



Kit Contents			
	Description	Part No	Pcs
1	Shock absorber	MAS 5P00	2
2	Lower spring seat	24635-03	2
3	Plastic spacer	24629-36	2
4	Dust boot spacer	24629-35	2
5	Dust boot	10216-01	2
6	Washer	24619-11	2
7	Washer	24619-02	2
8	Spring		2
9	Rubber seat	25601-03	2
10	Upper spring seat	25618-19	2
11	Lock nut M10	24626-01	2
12	Lock nut M12	24626-02	2
13	C-spanner	24639-01	1
14	C-spanner	24639-03	1
15	Öhlins sticker kit	10207-01	1
16	Öhlins emblem kit	10207-02	1
17	Öhlins owner's manual		1

**👁 Note!**

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

**👁 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!**

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

**⚠ Warning!**

Before you install this product, read the Öhlins Owner's manual. This product is an important part of the vehicle and the vehicle stability.

## Shock Absorber Kit for Fiat Abarth 124 Spider

# **FIZ MPO0**FRONT

## 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**

Raise the vehicle and put it on jack stands.

## **⚠ Warning!**

Ensure that it is securely supported.

**2**

Remove the front wheels.

**3**

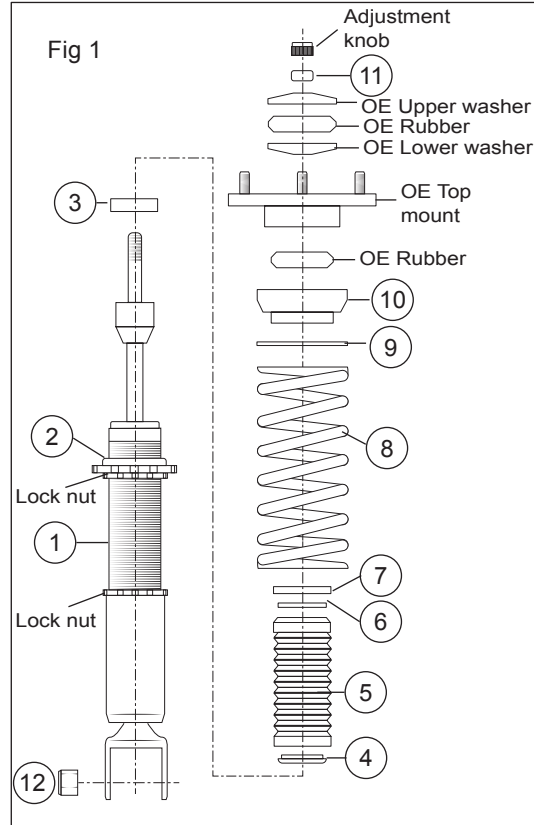
Remove the lower and the upper attachments and remove the original shock absorbers.

**4**

Fit the spacer (3), the dust boot spacer (4), the dust boot (5), the small washer (6), the large washer (7), the spring (8), the rubber seat (9), the upper spring seat (10), OE rubber, OE top mount, OE lower washer, OE rubber, OE upper washer, install and tighten the lock nut (11) to 30 Nm, install the adjustment knob and tighten it to 10 Nm. Make sure the height adjuster and lower spring seat are installed according to Fig 2. Tighten the two lock nuts to 50-60 Nm.

## **👁 Note!**

When tightening the top mount nut, the shock absorber shaft must be held in position with a 5 mm Allen key.



**5**

Install the Öhlins shock absorber on the vehicle.

**6**

Fasten the upper attachments.

**7**

Make sure that all removed parts are reinstalled in the same way as they were before the installation of the Öhlins shock absorber.

# ADJUSTMENTS

## **⚠ Warning!**

*Before driving, 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.*

The preload is 2 mm from a free length of 200 mm, giving 198 mm installed spring length, see fig 2.

