

Bike on a stand.

Bike on the ground.

Bike with rider on.

Setup data

Shock absorber length
Shock absorber stroke
Spring preload
Rebound damping adjuster
Compression damping adj.

325 mm
62 mm
16 mm
14 clicks
12 clicks

Checking sag and ride height

Front suspension

F1. Bike on a stand with the suspension fully extended

F2. Bike on the ground without rider =

F3. Bike on the ground with rider = ...

Free sag

F1 - F3 =

Part No. YA 342. Issued 03 10 16

Ride height

Rear suspension

R1. Bike on a stand with the suspension fully extended

R2. Bike on the ground without rider =

R3. Bike on the ground with rider =

Free sag R1 - R2 =

Ride height R1 - R3 =

Compression damping adjuster Spring pre-load adjuster Rebound damping adjuster

Mounting Instructions

Öhlins shock absorber kit YA 342 for Yamaha FJR 1300 ABS

Öhlins shock absorber 46 PRCS

Your Öhlins shock absorber type 46 PRCS features the following adjusters:

Compression damping adjuster

Adjustments are made on top of the reservoir.

Rebound damping adjuster

Adjuster wheel on the piston shaft above the end bracket.

Spring pre-load adjuster

Adjustments are made by turning the knob on the hydraulic adjuster. Clockwise for harder adjustment, counter clockwise too release the pre-load.

NOTE!

When delivered the Öhlins shock absorber is dialed to recommended settings for the specific brand and make of the motorcycle. If you have changed the settings, check like this:

The adjusters have a normal right hand thread. Turn the damping adjusters clockwise to fully closed (pos. zero [0]). Turn counter clockwise to open and count the clicks until you reach the recommended number of clicks. See Setup data at last page.

CAUTION!

Do not use too much force, delicate sealing surfaces can be damaged.





Safety signals

Important information concerning safety is distinguished in this manual by the following notations:



The Safety alert symbol means: Caution! Your safety is involved.



▲ WARNING!

Failure to follow warning instructions could result in severe or fatal injury to anyone working with, inspecting or using the suspension, or to bystanders.

CAUTION!

Caution indicates that special precautions must be taken to avoid damage to the suspension.

NOTE!

This indicates information that is of importance with regard to procedures.

Before installation

Öhlins Racing AB can not be held responsible for any damage whatsoever to shock absorber or vehicle, or injury to persons, if the instructions for fitting and maintenance are not followed exactly.

Similarly, the warranty will become null and void if the instructions are not adhered to.

▲ WARNING!

- 1. Installing a shock absorber, that is not approved by the vehicle manufacturer, may affect the stability of your vehicle. Öhlins Racing AB cannot be held responsible for any personal injury or damage whatsoever that may occur after fitting the shock absorber. Contact an Öhlins dealer or other qualified person for advice.
- 2. Please study and make certain that you fully understand all the mounting instructions and the owners manuals before handling this shock absorber kit. If you have any questions regarding proper installation procedures, contact an Öhlins dealer or other qualified person.
- 3. The vehicle service manual must be referred to when installing the Öhlins shock absorber

Öhlins products are subject to continual improvement and development. Consequently, although these instructions include the most up-to-date information available at the time of printing, there may be minor differences between your suspension and this manual. Please consult your Öhlins dealer if you have any questions with regard to the contents of the manual.

NOTE!

During storage and transportation, especially at high ambient temperature, the oil and grease used for assembling may run out inside the packing and damage the expanded polystyrene packing material. This is not unusual and is in no way detrimental to the shock absorber.

Kit contents

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

Description	Pcs.	Part No.
Shock absorber PRCS	1	YA 342
Bracket	1	03226-01
Bolt M12x55	1	00439-16
Nut M12	1	01501-01
Bolt M6Sx20	2	00429-27
Sticker memo notes	_1	01180-01
Sticker Öhlins	2	00192-01
Owners manual	1	



Notes	

Mounting Instructions

1

Put the motorcycle on a stand so the rear wheel is clear of the ground. Make sure it's steadily fixed so it will not fall over.

NOTE!

In order to create enough space between the swing fork and the rear sub frame it is necessary to raise the motorcycle higher than what is achived by use of the central stand.

A WARNING!

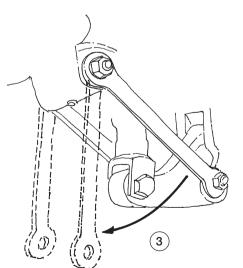
- 1. It's advisable to have an Öhlins dealer or other qualified person to fit your shock absorber.
- 2. Instructions in the vehicle service manual are to be followed when changing the shock absorber.
- 3. When working on a lifted vehicle it must be securely supported to prevent it from falling.

2

Loosen the original spring preload adjuster by first removing the bracket and then remove the preload adjuster from the bracket.

3

Loosen the link arms from the triangle link..



4

Loosen first the lower shock absorber attachment then the upper shock absorber attachment.

5

Remove the shock absorber downwards.

6

Remove the seat and the side fairings.

7

Looosen the rear brake oil reservoir.

8

Loosen the rear bracket of the fuel tank so it can be lifted uppwards.

9

Loosen the upper bolts of the rear subframe. Do not remove them.

10

Loosen and remove the lower bolts of the rear subframe.

11

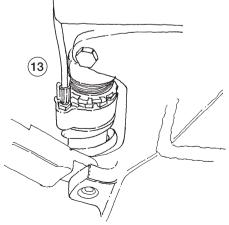
Swing the rear subframe uppwards and fix it in lifted position.

12

Mount the Ohlins shock absorber by lifting it in position from uppwards to the right side.

3

Attach the upper bracket of the shock absorber.



14

Mount the lower bracket. Use bolt (00439-16) and nut (01501-01) provided.

15

Fit the link arms back to the triangle link.

16

Remount the rear sub frame and the rear fuel tank attachment.

17

Fix the rear brake oil reservoir.

18

Mount the supplied bracket for the ABS-unit in the same position as the standard bracket. The hydraulic pre-load adjuster shall also be mounted with the same bolts on the left side. Use the supplied M6X20 bolts for that.

On the right side the standard bolts and nuts are used. Move the hose clip from the standard bracket to the supplied ABS-bracket, and fit the hose back in its original position.

19

Put the seat and the side fairings back in position.

NOTE!

Make sure that all bolts are tightened to the correct torque and that nothing fouls or restricts movement of the shock absorber when the suspension is being fully compressed or extended.

20

Continue your work according to the Owners manual, section Adjustments.

(18)

