

SHOCK ABSORBER KIT FOR
FORD EVEREST U375/UA

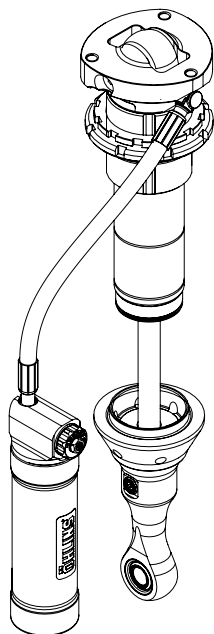
Front Shock Absorber Kit.....Page 1-8

Rear Shock Absorber Kit.....Page 9-14

Mounting Instructions



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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.

Note!

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

Kit Contents

| Description | Part No | Pcs |
|--------------------------|----------|-----|
| 1.1 Left Shock absorber | FOV 1W00 | 1 |
| 1.2 Right Shock absorber | FOV 2W00 | 1 |
| 2 Washer | 00543-12 | 2 |
| 3 Spring | 62462-XX | 2 |
| 4 Spring clip | 62429-01 | 2 |
| 5 Lock ring | 62427-01 | 4 |
| 6 Bracker, Reservoir (L) | 60006-39 | 1 |
| 7 Bracket, Reservoir (R) | 60006-40 | 1 |
| 8 Screw M10x25 | 00429-34 | 4 |
| 9 Screw M10x20 | 00429-35 | 2 |
| 10 Washer | 00426-08 | 6 |
| 11 Reservoir bracket | 05378-20 | 4 |
| 12 Screw M5x22 | 01046-26 | 8 |
| 13 Screw M5x16 | 01046-18 | 8 |
| 14 Lock nut M5 | 00430-04 | 16 |
| 15 Washer | 00153-03 | 12 |
| 16 Screw M8x20 | 00429-36 | 4 |
| 17 Lock nut M8 | 00430-05 | 4 |
| 18 Washer | 00153-01 | 8 |
| 19 Edge clip + Tie-rap | 60231-04 | 4 |
| 20 Spacer | 10410-15 | 4 |
| 21 C-Spanner | 60710-03 | 1 |
| 22 R&T C-Spanner | 01796-01 | 1 |
| 23 Sticker set "ÖHLINS" | 10207-01 | 1 |

Warning!

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

Shock Absorber Kit for Ford Everest U375/UA- Front

FOV 1W00

FOV 2W00

Mounting Instructions



MOUNTING INSTRUCTIONS

⚠ Warning!

It is advisable to have an Öhlins dealer install the shock absorber.

⚠ Warning!

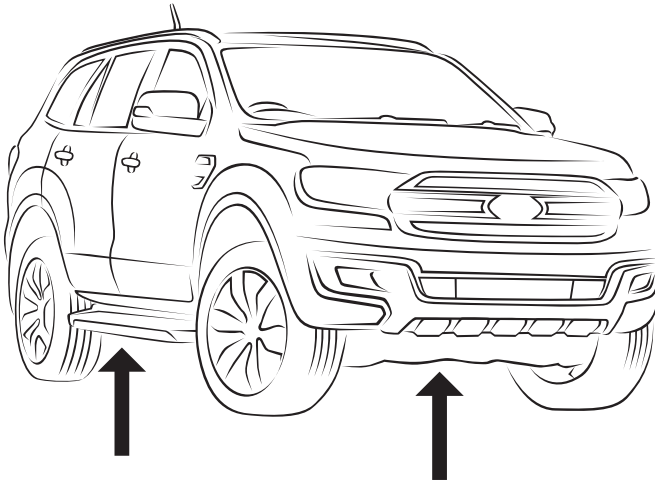
If working on a raised vehicle, ensure it is securely supported so that it will not tip over.

👁 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

Lift the vehicle by using a suitable car lift.