## SETUP DATA

### Recommended set-up

Setting adjustment		
Track	2-7	clicks
Winding road	5-10	clicks
Street	10-20	clicks
Spring preload	2	mm

### Recommended Spring

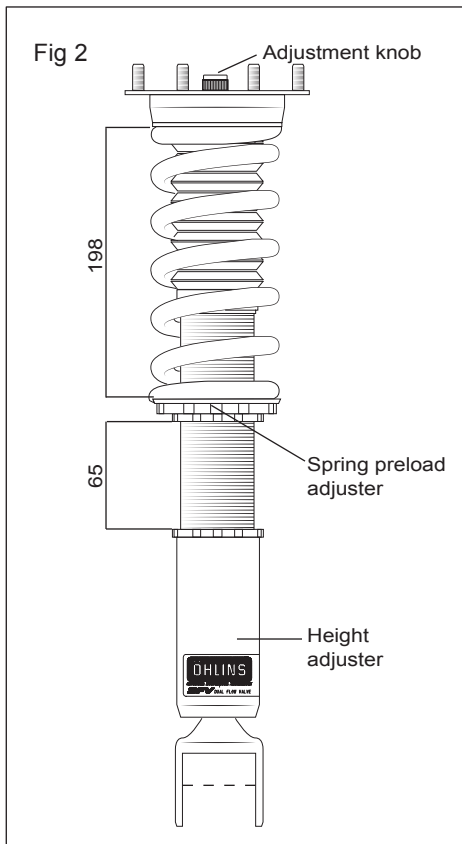
48010-31 (100 N/mm)

### The actual vehicle height

With both the preload and height adjustments in their standard positions, the vehicle is lowered approximately 15 mm when compared to the original suspension. As the height adjuster is turned one rotation, the position moves 1.5 mm.

## **⚠ Warning!**

*The adjustment range is the standard position -15 to  $\pm 10$  mm. If the height adjuster is moved outside the adjustment range, it may come loose.*



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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.

Part no. MI\_FIZ MP00\_0  
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#### Kit Contents

	Description	Part No	Pcs
1	Shock absorber	MAS 6P00	2
2	Lower spring seat	24635-03	2
3	Dust boot spacer	24629-35	2
4	Dust boot	10216-01	2
5	Washer	24619-11	2
6	Spring		2
7	Rubber seat	25601-03	2
8	Upper spring seat	25618-20	2
9	Lock nut M10	24626-01	2
10	Lock nut M12	24626-02	2
11	Adjuster	24631-03	2
12	Wire 280mm	24632-02	2
13	Adjustment wheel	24633-01	2
14	Screw knob	24633-02	2

#### 👁 Note!

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

#### 👁 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!

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

#### ⚠ Warning!

Before you install this product, read the Öhlins Owner's manual. This product is an important part of the vehicle and the vehicle stability.

## Shock Absorber Kit for Fiat Abarth 124 Spider

# **FIZ MPO0 REAR**

## 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**

Raise the vehicle and put it on jack stands.

## **⚠ Warning!**

Ensure that it is securely supported.

**2**

Remove the rear wheels.

**3**

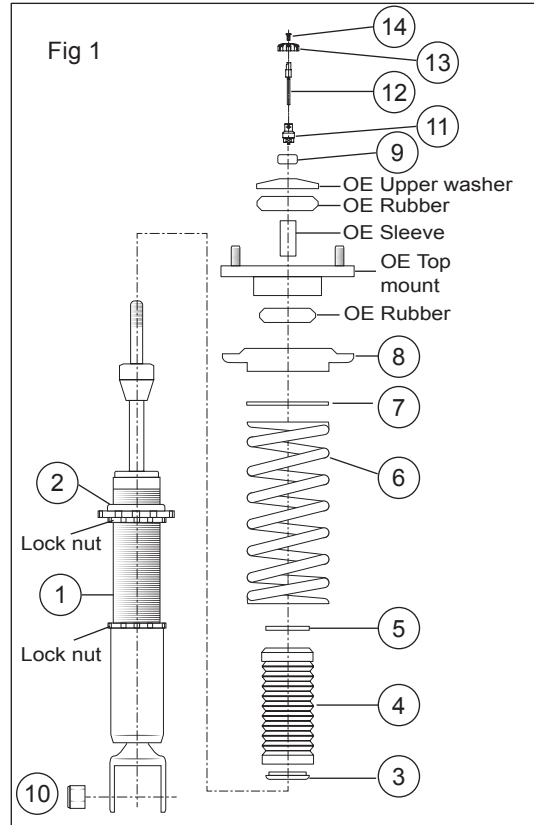
Remove the lower and the upper attachments and remove the original shock absorbers.

