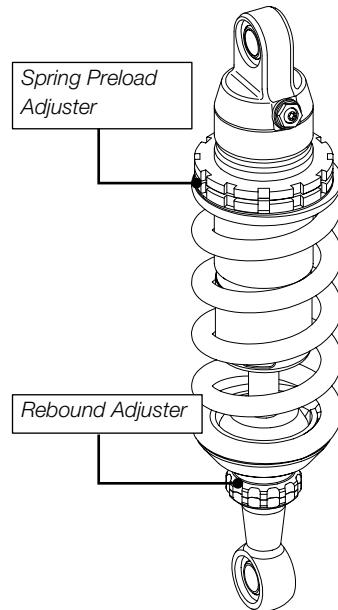


# Adjustments

## ⚠ Warning!

Before riding, always make sure that the basic settings made by Öhlins are according to recommended Set-up Data. Read about adjustments and setting up in the Öhlins Owner's Manual before you make any adjustments. Contact an Öhlins dealer if you have any questions about setting up the shock absorber.



# Set-up Data

## Recommended set-up

Rebound	14 clicks
Spring Preload	10 mm
Spring Rate	210 N/mm
Spring; Free length	170 mm

## Recommended Sag and Ride Height

Free Sag (R1-R2)	6 mm
Ride Height (R1-R3)	30 mm

☞ Read about Free Sag and Ride height in the Öhlins Owner's Manual.

## Shock absorber data

Length	350 mm
Stroke	53

☞ Öhlins products are subject to continuous improvement and development, therefore, although these instructions include the most up-to-date information available at the time of printing, minor updates may occur.

To find the latest information contact your Öhlins distributor. Please consult your Öhlins dealer if you have any questions regarding the contents in this document.

Part no. BM059\_0  
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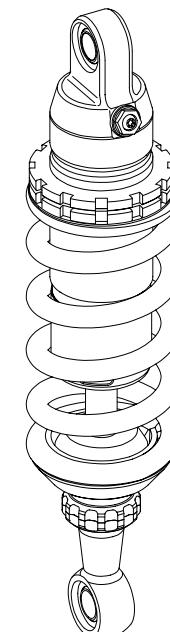


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Before installing this product, check the contents of the kit. If anything is missing, please contact an Öhlins dealer.

## Kit Contents

	Part No.	Pcs.
Shock absorber	BM 059	1
C-spanner	00710-02	1
Memo Notes Sticker	01180-01	1
Owner's Manual	07241-02	1

Please note that 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.

## ⚠ Warning!

Before installing this product, read the Öhlins Owner's Manual. The shock absorber is an important part of your vehicle and will affect the stability.

# Shock Absorber for BMW F800R BM 059

## Mounting Instructions



# How to install

## ⚠ Warning!

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

*When installing, read the Vehicle Service Manual.*

**1**

Put the motorcycle on a workstand 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).

**4**

Loosen the screws for the original shock absorber .  
Remove the original shock absorber; Gently lift the subframe and hold it while removing the original shock absorber. (Or loosen the fuel hose and the wire harness).

## >Note!

*Clean the vehicle thoroughly before installing the Öhlins shock absorber.*

**5**

Install the ÖHLINS shock absorber;  
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.

## >Note!

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

## Caution!

*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.*

**7**

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