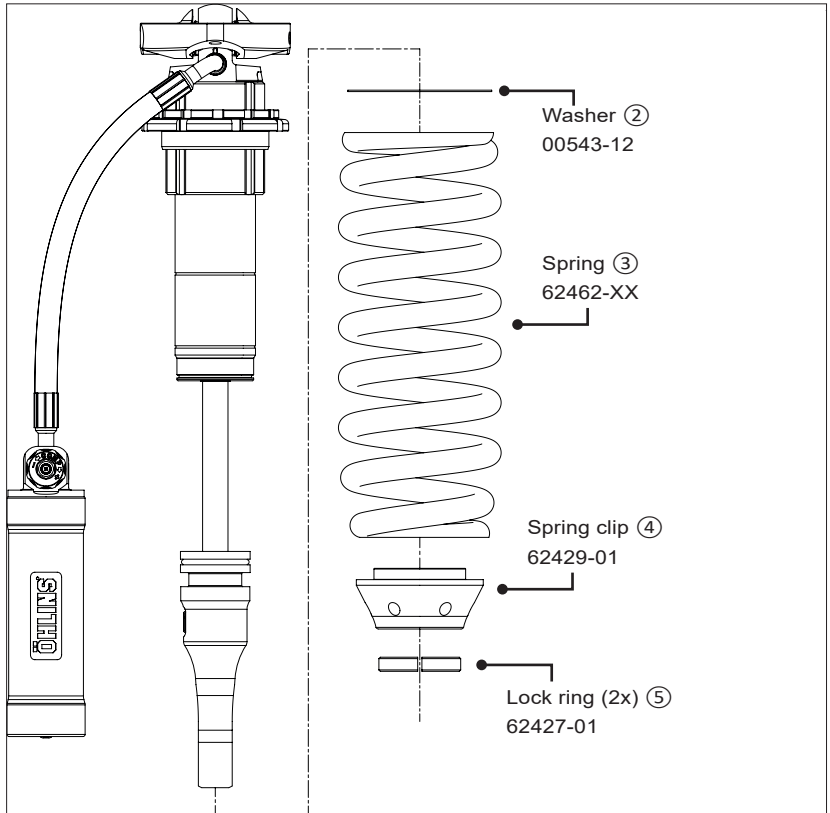
👁 Note!

Please refer the chassis lifting point in the vehicle service manual.

2

Remove the front wheels.

MOUNTING INSTRUCTIONS



3 Spring Installation

- 3.1 Pre-compress the spring by using a spring compressor.
- 3.2 Install the washer (2) underneath the spring seat.
- 3.3 Install the spring (3) onto the damper body.
- 3.4 Install the spring clip (4) thru the end-eye and lock it in place by using the 2 lock rings (5).
- 3.5 Release the spring from the spring compressor making sure that the spring clip and the lock rings are seated properly.

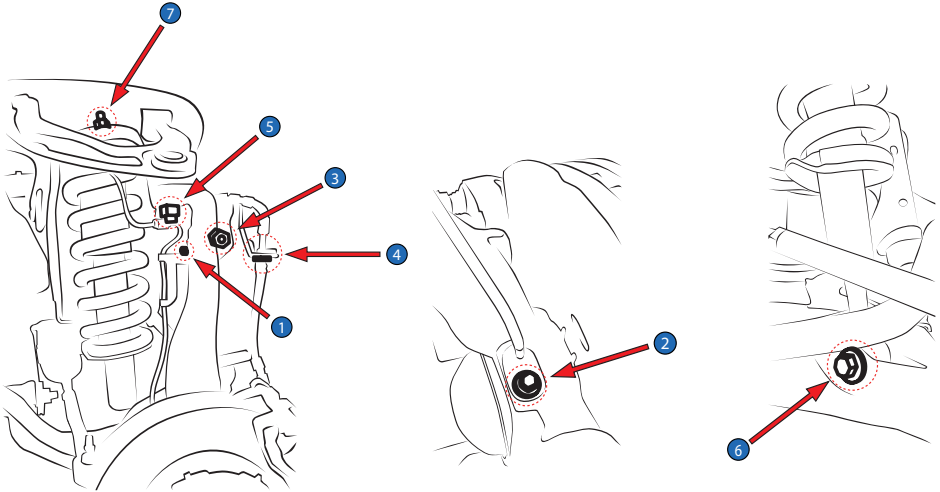
👁 **Note!**

When installing the springs, reservoir hose and rebound adjuster must be pointed toward the front of vehicle

👁 **Note!**

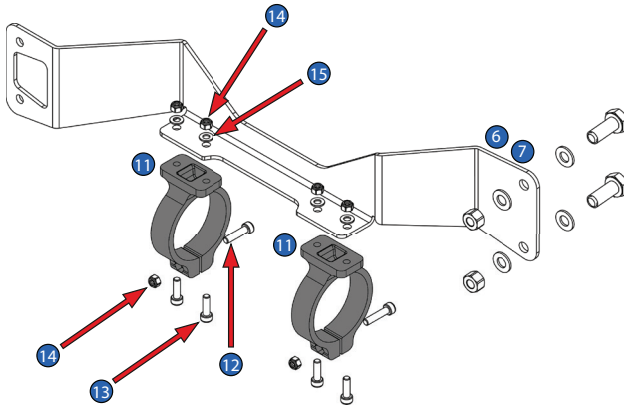
For spring recommendation and preload see page 6.

