

Mounting Instructions

WITH SET-UP DATA

SHOCK ABSORBER HO608 for Honda CBR 600 RR

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

Kit Contents:

	Part No.	Pcs.
Shock absorber	HO608	1
Öhlins Sticker	00192-01	2
Memo Notes Sticker	01180-01	1
Owner's Manual	07241-02	1

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.



Set-up Data

Spring preload	14 mm
Compression damping	
High speed	30 clicks
Low speed	12 clicks
Rebound damping	16 clicks

Shock absorber length	295 $^{+5,5}_{-0,5}$ mm
Stroke	55,5 mm
Spring	01093-31 (95 N/mm)
Free spring length	150 $^0_{-3}$ mm

Before installing this product, read the Öhlins Owner's Manual!



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These instructions and other documents can be downloaded from www.ohlins.com

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HOW TO INSTALL

⚠ WARNING!

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

1

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

⚠ WARNING!

Make sure the vehicle is securely supported so that it will not tip.

2

Remove the lower side fairings.

3

Remove the rear fender (3 screws) from the swing arm.

4

Remove the lower and the upper attachments of the original shock absorber.

5

Remove the shock absorber upwards and towards the rear.

NOTE!

Recommendation! Before installing the Öhlins shock absorber:

- clean the vehicle thoroughly
- adjust the length of the shock absorber (check the headlight angle after adjusting the length!)

6

Install the Öhlins shock absorber in the same way as the original unit. Use the original screws.

NOTE!

Lower the motorcycle so that the shock absorber is slightly compressed, before tightening the screws.

7

Reinstall the rear fender and the lower side fairings.

NOTE!

Make sure that all removed parts are installed in the same way as they were before the installation.

⚠ WARNING!

Make sure 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

NOTE!

Before riding, always ensure that the basic settings made by Öhlins are intact.

1 Spring Pre-load

Turn the Hydraulic Adjuster knob to set the spring pre-load. Turn clockwise to increase the pre-load and turn counter clockwise to decrease.

2 Compression Damping

Adjustments are made on top of the cylinder head.
Low speed: Slotted centre screw
High speed: Hexagon screw

3 Rebound Damping

Adjust by turning the wheel on the piston shaft above the end eye.

NOTE!

When delivered the Öhlins shock absorber is dialed to the recommended settings for the specific vehicle model. If you have changed the setting, reset according to the following:

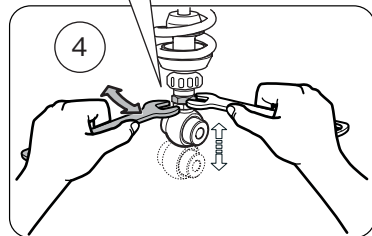
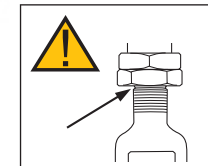
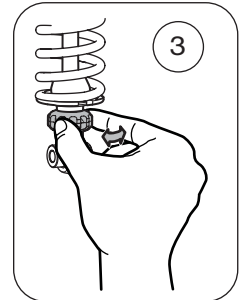
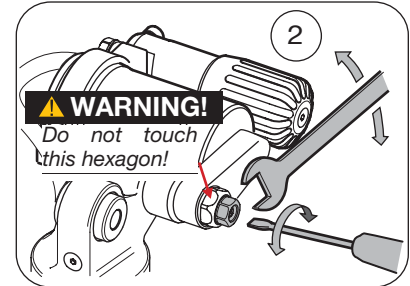
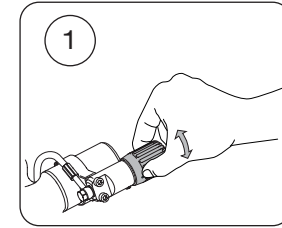
The adjuster has a right hand thread. Turn the adjuster clockwise to fully closed (pos. zero [0]). Turn counter clockwise to open and count the clicks until you reach the recommended number (see Set-up Data).

CAUTION!

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

4 Length Adjustment

We advise to remove the shock absorber from the vehicle before adjusting the length. Use two 24 mm wrenches. Hold the upper nut with one hand and at the same time loosen the lock nut (lower nut). Turn the end eye/bracket to the desired length. Tightening torque: 40 Nm



⚠ WARNING!

Remember to lock the lock nut after adjusting the length.

⚠ WARNING!

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