

Kit Contents

Description	Part No	Pcs
Shock absorber	SU1694	1
Spring clip	15629-02	1
Sticker Öhlins	10207-01	1
Owner's manual	07253-02	1
Cool tool	24614-01	1

👁 Note!

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

👁 Note!

Please note that the images in this folder are a general representation of the product and may differ slightly from your product.

👁 Note!

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.

👁 Note!

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

⚠ Warning!

Before installing this product, read the Öhlins Owner's Manual. The shock absorber/front fork/steering damper is an important part of your vehicle and will affect the stability.

Shock Absorber for Suzuki RM-Z 450

SU 1694

Mounting Instructions



SPRING GUIDE

Suzuki RMZ 450F	Rider's weight* (kg/lbs)	Spring	Spring rate
	60/132	06310-08	48
	65/143	06310-09	50
	70/154	06310-09	50
	75/165	06310-10	52
	80/176	06310-10	52
	85/187	06310-11	54
	90/198	06310-11	54
	95/209	06310-12	56
	100/220	06310-12	56
	105/231	06310-13	58
	110/242	06310-14	60
	115/253	06310-15	62

*Rider's weight: Rider wearing proper riding gear.
Make sure you know your total weight with riding gear.
Riding gear weighs between 5 and 15 kg.

INSTALL THE SPRING

👁 **Note!**

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

1

Measure spring free length (A).

2

Loosen the preload lock nut so that you can move the spring platform as far up as needed to install the spring.

3

Put the shock absorber up-side-down in a vice. Install the spring and the spring clip.

👁 **Note!**

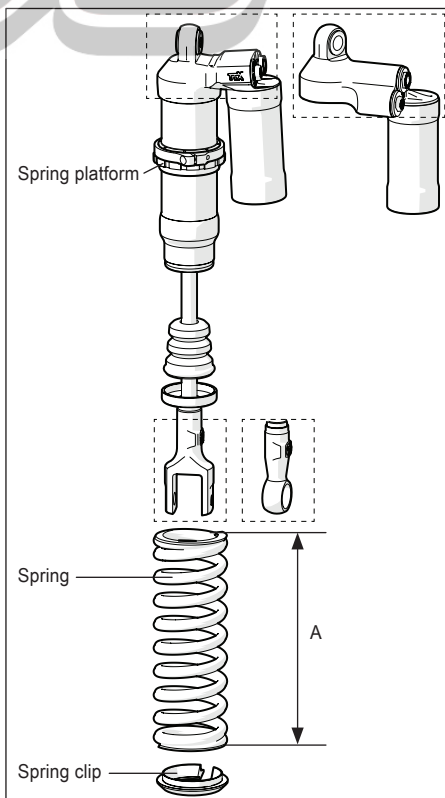
The spring platform and the spring are press fitted. Push hard to install the spring.

4

Measure the spring length. Adjust the spring preload to the recommended setup data in this folder.

🚫 **Caution!**

Tighten the preload lock nut before riding.



MOUNTING INSTRUCTIONS

⚠ Warning!

It is advisable to have an Öhlins dealer install the shock absorber/front fork/steering damper.

⚠ Warning!

If working on a raised vehicle, ensure it is securely supported so that it will not tip.

👁 Note!

Before mounting this product clean the vehicle thoroughly.

👁 Note!

When working on this product, always see the Vehicle Service Manual for vehicle specific procedures and important data.

1

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

2

Install the Öhlins shock absorber according to the vehicle manual.

👁 Note!

Lower the vehicle so that the suspension is slightly compressed before tightening the screws.

👋 Caution!

Ensure that all screws are tightened to the correct torque and that nothing fouls or restricts movement of the shock absorber/front fork/steering damper when the suspension is fully compressed or extended.

SETUP DATA

Length	480	mm
Stroke	143	mm
Spring preload approx.	10 (5)	mm (turns)
Compr. low speed	12	clicks
Compr. high speed	11	
Rebound	25	clicks

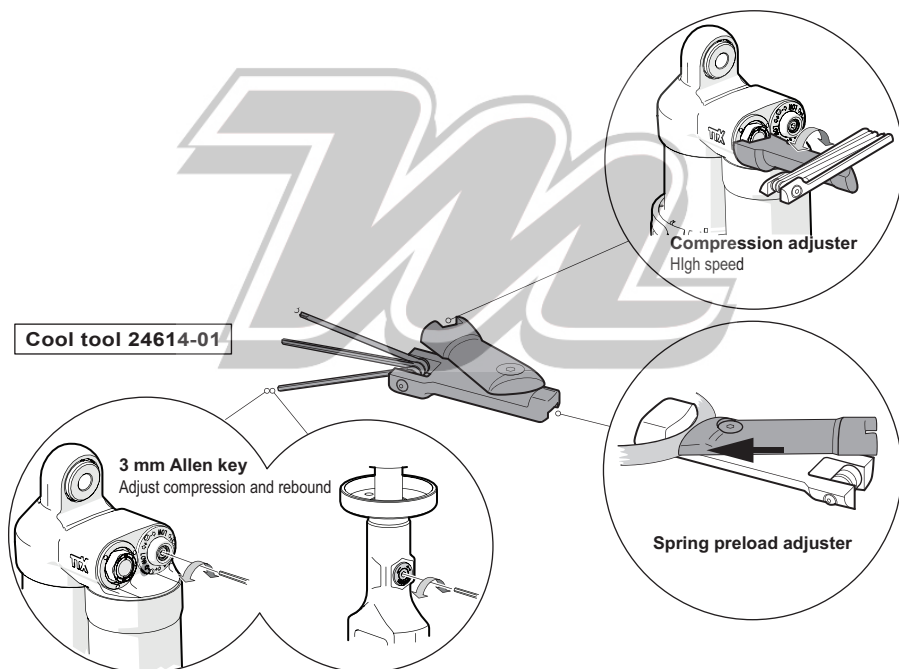
Free Sag and Ride Height

R1-R2	38±5	mm
R1-R3	105±5	mm

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.



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 an Öhlins distributor. Please contact Öhlins if you have any questions regarding the contents in this document.

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