

⚠ Warning!

Only approved Öhlins personnel are permitted to install this kit. The procedure requires specific tools. Before you install this product, read the Öhlins Owner's manual. This product is an important part of the vehicle and the vehicle stability.

👁 Note!

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

Kit Contents

Description	Part No	Pcs
Front Fork Kit	FGR178	1
Sticker Tech. Inside wh	00191-32	2
Sticker Tech. Inside bl	00191-33	2
Shim	00520-32	2
Spring 10,5N/mm	04744-05	2
Spring 10 N/mm	04744-10	2
Spring 9,5 N/mm	04744-95	2
Owner's manual	07286-01	1

Required tools

Cyl. tube holder Ø36 or Soft jaws 28/36	00787-07 00727-09	
Fork tube tool	00786-05	
Top cap tool	00797-08	
Pull-up tool	01765-03	
Seal head tool	01797-07	
Seal head tool	01797-09	
Cartridge tool	04702-04	

👁 Note!

After this procedure the compression adjuster will no longer be usable.

👁 Note!

Please note that during storage and transport, especially at high ambient temperature, some of the oil and grease used for assembly may leak and stain the packaging. This will not cause damage to the product, wipe off the excessive oil or grease with a cloth.

👁 Note!

Please note that there can be small differences between your product and the images in these instructions.

Pressurized Front Fork Kit for Honda CBR1000RR SP

FGR 178

Mounting Instructions

MOUNTING INSTRUCTIONS

⚠ Warning!

We strongly recommend to let an Öhlins dealer install this product.

⚠ Warning!

If you work with a lifted vehicle, make sure that it is safely supported to prevent it from tipping over.

👁 Note!

When you work with this product, see the vehicle service manual for vehicle specific procedures and important data.

👁 Note!

Before you install this product clean the vehicle.

1 Remove the original front fork

1.1

Put the motorcycle on a work stand so that the front wheel barely touches the ground.

1.2

Remove the front fender, the brake calipers and the front wheel.

1.3

Release the spring preload.

1.4

Loosen the screws to loosen the upper fork triple clamp.

1.5

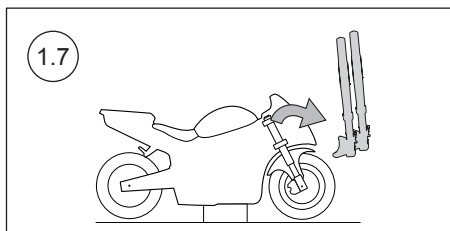
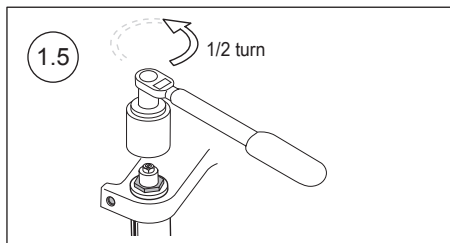
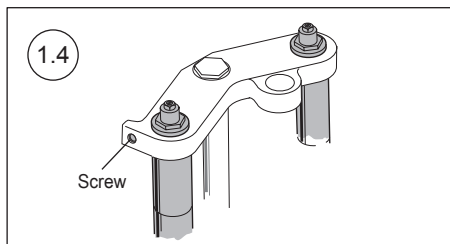
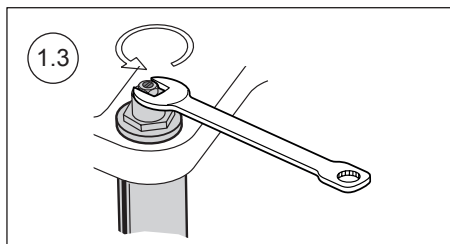
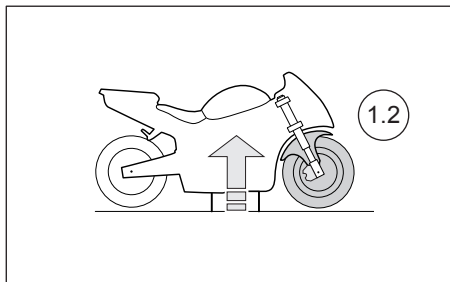
Loosen (do not remove) the top cap 1/2 turn.

