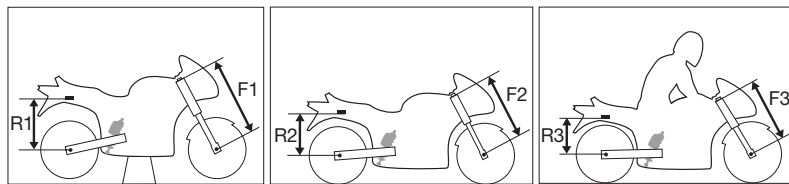


Check sag and ride height



Bike on a stand

Bike on the ground

Bike with rider on

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 $F1 - F2 = \dots\dots\dots$

Ride height $F1 - F3 = \dots\dots\dots$
Recommended ride height $35 \pm 5 \text{ mm}$

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 $R1 - R2 = \dots\dots\dots$

Ride height $R1 - R3 = \dots\dots\dots$
Recommended ride height $44 \pm 5 \text{ mm}$

Adjustments

1 Spring preload adjuster

Adjust by turning spring platform (1a) on the shock absorber body. Lock the setting with the lock nut (1b).

2 Rebound damping adjuster

Adjust by turning the adjuster wheel at the bottom of the piston rod. Turn clockwise to increase damping, turn counter clockwise to decrease it.

NOTE!

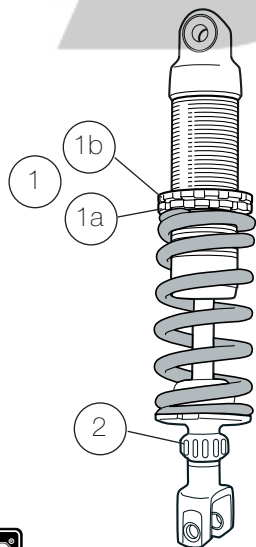
When delivered the Öhlins shock absorber is dialed to recommended settings for the specific brand and make of the motorcycle. If you have changed the setting, reset according to the following:

The adjuster has a normal right hand thread. Turn the damping adjuster clockwise to fully closed (pos. zero [0]). Turn counter clockwise to open and count the clicks until you reach the recommended number. **See Set-up data above.**

CAUTION!

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

Set-up data	
Shock absorber length	364 mm
Shock absorber stroke	55.5 mm
Spring pre-load	12 mm
Rebound damping	12 clicks



YA629, issued 2006 04 05

Mounting Instructions

Öhlins shock absorber kit YA629
for Yamaha MT 03



Kit Contents

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

Description	Part no.
Shock absorber 46DR	YA629 (1)
C-spanner	00710-02 (1)
Öhlins Sticker	00192-01 (2)
Memo Notes Sticker	01180-01 (1)
Öhlins Owners Manual	(1)

Before Installing

Öhlins Racing AB cannot be held responsible for any damage 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.

Öhlins products are subject to continuous 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 shock absorber and this manual. Please consult your Öhlins dealer if you have any questions regarding the contents of this manual.

Safety Signals

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



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

WARNING!

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

CAUTION!

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

NOTE!

Indicates information that is of importance regarding mounting procedures.

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 that may occur after installing the shock absorber.

2. Please study and make certain that you fully understand all the mounting instructions and the owner's manual before handling this shock absorber kit. If you have any questions regarding proper installation procedures, contact an Öhlins dealer.

3. The vehicle service manual must be referred to when installing the Öhlins shock absorber

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.

Mounting Instructions

WARNING!

1. It is advisable to have an Öhlins dealer install the shock absorber.
2. Follow the instructions in the vehicle service manual when changing the shock absorber.
3. **When working on a raised vehicle, make sure that it is securely supported to prevent it from tipping.**

- 1 Put the motorcycle on a workstand so that the rear wheel is off the ground.
- 2 Remove the front bolt of the original shock absorber.
- 3 Remove the rear bolt of the original shock absorber. Raise the rear wheel slightly so that the bolt can be removed.

- 4 Install the Öhlins shock absorber. Raise the rear wheel slightly so that the rear bolt can be installed.

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.

- 5 Read more about the shock absorber and its settings in your Öhlins Owners Manual.

