

Kit Contents		
Description	Part No	Pcs
Shock absorber	YA1694	1
Owner's manual	07253-02	1
Sticker Öhlins	10207-01	1
Spring clip	15629-02	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 there can be small differences between your product and the images in these instructions.*

**Note!**

*Please note that during storage and transport, especially at high ambient temperature, some of the oil and grease used for assembly may leak and stain the packaging. This will not cause damage to the product, wipe off the excessive oil or grease with a cloth.*

**Note!**

*Before you install this product, check the kit contents. If anything is missing, please contact an Öhlins dealer.*

**Warning!**

*Before you install this product, read the Öhlins Owner's manual. This product is an important part of the vehicle and the vehicle stability.*

## Shock absorber for Yamaha YZ450F

# YA 1694

## Mounting Instructions

# MOUNTING INSTRUCTIONS

## Spring guide

YZ 450F		
Rider's weight*	Spring part no	Spring rate
kg/pounds		N/mm
60/132	06310-09	50
65/143	06310-09	50
70/154	06310-10	52
75/165	06310-10	52
80/176	06310-11	54
85/187	06310-11	54
90/198	06310-12	56
95/209	06310-12	56
100/220	06310-13	58
105/231	06310-14	60
110/242	06310-15	62
115/253	06310-16	64

\* 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 you install the shock absorber on the vehicle.

1

Measure the 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!**

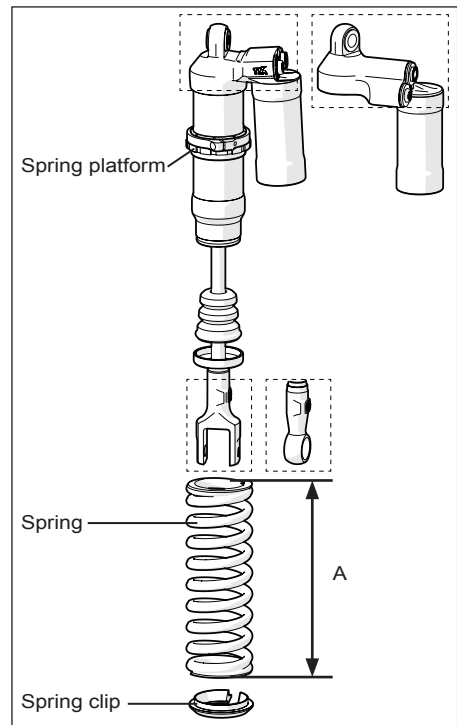
The spring platform and the spring are press fitted. Push hard to install the spring.

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 the vehicle.



# MOUNTING INSTRUCTIONS

## **⚠ Warning!**

*We strongly recommend to let an Öhlins dealer install this product.*

## **⚠ Warning!**

*If you work with a lifted vehicle, make sure that it is safely supported to prevent it from tipping over.*

## **👁 Note!**

*When you work with this product, see the vehicle service manual for vehicle specific procedures and important data.*

## **👁 Note!**

*Before you install this product clean the vehicle.*

### **1**

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

### **2**

Refer to the vehicle manual to install the Öhlins shock absorber.

## **👁 Note!**

*Lower the vehicle so that the suspension is slightly compressed before you tighten the screws.*

## **👋 Caution!**

*Make sure that you tighten all screws 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

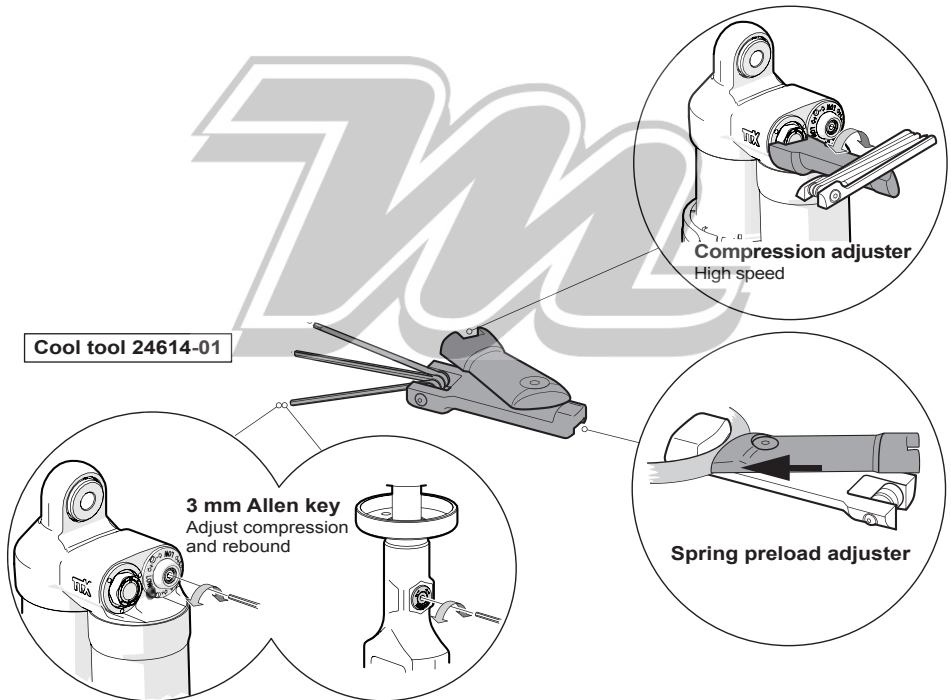
Length	458	mm
Stroke	138	mm
Spring preload approx.	10 (5)	mm (turns)
Compr. low speed	12	clicks
Compr. high speed	11	-
Rebound	25	clicks

Free Sag and Ride Height		
R1-R2	38±5	mm
R1-R3	103±5	mm

# ADJUSTMENTS

## **⚠ Warning!**

*Before you ride/drive, always make sure that the setup is according to the recommended setup 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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