-02 (2)
Rubber mount	00230-01 (2)
Tie wrap	00231-01 (1)
Öhlins Sticker blue/transp	00191-06 (1)
Öhlins Sticker yellow/blue	00192-01 (2)
Memo Notes Sticker	01180-01 (1)
Öhlins Owner's Manual	(1)

Before Installing

Öhlins Racing AB cannot be held responsible for any damage 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.

Öhlins products are subject to continuous 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 shock absorber and this manual. Please consult your Öhlins dealer if you have any questions regarding the contents of this manual.

HO605, issued 2006 06 19



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Safety Signals

Important information concerning safety is distinguished in this manual by the following notations:



The Safety alert symbol means: Attention! Your safety is involved.



WARNING!

Failure to follow these warning instructions could result in **severe or fatal injury** to anyone working with, inspecting or using the shock absorber, or to bystanders.

CAUTION!

Caution indicates that special precautions must be taken to avoid damage to the shock absorber.

NOTE!

Indicates information that is of importance regarding mounting procedures.

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 that may occur after fitting the shock absorber.

2. Please study and make certain that you fully understand all the mounting instructions and the owner's manual before handling this shock absorber kit. If you have any questions regarding proper installation procedures, contact an Öhlins dealer.

3. The vehicle service manual must be referred to when installing the Öhlins shock absorber

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.

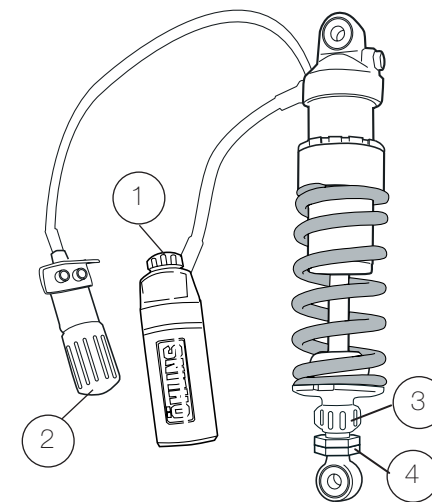
Adjustments

- 1 Compression damping adjuster**
Adjust by turning the knob on top of the reservoir. Turn clockwise to increase damping, turn counter clockwise to decrease it.
- 2 Spring preload adjuster**
Adjust by turning the knob on the hydraulic adjuster. Turn clockwise to increase spring preload, turn counter clockwise to release.
- 3 Rebound damping adjuster**
Adjust by turning the adjuster wheel at the bottom of the piston rod. Turn clockwise to increase damping, turn counter clockwise to decrease it.
- 4 Length adjuster**
Adjust by turning the end bracket. Tighten the lock nut to lock the position.

Maximum length when the groove is visible.

WARNING!

The adjustable end eye/bracket must not be threaded out more than that the groove is fully visible beneath the lock nut. After adjusting, make sure that the lock nut is tightened.



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, reset according to the following:

The adjuster has a normal right hand thread. Turn the damping adjuster clockwise to fully closed (pos. zero [0]). Turn counter clockwise to open and count the clicks until you reach the recommended number. **See Set-up data in this manual.**

CAUTION!

Do not use force, delicate sealing surfaces can be damaged.

19

Reinstall the brake hose attachment behind the wheel.

20

Reinstall the rear wheel cover and the silencer unit.

21

Reinstall the battery, small side covers, licence plate holder, fuel tank and the rear fairing and seat.

22

Reconnect the electrical wires and the battery.

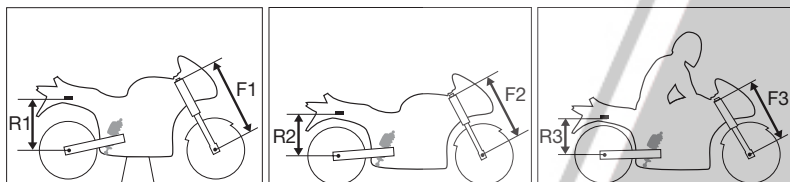
23

Read more about the shock absorber in your Öhlins Owner's Manual.

