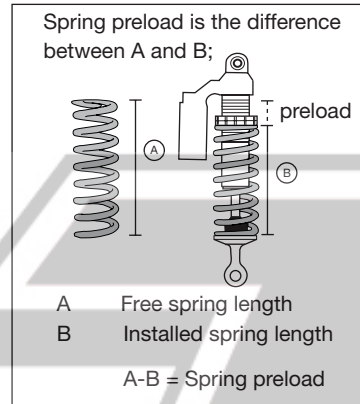


ADJUSTMENTS

1 Spring preload

Loosen the screw of the spring platform clamp. Use the C-spanner provided in this kit, turn the spring platform to the desired position. Or, when installed on the vehicle, turn the spring. Tighten the screw of the spring platform clamp.



2 Compression damping

Adjust on top of the reservoir.
Low speed: Turn the slotted centre screw
High speed: Turn the hexagon screw
Turn clockwise to increase damping, turn counter clockwise to decrease.

3 Rebound damping

Turn the wheel on the piston shaft above the end eye/bracket. Turn clockwise to increase damping, turn counter clockwise to decrease.

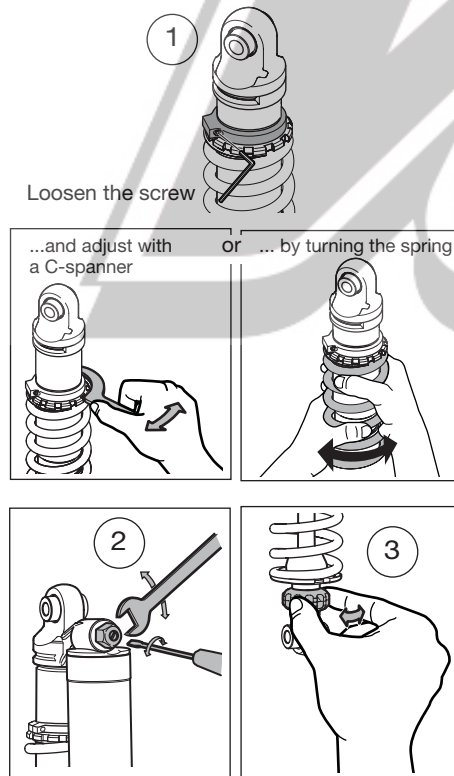
⚠ WARNING!

When delivered, the Öhlins shock absorber is dialed to the recommended settings for the specific brand and make of the motorcycle. Before riding, always ensure that the basic settings made by Öhlins are intact.

To set the adjuster:

The turn adjusters have a normal right hand thread. Turn the damping adjusters clockwise to fully closed (position zero [0]). Then, turn counter clockwise to open, and count the clicks until you reach the recommended number of clicks. See Set-up data.

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



Mounting Instructions

WITH SET-UP DATA

SHOCK ABSORBER HO793 for Honda CRF 250 2007

Before installing this product, 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	HO793	1
Spring clip	00629-05	1
Spring clip	00629-07	1
C-spanner single	00710-02	1
Öhlins Sticker	00197-01	2
Memo Notes Sticker	01180-01	1
Öhlins Owner's Manual	1	

NOTE!

No spring included in this kit. See the Spring Guide in this folder, or contact an Öhlins dealer for advice.

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	6 turns (10 mm)
Rebound damping	18 clicks
Compression damping	
Low speed	15 clicks
High speed	1.5 turns

Shock absorber data

Length	498 mm
Stroke	133 mm

Free sag and Ride height

Free sag, rear	30±5 mm
Free sag, front	30±5 mm
Ride height, rear	100-105 mm
Ride height, front	80±5 mm

Read the Öhlins Owner's Manual before installing this product



SPRING GUIDE

Brand	Rider's weight	Spring	Spring rate	Titanium spring
Honda CRF 250	kg/pounds	N/mm		
	65/143	06310-08	48	06350-08
	70/154	06310-09	50	06350-09
	75/165	06310-10	52	06350-10
	80/176	06310-11	54	06350-11
	85/187	06310-12	56	06350-12
	90/198	06310-13	58	06350-13

INSTALL THE SPRING

NOTE!

