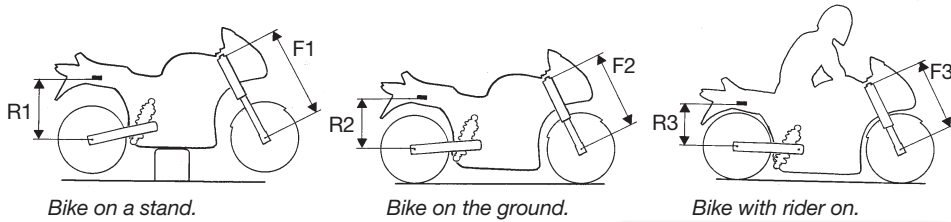


Mounting Instructions

Öhlins shock absorber kit YA 353
for Yamaha FJR 1300 Police



Bike on a stand.

Bike on the ground.

Bike with rider on.

Setup data

Shock absorber length	325 mm
Shock absorber stroke	62 mm
Spring pre-load	13 mm
Rebound damping adjuster	14 clicks
Compression damping adj.	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 - F2 =

Ride height F1 - F3 =

Rear suspension

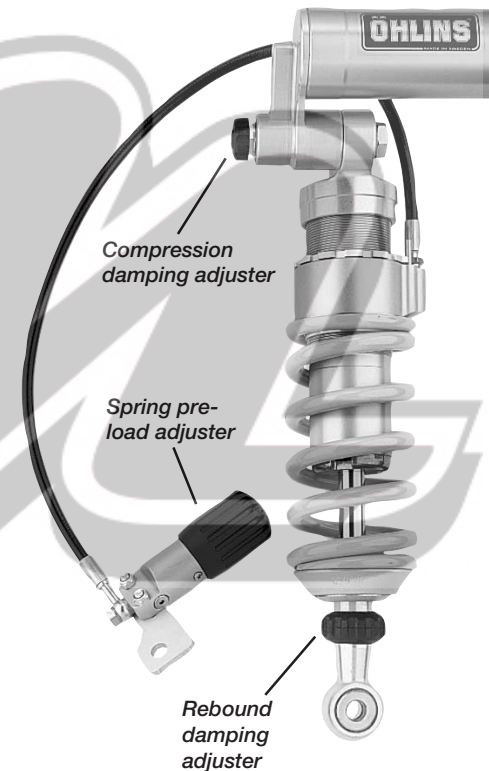
R1. Bike on a stand with the suspension fully extended =

R2. Bike on the ground without rider =

R3. Bike on the ground with rider =

Free sag R1 - R2 =

Ride height R1 - R3 =



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.



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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 achieved by use of the central stand.

⚠ WARNING!

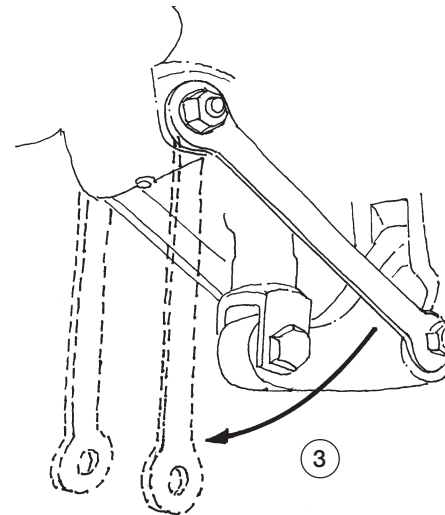
1. It's advisable to have an Öhlins dealer or other qualified person to fit your shock absorber.
2. Instructions in the vehicle service manual are to be followed when changing the shock absorber.
3. When working on a lifted vehicle it must be securely supported to prevent it from falling.

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

Loosen the rear brake oil reservoir.

8

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

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 upwards and fix it in lifted position.

12

Mount the Öhlins shock absorber by lifting it in position from upwards to the right side.

13

Attach the upper bracket of the shock absorber.