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.

Check sag and ride height



Bike on a stand

Bike on the ground

Bike with rider on

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 =

Set-up data

Shock absorber length	317.5 \pm 0.6 mm
Shock absorber stroke	54.5 mm
Spring preload	13 mm
Compression damping	14 clicks
Rebound damping	14 clicks

Mounting Instructions

▲ WARNING!

1. It is advisable to have an Öhlins dealer install the shock absorber.
2. Follow the instructions in the vehicle service manual when changing the shock absorber.
3. When working on a raised vehicle, make sure that it is securely supported to prevent it from tipping over.

1

Put the motorcycle on a workstand so that the rear wheel is off the ground.

2

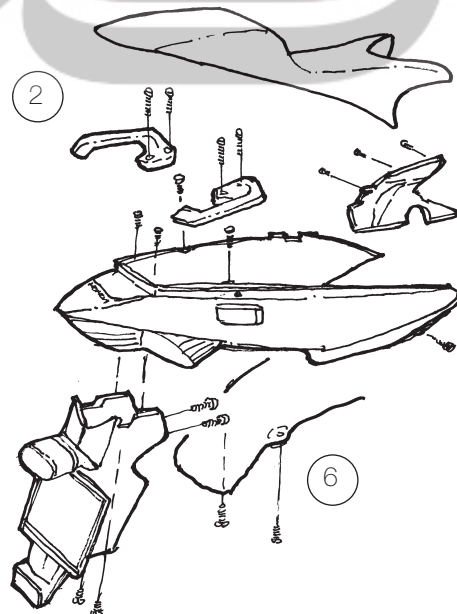
Remove the grab rails (4 screws), seat, rear fairing (4 screws), licence plate holder (6 screws) and the small side covers (2x3 snap fasteners).

▲ WARNING!

Disconnect the electrical wires before removing the rear lights.

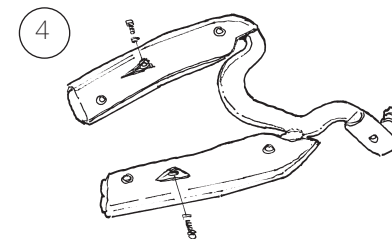
3

Disconnect and then remove the battery.



4

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



5

Remove the passenger footpegs.

6

Remove the plastic cover above the wheel.

7

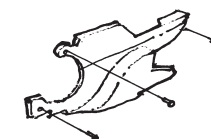
Remove the relay.

8

Loosen the cable holding the seat.

9

Loosen the brake hose holder.

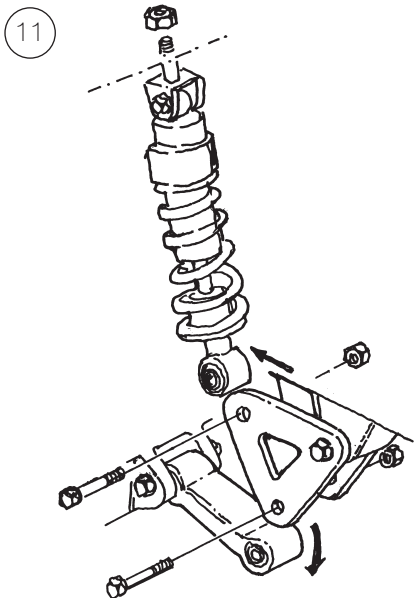


10

Remove the original preload adjuster and its bracket in one unit. Part the bracket from the adjuster.

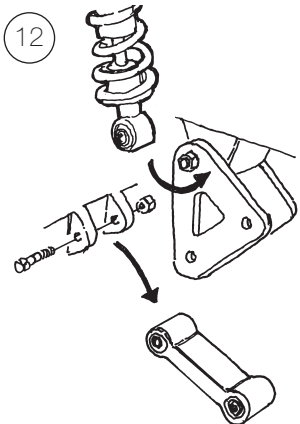
11

Loosen the nut for the upper bolt of the original shock absorber.