1.6

Loosen the screws to loosen the lower triple clamp.

1.7

Remove the front fork legs from the triple clamp.



MOUNTING INSTRUCTIONS

2 Disassemble the original front fork

2.1

Loosen the top cap from the outer tube.

2.2

Pull down the outer tube.

2.3

Use appropriate tool according to your vehicle service manual to remove the top cap.

2.4

Remove the spring and surrounding parts from the fork leg.

2.5

Drain the fork leg from oil.

2.6

Use the cartridge tool (04702-04) to loosen the cartridge.

2.7

Remove the cartridge from the fork leg.

Note!

If the cylinder tube does not follow with the cartridge kit, follow these steps:

2.8

Remove the outer tube.

2.9

Install the fork tube tool (00786-05, Ø43) on the steel tube, above the holes. Loosen the steel tube from the fork bottom.

Note!

Apply heat with a heat gun to break down the Loctite between the steel tube and the fork bottom.

Note!

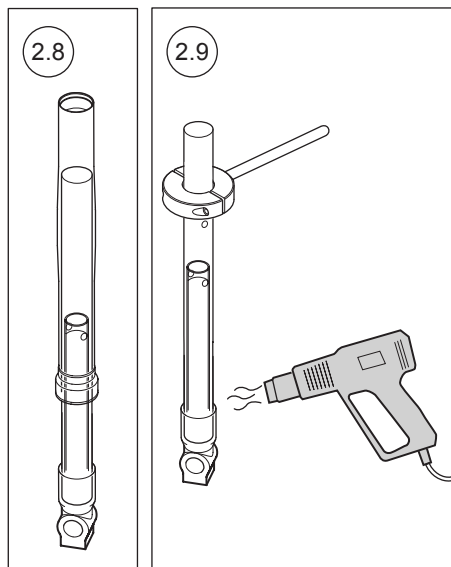
Do not remove the fork tube tool from the steel tube yet. You will need it to reinstall the steel tube.

2.10

Use appropriate tool (Ø34) and remove the cylinder tube.

2.11

Apply Loctite 2701 on the steel tube. Use the fork tube tool (00786-05), tighten to 130 Nm.



3 Install the Öhlins front fork cartridge kit

Caution!

We strongly recommend that you work with one leg at a time not to mix the parts.

Caution!

The kit consists of one compression cartridge and one rebound cartridge. Note the marks. Make sure you install the cartridge in the correct fork leg;

REB (Rebound) in the right fork leg.

COMP (Compression) in the left fork leg.

3.1

Remove the top cap.

3.2

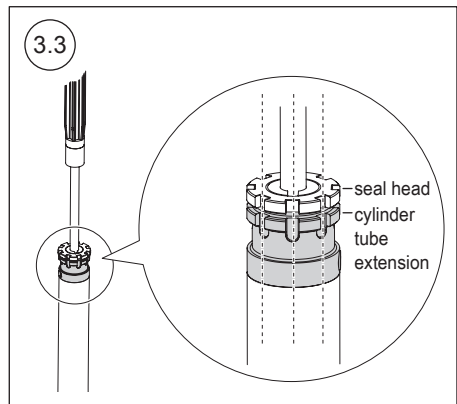
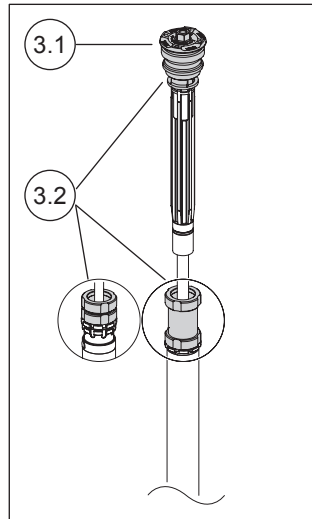
Remove the spring support and the preload tube.

3.3

Use the seal head tool (01797-07) and the cylinder tube holder (00787-07) or the soft jaws (00727-09) to loosen the seal head from the cylinder tube extension just enough to align the grooves on the seal head with the grooves on the cylinder tube extension.

Caution!

Do not loosen the seal head more than is necessary to align the grooves. If you loosen the seal head too much the oil may leak.



