



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 445 | 1 |
| C-spanner | 00710-02 | 1 |
| Sticker Öhlins | 00192-01 | 2 |
| Sticker memo notes | 01180-01 | 1 |
| Owner's manual | 07241-02 | 1 |

👁 Note!

Please note that this image is a general representation 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.

⚠ 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

BM 445

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

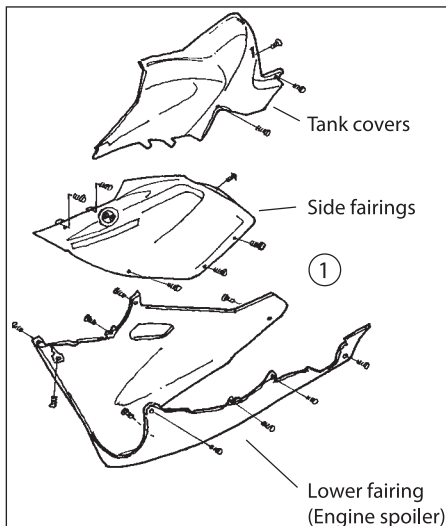
Remove the lower fairing (10 screws), the side fairings (7 screws each) and the tank covers (3 screws each).

👁 Note!

The screws are of different lengths. Make sure to put them in their correct position when reassembling.

👁 Note!

K 1200 R only: The tank cover and the side and front fairings only need to be removed on the left side of the motorcycle.

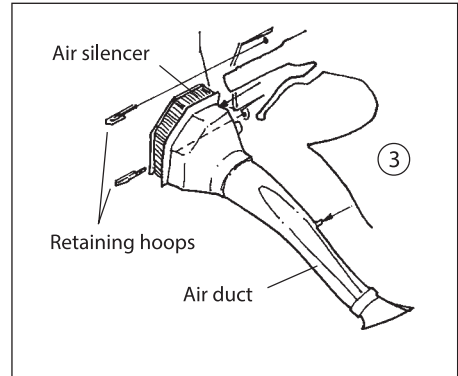


2

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

3

Remove the air duct on the right side of the motorcycle



4

If the motorcycle is equipped with ESA the cabling must be removed from the shock absorber.

MOUNTING INSTRUCTIONS

5

Loosen the nut and divide the lower ball joint at the lower link arm. Use an allen key to secure the ball joint.

6

Remove the original shock absorber by first loosening the lower bracket then the upper mount.

7

Remove the original shock absorber.

8

Mount the Öhlins shock absorber in reverse order, first the upper attachment then the lower.

9

Rejoin the ball joint and the link arm.

10

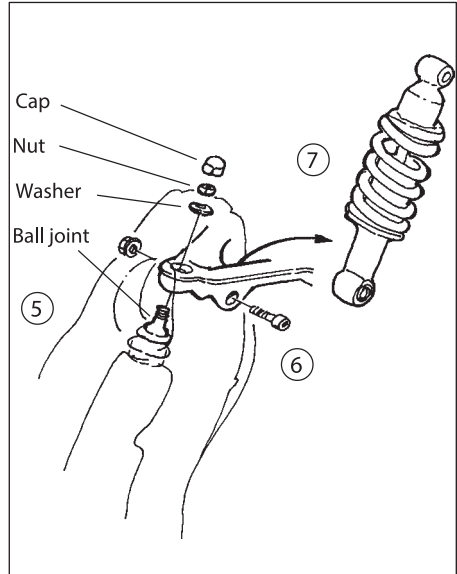
Refit the air duct, the side fairings and lower fairing.

Note!

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

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.



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

Recommended set-up

Rebound 18 clicks
Spring Preload..... 2 mm

Shock absorber data

Length..... 323 mm
Stroke 54 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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