



Kit Contents

Description	Part No	Pcs
Shock absorber	BM706	1
Washer	00153-04	2
Sticker	00192-02	2
Nut M6	00430-02	2
Screw MC6S 6x35	01046-06	2
Screw MC6S 8x40	01046-21	1
Bracket	01082-02	1
Spacer	01138-01	2
Sticker memo notes	01180-01	1
Owner's manual	07241-02	1

👁 Note!

Please note that the images in these instructions are general representations of the product and may differ slightly from your product.

👁 Note!

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.

👁 Note!

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

⚠ Warning!

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

Shock absorber for BMW F800

BM 706

Mounting Instructions

MOUNTING INSTRUCTIONS

⚠ Warning!

It is advisable to have an Öhlins dealer install the shock absorber/front fork/steering damper.

⚠ Warning!

If working on a raised vehicle, ensure it is securely supported so that it will not tip.

👁 Note!

Before mounting this product clean the vehicle thoroughly.

👁 Note!

When working on this product, always see the Vehicle Service Manual for vehicle specific procedures and important data.

1

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

2

Remove the seat.

3

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

4

Loosen the attachment screws of the original shock absorber and remove it. Lift up the subframe and hold it while you remove the original shock absorber. You can also loosen the fuel hose and the wire harness.

5

Install the Öhlins shock absorber with the gas valve down. Remove the knob and pull the spring preload adjuster between the pipes out of the right side of the vehicle. Install the upper and lower bolts of the shock absorber, but do not tighten yet.

6

Install the sub frame.

7

Pull out the spring preload adjuster on the left side of the vehicle and install 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. Tighten the screw to 3 Nm to attach the knob.

👁 Note!

Lower the vehicle so that the suspension is slightly compressed before tightening the screws.

9

Remove the original bolt for the sub frame/ silencer and mount the hydraulic spring preload adjuster with bracket. Use the bolt provided 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.

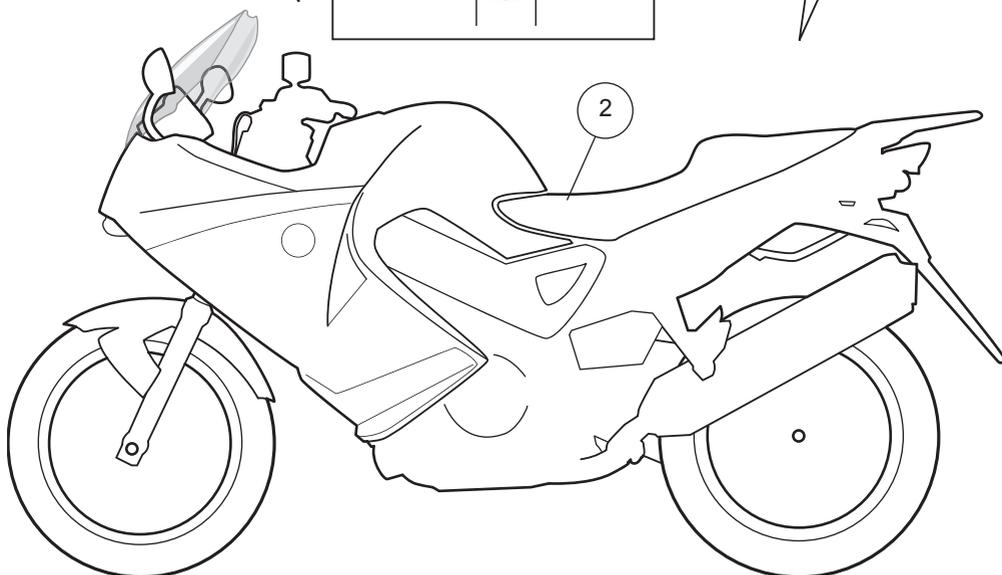
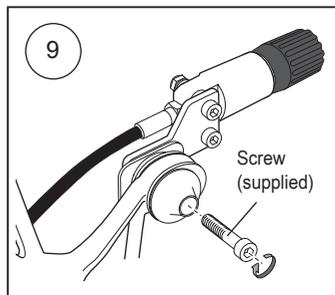
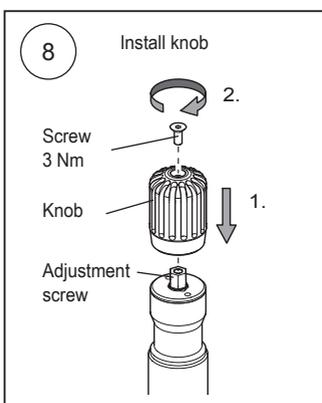
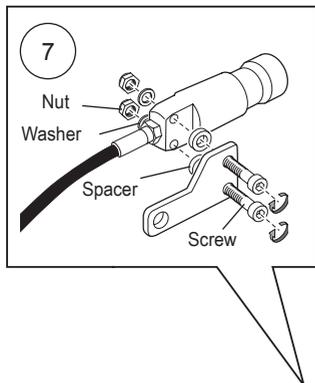
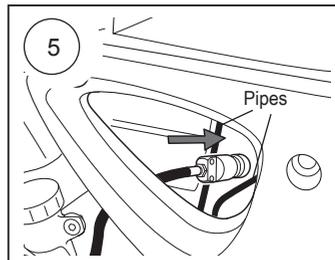
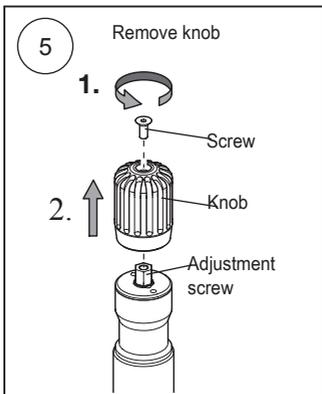
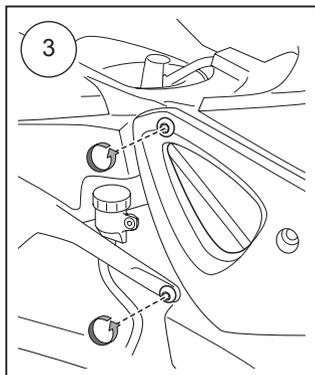
12

Make sure to install all removed parts in the same positions as they were before you installed the Öhlins shock absorber.

👋 Caution!

Ensure that all screws are tightened to the correct torque and that nothing fouls or restricts movement of the shock absorber/front fork/steering damper when the suspension is fully compressed or extended.

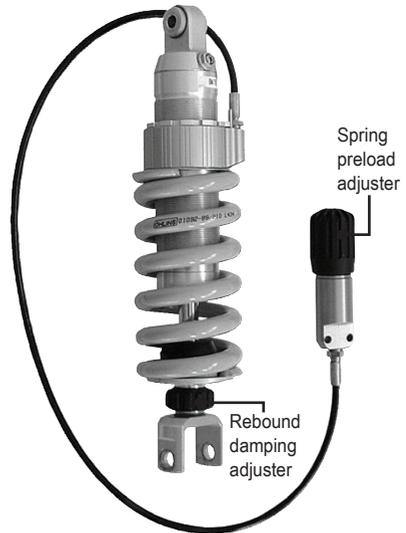
MOUNTING INSTRUCTIONS



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.



SET-UP DATA

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

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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