

ADJUSTMENTS

Always ensure that the basic settings made by Öhlins are intact.

- ① **Spring Preload**
Turn the hexagon screw on the hydraulic adjuster to set the spring preload.
Turn clockwise to increase, turn counter clockwise to decrease it.
- ② **Compression**
Adjust by turning the knob on top of the reservoir. Turn clockwise to increase damping, turn counter clockwise to decrease.
- ③ **Rebound**
Turn the wheel on the piston shaft above the end eye/bracket. Turn clockwise to increase damping, turn counter clockwise to decrease.

NOTE!

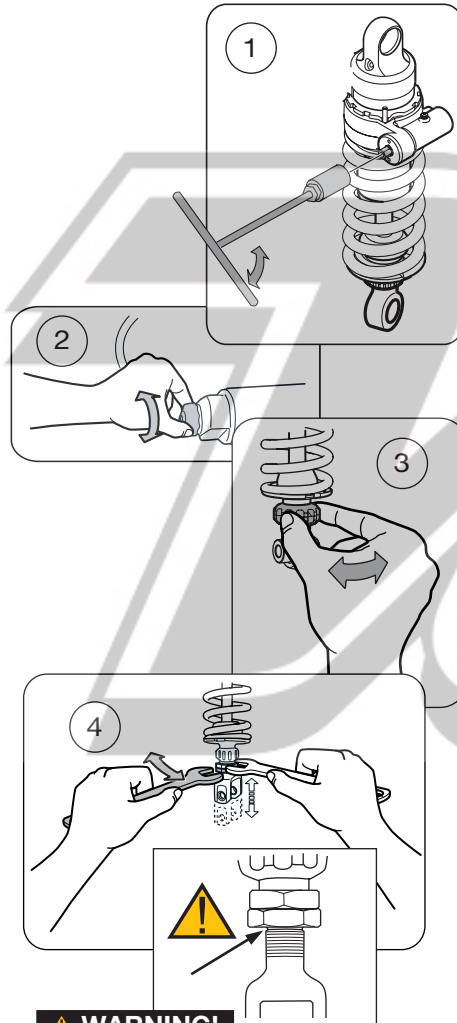
When delivered the Öhlins shock absorber is dialed to the recommended settings for the specific vehicle model. If you have changed the setting, reset according to the following:

The adjuster has a right hand thread.
Turn the 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).

CAUTION!

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

- ④ **Length**
Use two wrenches. Hold the upper nut with one hand and at the same time loosen the lock nut (lower nut). Turn the end eye/ bracket to the desired length. Lock the lock nut.



WARNING!

The adjustable end eye/bracket must not be threaded out more than that the groove is fully visible beneath the lock nut. This is maximum length. After adjusting, make sure that the lock nut is tightened.

Mounting Instructions

WITH SET-UP DATA

SHOCK ABSORBER YA645 for Yamaha FZ1

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

Kit Contents:

	Part no.	Pcs.
Shock absorber	YA645	1
Rubber mount	00230-03	2
Tie wrap	00231-01	3
Tie wrap	00231-02	2
Hose clamp	00643-02	2
Öhlins Sticker	00192-01	2
Memo Notes Sticker	01180-01	1
Owner's Manual	07241-02	1

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.

Set-up Data

Spring preload	10 mm
Compression damping	10 clicks
Rebound damping	14 clicks

Shock absorber length	315 ⁺¹⁰ ₋₂ mm
Stroke	67 mm

Before installing this product, read the Öhlins Owner's Manual!



HOW TO INSTALL

⚠ WARNING!

It is advisable to have an Öhlins dealer install the shock absorber.

1

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

⚠ WARNING!

Make sure the vehicle is securely supported so that it will not tip.

2

Remove the original shock absorber.

NOTE!

Recommendation! Before installing the Öhlins shock absorber:

- *clean the vehicle thoroughly*
- *adjust the length of the shock absorber (check the headlight angle after adjusting the length!)*

3

Install the Öhlins shock absorber. Use the original attachment screws to fasten it. Do not tighten yet. The integrated preload adjuster should be towards the rear of the vehicle. See figure.

NOTE!

Lower the motorcycle so that the shock absorber is slightly compressed, before tightening the screws.

4

Tighten the upper and the lower attachment screws.

5

Install the reservoir to the frame, with the two tie wraps provided in this kit, as indicated in the figure.

NOTE!

Make sure that all screws 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.

View from the left side