3.4

Apply some grease to attach the shim (provided in this kit) to the bottom of the adaptor. *This to avoid the cartridge unit seizing in the fork bottom and making removal easier.*

Note!

When you install the shim, make sure that the shim stays in place.

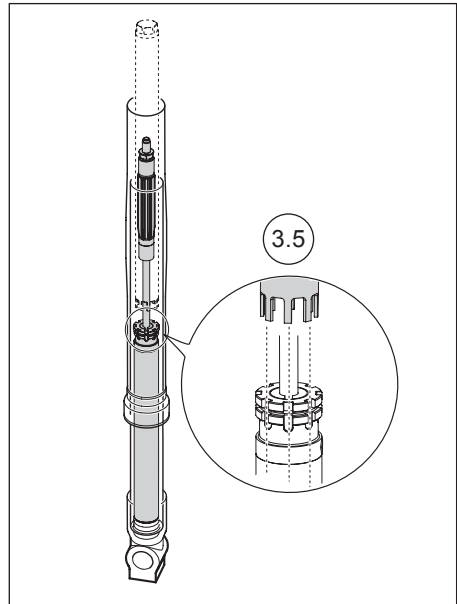
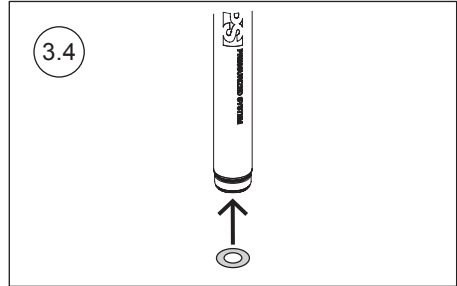
3.5

Use the seal head tool (01797-09) to install the cartridge into the front fork.

Apply moly-grease or equivalent grease on the adaptor thread and tighten to 30Nm

Note!

Make sure that the seal head tool clamps around both the seal head and the cylinder tube extension.



3.6

Use the seal head tool (01797-07) to tighten the seal head to the cylinder tube extension. Tighten to 20 Nm

3.7

Pour Öhlins Front Fork fluid into the fork leg and set the oil level. **See set-up data and oil level-force diagram in this folder.**

Note!

Pour the oil slowly and make sure that there are no bubbles in the fork leg.

3.8

Put the preload tube and the spring on top of the cartridge.

3.9

Fasten the pull-up tool (01765-03) at the top of the shaft extensioner. Install the spring support by leading it over the tool.

3.10

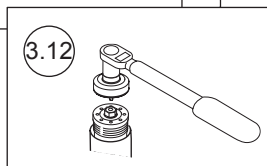
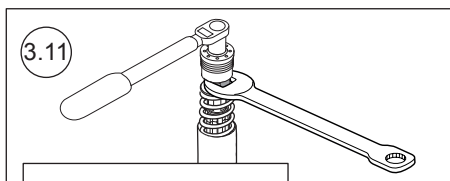
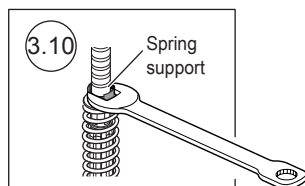
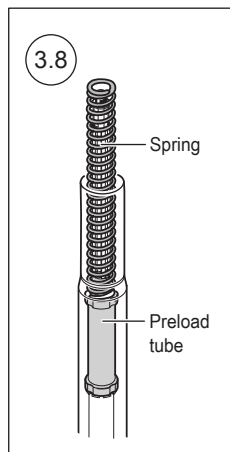
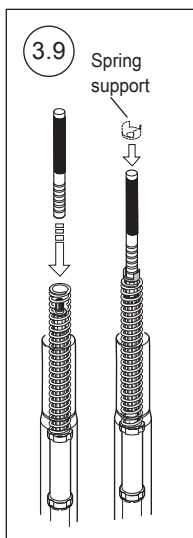
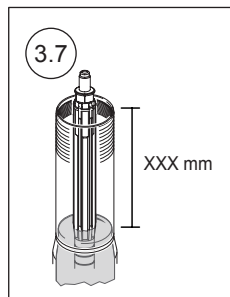
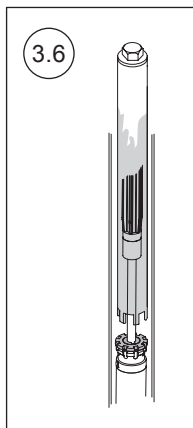
Pull up the shaft assembly and use a 19 mm wrench to grab the spring support.