12

Loosen the lower bolt and the pulling rod of the triangle link. Remove the pulling rod from the frame and remove it.



13

Raise the rear end so that the original shock absorber can be removed from the left side of the motorcycle.

NOTE!

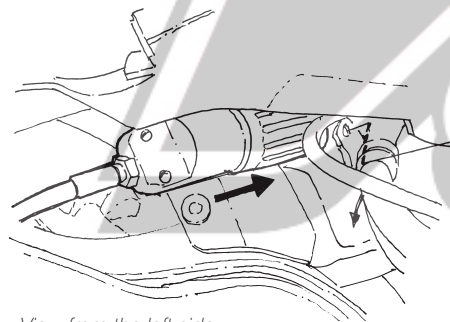
Note carefully how the hose of the original adjuster was positioned. The Öhlins adjuster should be installed in the exact same way.

NOTE!

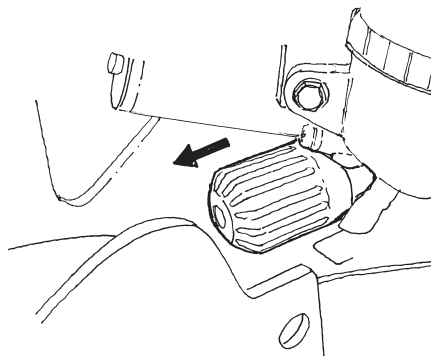
Raise the rear wheel 100-150 mm so that the original shock absorber can be removed. You might need to loosen the brake hose attachment behind the rear wheel. The plastic cover above the wheel must be lowered as far as possible.

14

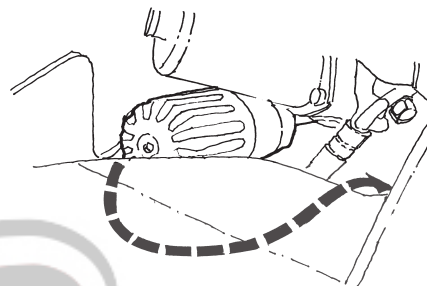
Install the Öhlins shock absorber. The hydraulic preload adjuster should be pulled out the the right side of the vehicle according to the figures.



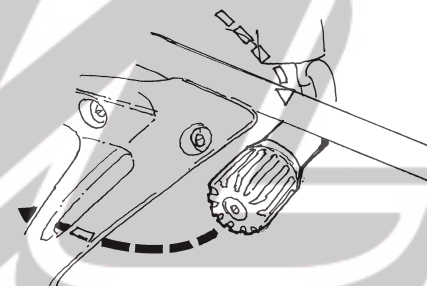
View from the left side.



View from under the seat.



View from under the seat.



View from the right side.

NOTE!

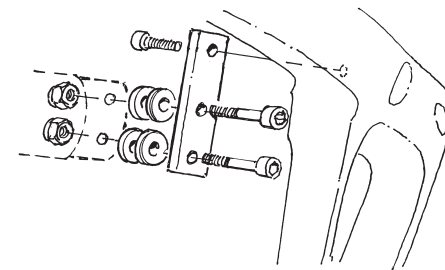
The screw holding the brake hoses behind the shock absorber must be removed and the hoses pushed downwards.

15

Install the lower shock absorber bolt and re-install the pulling rod to the frame and to the triangle link.

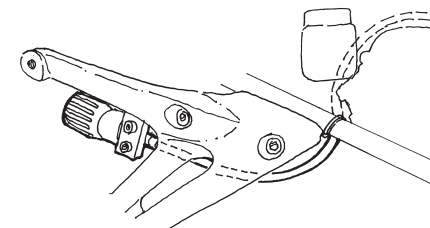
16

Install the hydraulic preload adjuster to the rear footrest bracket. Use the bracket, spacers, screws and nuts provided.



17

Fasten the hose with the tie wraps provided.



18

Fasten the external reservoir to the frame. Use the rubber mounts and hose clamps as shown in the figure below.