**4**

Fit the dust boot spacer (3), the dust boot (4), the washer (5), the spring (6), the rubber seat (7), the upper spring seat (8), OE rubber, OE top mount, OE sleeve, OE rubber, OE upper washer, install and tighten the lock nut (9) to 30 Nm, install the adjuster and tighten it to 10 Nm. Make sure the height adjuster and lower spring seat are installed according to Fig 2.

## **👁 Note!**

When tightening the top mount nut, the shock absorber shaft must be held in position with a 5 mm Allen key.



**5**

Install the Öhlins shock absorbers on the vehicle and fasten the attachments.

**6**

Make sure that all removed parts are reinstalled in the same way as they were before the installation of the Öhlins shock absorber.

**7**

Sub assemble the adjustment wire by fastening the the adjustment wheel to the wire with the M4 screw. Route the wire behind the interior panel and fasten the bottom end to the adjuster on the shock absorber with the supplied allen key.

# ADJUSTMENTS

## **⚠ Warning!**

*Before driving, 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.*

The standard preload is 5 mm from a free length of 200 mm, giving 195 mm installed length, see fig 2.

## SETUP DATA

### Recommended set-up

Setting adjustment		
Track	2-7	clicks
Winding road	5-10	clicks
Street	10-20	clicks
Spring preload	5	mm

### Recommended Spring

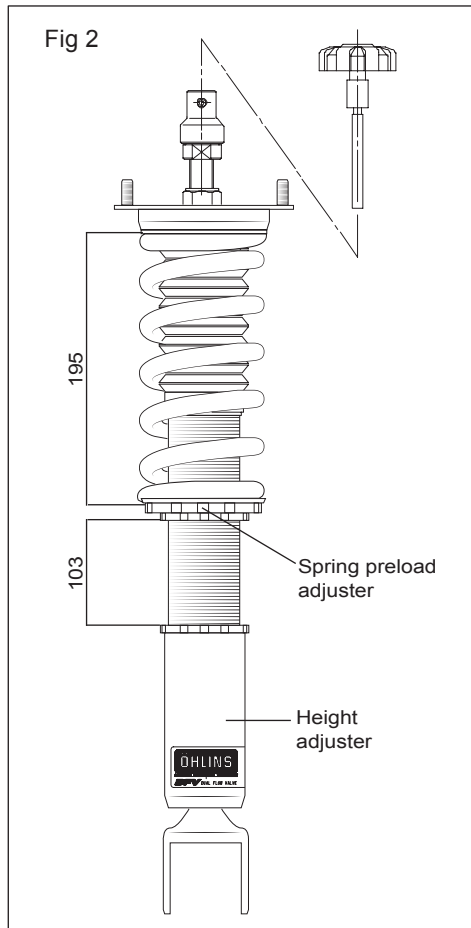
48010-07 (40 N/mm)

### The actual vehicle height

With both the preload and height adjustments in their standard positions, the vehicle is lowered approximately 15 mm when compared to the original suspension. As the height adjuster is turned one rotation, the position moves 1.5 mm.

## **⚠ Warning!**

*The adjustment range is the standard position -15 mm to  $\pm$  10 mm. If the height adjuster is moved outside the adjustment range, it may come loose.*



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