3.11

Open the compression and the rebound adjuster fully. Remove the pull-up tool and install the top cap to the shaft extensioner. Tighten to 15 Nm

3.12

Pull up the outer tube. Make sure the fork leg is in a fully extended position. Use the top cap tool (00797-08) and tighten the top cap to the outer tube to 10 Nm.



3.14

Set the spring preload, rebound and compression adjusters according to set-up data in this manual. Read more about adjustments in the Owner's Manual.

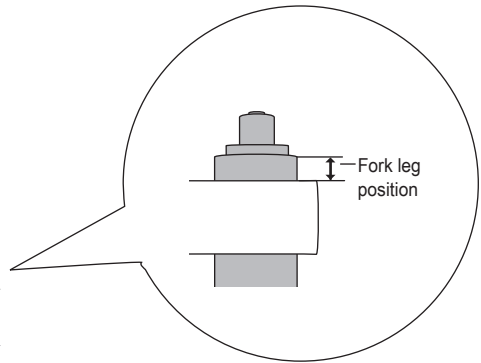
3.15

Install the front fork legs into the triple clamps at the fork leg position recommended in setup data.

Tighten according to the vehicle service manual.

Note!

Measure the fork leg position from the upper triple clamp to the top of the outer tube.

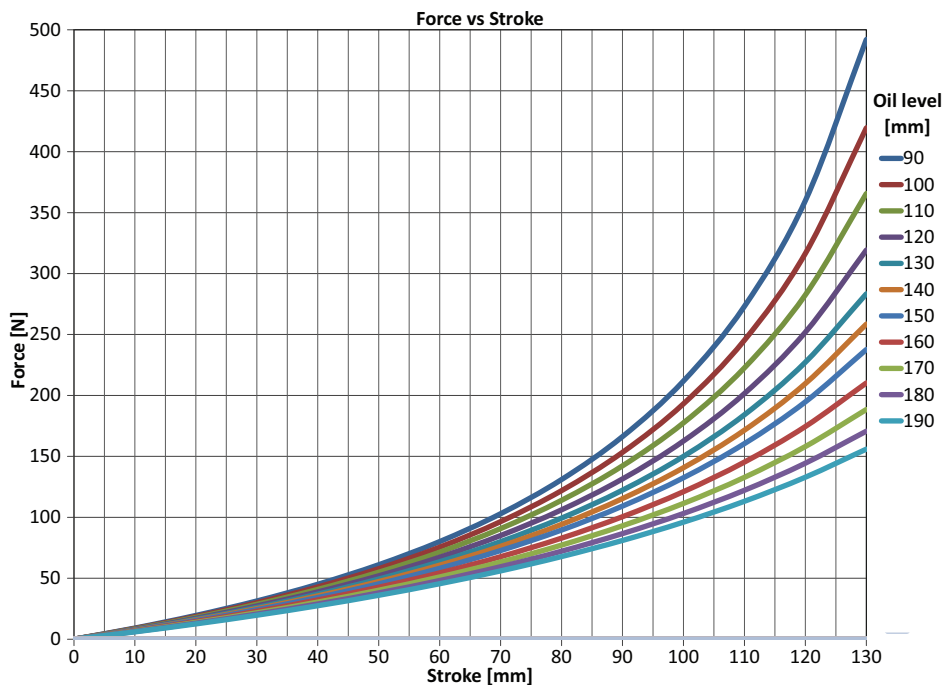


SETUP DATA

⚠ Warning!

Before you ride/drive, always make sure that the setup is according to the recommended setup 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.

Compression	15	clicks
Rebound	13	clicks
Spring rate	10	N/mm
Spring preload	4	mm
Oil level	170	mm
Fork leg position	Standard	
Öhlins Front Fork fluid	01309-01	



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 an Öhlins distributor. Please contact Öhlins if you have any questions regarding the contents in this document.

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