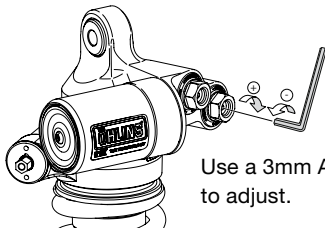


Adjustments

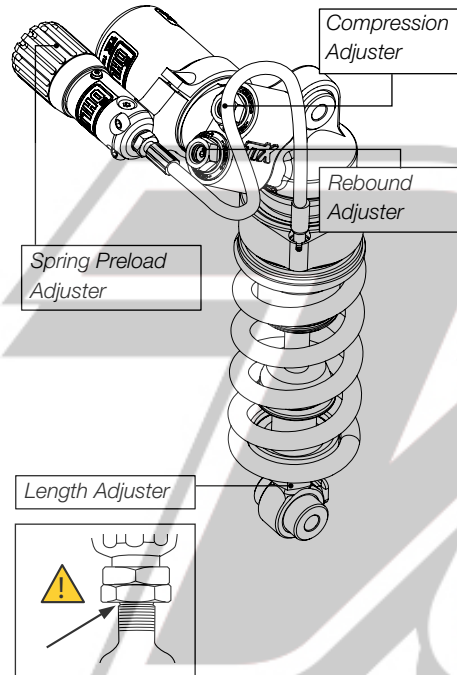
⚠ Warning!

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 the shock absorber.

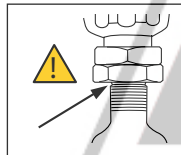
Compression and Rebound Adjuster



Use a 3mm Allen key to adjust.



Length Adjuster



Set-up Data

Recommended set-up

Spring preload 16 mm
 Compression 10 clicks
 Rebound damping 14 clicks

Shock absorber length 295 +6 mm
 Stroke 60 mm
 Spring 21040-31
 (95 N/mm)
 Free spring length 160 0 mm

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

Kit Contents

	Part No.	Pcs.
Shock absorber	HO789	1
Öhlins Sticker	00192-01	2
Memo Notes Sticker	01180-01	1
Owner's Manual	07242-01	1

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.

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 your Öhlins distributor. Please consult your Öhlins dealer if you have any questions regarding the contents in this document.

Part no. HO789_1
 Issued 2010-11-09



Shock Absorber for Honda CBR 600 RR HO 789

Mounting Instructions

© Öhlins Racing AB. All rights reserved. Any reprinting or unauthorized use without the written permission of Öhlins Racing AB is prohibited.

Öhlins Racing AB
 Box 722
 S-194 27 Upplands Väsby, Sweden
 Phone +46 8 590 025 00
 fax +46 8 590 025 80



www.ohlins.com



⚠ Warning!

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

When installing, consult your Vehicle Service Manual.

⚠ Warning!

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

1

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

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.

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.

