

# Set-up Data

## Recommended set-up

Rebound	12 clicks
Compression	12 clicks
Spring Preload	7 mm
Oil Level	150 mm
Öhlins Front Fork Fluid	Part no 01309-01
Fork leg position	0 mm

## Spring

Part No.	Rate
04744-95 (optional)	9,5 N/mm
04744-90 (optional)	9,0 N/mm
04744-10 (optional)	10 N/mm
04744-05 (standard)	10,5 N/mm
04744-11 (optional)	11 N/mm

## Recommended Sag and Ride Height

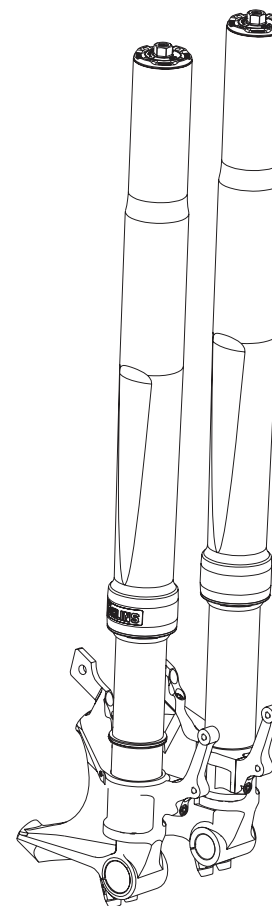
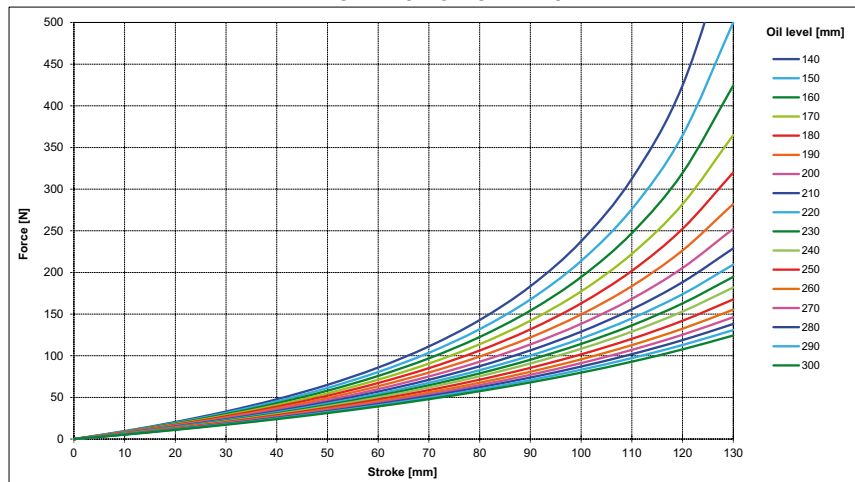
### No rider (Free sag)

Rear	10-20 mm (R1-R2)
Front	15-30 mm (F1-F2)

### With Rider (Ride height)

Rear	25-40 mm (R1-R3)
Front	35-50 mm (F1-F3)

AIR SPRING FOR ONE LEG



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

## Kit Contents

	Part No.	Pcs.
Front fork	FGRT 206	1
Screw MC6S M5x10	01046-38	8
Fender bracket front	21665-09	2
Fender bracket	21665-10	2
Sticker Öhlins	01196-02	1
Owner's manual	07282-07	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 front fork is an important part of your vehicle and will affect the stability.

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. FGRT\_206\_0  
Issued 2012-03-27



# Front Fork for Yamaha YZF-R1 FGRT 206

## Mounting Instructions

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# How to install

## ⚠ Warning!

It is advisable to have an Öhlins dealer install the front fork.

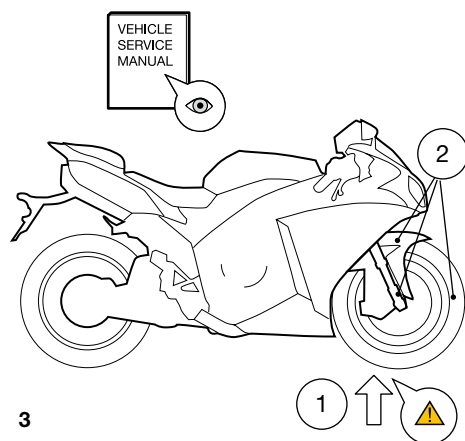
When installing, consult your Vehicle Service Manual.