MOUNTING INSTRUCTIONS



4 Remove OEM Shock Absorber

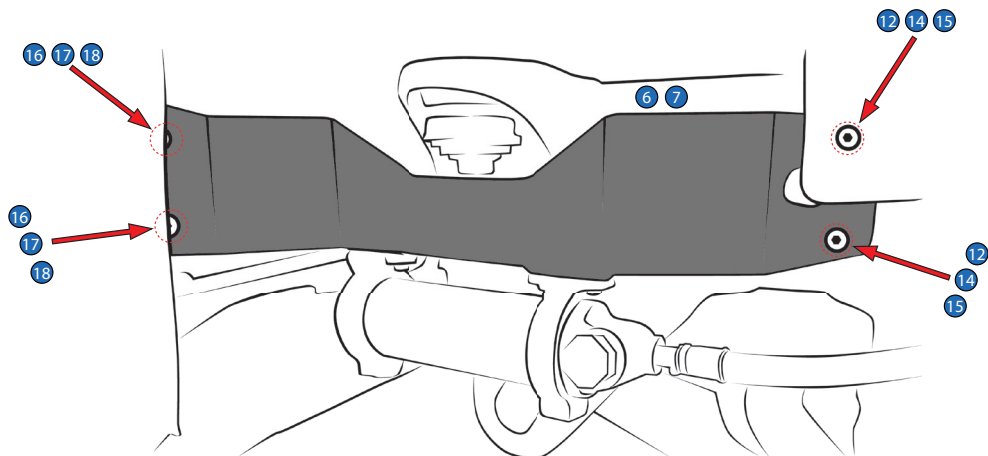
- 4.1 Loosen the wiring cable bracket ①, and speed sensor ②.
- 4.2 Loosen the anti-rollbar link ③ and disconnect it from the upright.
- 4.3 Release the brake line clamp ④.
- 4.4 Disconnect the upper control arm from the upright by loosening the balljoint nut ⑤.
- 4.5 Loosen the lower mounting screw ⑥.
- 4.6 Loosen the 3 top mount nuts ⑦ then remove the OEM front shock absorbers from the car.



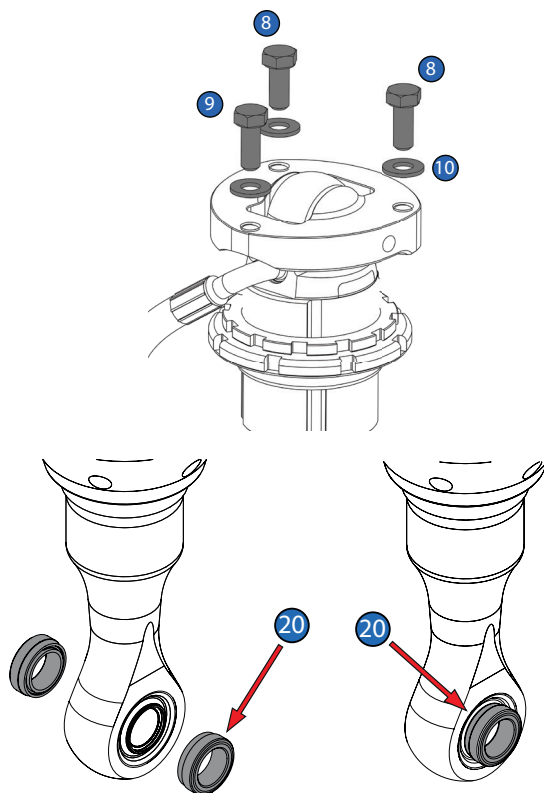
5 Reservoir Bracket

- 5.1 Install 2 reservoir clamps (11) on the reservoir brackets (6) and (7) using respectively 4 screws (13), washers (15), and lock nuts (14).
- 5.2 Mount the reservoir clamps (11) with the lock nuts (14) toward inside of the vehicle.