Install the spring to the shock absorber before installing the shock absorber on the vehicle.

1

Measure the free length of the spring (A).

2

Loosen the screw on the spring platform clamp so that you can adjust the spring platform to install the spring.

3

Put the shock absorber upside-down in a vice so that you can install the spring and the spring clip - see note.

NOTE!

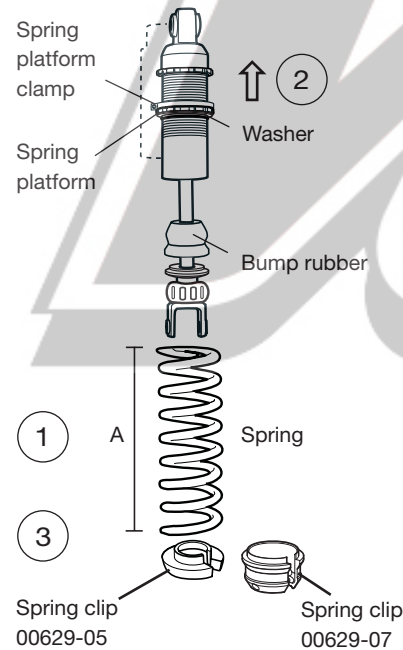
The length of the spring depends of the spring rate. For shorter springs you may run out of threads on the cylinder tube when adjusting the spring platform. In this case use spring clip 00629-07.

NOTE!

The spring platform and spring are press fitted. Push hard to install the spring.

4

Measure the spring length. Adjust the spring preload to the recommended setting, see section *Adjustments* and *Set-up data* in this folder.



5

Install the shock absorber to the vehicle according to the procedure in this folder. Check sag and ride height (see the Owner's Manual) and adjust the spring preload again if necessary.

NOTE!

Tighten the screw on the spring platform clamp before riding the motorcycle.

INSTALL THE SHOCK ABSORBER

WARNING!

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

1

Raise the rear end of the vehicle so that the rear wheel barely touches the ground.

WARNING!

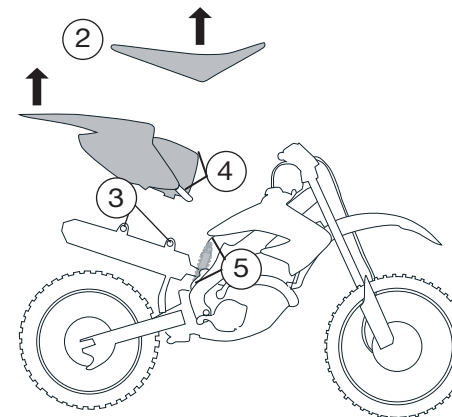
Make sure the vehicle is securely supported so that it will not tip.

2

Remove the seat.

3

Remove the number plate. Loosen the silencer from the sub frame, leave it attached to the exhaust pipe.



4

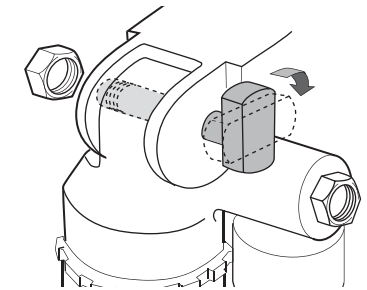
Loosen the sub frame from the frame.

5

Loosen the upper and the lower attachments of the original shock absorber and remove it.

NOTE!

Turn the upper bolt head horizontal to avoid interference with the top of the reservoir. Then, turn the bolt head 90° to make it fit into the attachment.



6

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

7

Put the air box, sub frame and seat back in position and fasten them. Make sure that all removed parts are installed in the same way as they were before the installation.

NOTE!

Put the motorcycle back on the floor before tightening the screws. Make sure the vehicle is secure and will not tip. You may need an assistant for this procedure.

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.