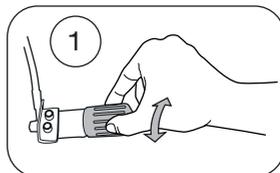


ADJUSTMENTS

Before riding - always ensure that the basic settings made by Öhlins are intact.

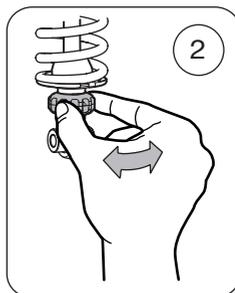
1 Spring Preload

Turn the knob on the hydraulic preload adjuster to set the spring preload. Turn clockwise to increase the preload, turn counter clockwise to decrease it.



2 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.

Mounting Instruction

WITH SET-UP DATA

Shock absorber for BM706
BMW F800

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:

	Art. No.	Pcs
Shock absorber	BM706	1
Washer	00153-04	2
Nut M6	00430-02	2
Screw MC6S 6x35	01046-06	2
Screw MC6S 8x40	01046-21	1
Bracket hydr. pr. adj.	01082-02	1
Spacer	01138-01	2
Sticker "Memo notes"	01180-01	1
Owners manual		1

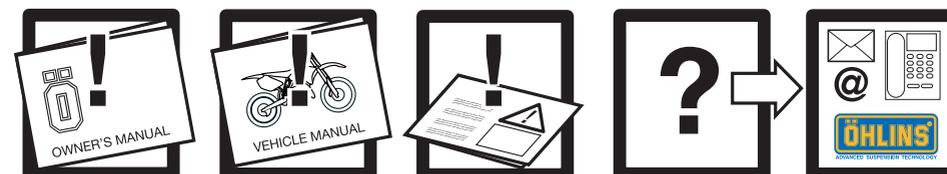
Set-up data:

Shock absorber length	344,5 mm
Stroke	53,5 mm
Spring preload	8 mm
Spring free length	170mm, 210 N/mm
Rebound adjustment	12 clicks



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.

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



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Mounting Instruction BM706 2008-03-08
This instruction and other documents can be downloaded from www.ohlins.com

HOW TO INSTALL

⚠ WARNING!

It is advisable to have an Öhlins dealer to install the shock absorber. Refer to your vehicle service manual when installing this product.

1. Put the motorcycle on a workstand and raise it so that the rear wheel barely touches the ground. The swing arm must be free, so that the suspension is unloaded.

⚠ WARNING!

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

2. Remove the seat.

3. Loosen the 4 screws (2 on the left and 2 on the right side) for the subframe and 1 screw for the silencer (on the subframe).

3. Loosen the screws for the original shock absorber .

4. Remove the **original shock absorber**:

Lift up the subframe and hold it while removing the original shock absorber. (Or loosen the fuel hose and the wire harness).

NOTE!

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!)

5. Install the **ÖHLINS shock absorber**:

Remove the knob and pull the spring preload adjuster between the pipes out to the right side of the vehicle. Mount the upper and lower bolts (do not tighten yet) of the shock absorber - with the oil filling screw towards the rear.

6. Reinstall the subframe.

7. Pull out the spring preload adjuster on the left side of the vehicle and mount the bracket on the adjuster.

8. Hang on the knob so it will fit on the adjustment screw (do not push hard) on the hydraulic spring preload adjuster. Fasten the knob by tightening the screw with tightening torque 3 Nm.

NOTE!

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

9. Remove the original bolt for the subframe/silencer and mount the hydraulic spring preload adjuster with bracket. Use the bolt supplied in the Öhlins shock absorber kit.

10. Fasten the hose with tie-raps.

⚠ WARNING!

Make sure that the hydraulic preload adjuster hose runs in soft bends. Also check that it does not come in contact with the exhaust pipe or any sharp edges.

11. Lower the bike and tighten the screws of the upper and lower bolts for the Öhlins shock absorber.

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.

12. Reinstall all removed parts in the same way as they were before installation of the Öhlins shock absorber.

HOW TO INSTALL