- 1 Put the motorcycle on a workstand so that the front wheel barely touches the ground.

## ⚠ Warning!

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

- 2 Remove the front fender, brake caliper, speed-sensor if any, and the front wheel.

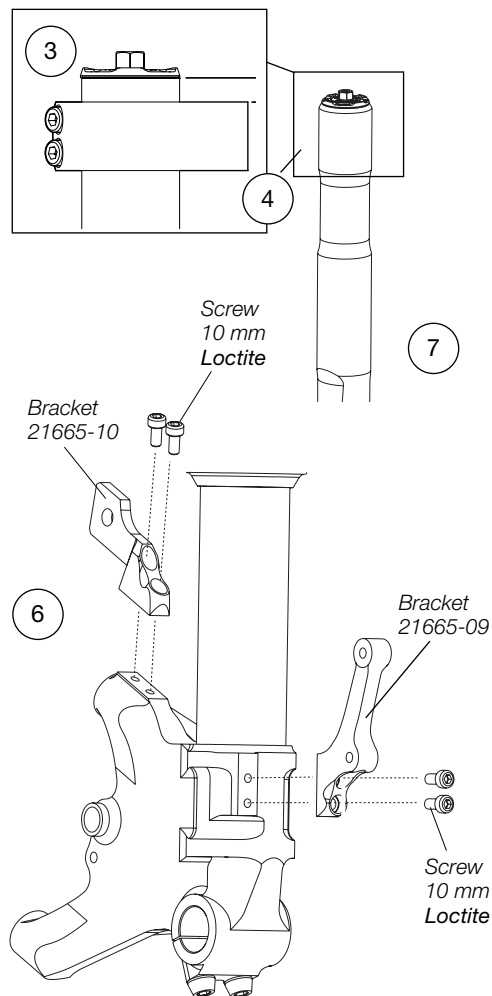


- 3 Measure the distance from the top of the outer fork leg to the top of the upper triple clamp.

## 👁 Note!

It is very important that the front fork is reattached at the exact same position.

- 4 Loosen the upper and lower triple clamps by loosening the screws.
- 5 Remove the fork legs from the triple clamps.



- 6 Install the supplied fender brackets to the fork legs according to figure. Apply Loctite 243 or similar to the screws.

- 7 Install the fork legs into the triple clamps at the same height as measured in step 3. Turn the handle bars fully from side to side to make sure that nothing restricts the movement, and that the throttle cable and wire harness runs in smooth bends.

# How to install

## 👁 Note!

The surface of the outer machining must be 90° from the vehicle direction.

- 8 Tighten the triple clamps:  
Upper triple clamp 20 Nm  
Lower triple clamp 10 Nm

- 9 **Vehicle equipped with speed-sensor;**  
Remove the cover plate from the left hand side fork bottom and reinstall the speed-sensor.

- 10 Reinstall the front fender, front wheel and the brake calipers. **Do not tighten yet.**

- 11 Put the vehicle on the ground, apply the front brake and compress the front fork distinctly 3-4 times. This will put the legs in an exact parallel position.

- 12 Tighten the front wheel, brake calipers and the front fender. Consult your Vehicle Service Manual for correct tightening torques.

- 13 Make sure that nothing restricts the fork movement when fully compressed. Read more about the front fork in the Öhlins Owner's Manual.

## Adjustments

### ⚠ Warning!

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

## 👁 Note!

In storage or transport the oil in the front fork can be displaced and therefore temporarily loses some of its damping performance.

- 14 Close the rebound and compression adjusters.
- 15 Repeatedly compress the front fork as much as possible to bleed the air out. Ensure there is damping on the full stroke.
- 16 Set the rebound and compression adjusters according to recommended set-up.
- 17 Read more in Öhlins Owners manual - Chapter Setting up your front fork, Extended stroke.