MOUNTING INSTRUCTIONS



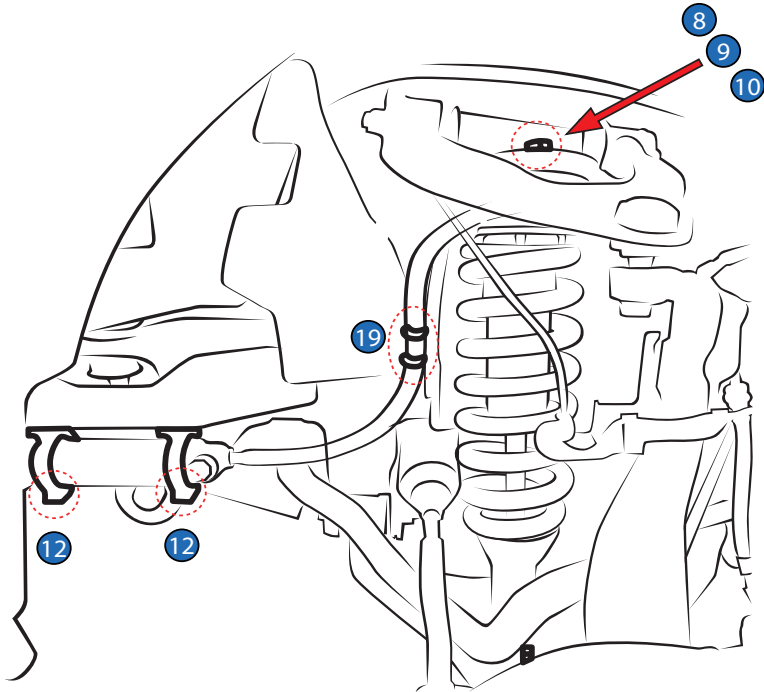
5.3 Assemble the reservoir brackets (6) and (7) on each side of the car.



Note!

Secure the hose to prevent it from getting in contact with any moving parts

MOUNTING INSTRUCTIONS



6 Install Ohlins Shock Absorber

- 6.1 Install Ohlins shock absorber by placing the end eye in the lower arm and then the top mount in the brace.
- 6.2 Tighten the top mount screws (8) and (9), with washers (10) supplied with the kit. Tightening torque at 44 Nm.
- 6.3 Reverse all the procedures as necessary. Tighten at torque values specified in the vehicle service manual.
- 6.4 Install the reservoirs in the clamp brackets and tighten the 2 screws (12) with tightening torque at 10 Nm.
- 6.5 Use the edge clips with cable ties (19) to fix the hose in position on the chassis.

Note!

Secure the hose to prevent it from getting in contact with any moving parts

ADJUSTMENTS

⚠ Warning!

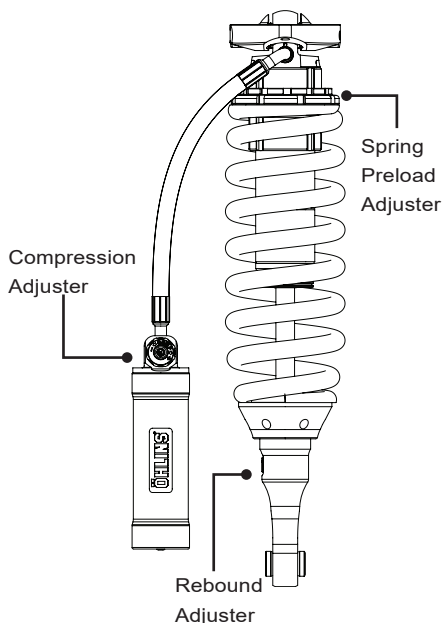
Before driving, always make sure that the basic settings made by Öhlins are according to recommended Set-up Data. Read about adjustments and setting up in the Öhlins Owner's Manual before you make any adjustments. Contact an Öhlins dealer if you have any questions about setting up.

👁 Note!

Apply the multi-purpose oil to preload adjuster when preload adjustment needed.

👁 Note!

Recheck the vehicle wheel alignment after installed.



SET-UP DATA

Recommended set-up

| | |
|-----------------------|-----------|
| Paved roads/highway: | |
| Compression Adjuster | 10 Clicks |
| Rebound Adjuster | 15 Clicks |
| Gravel roads/offroad: | |
| Compression Adjuster | 13 Clicks |
| Rebound Adjuster | 15 Clicks |

Shock absorber data

| | |
|--------------|--------|
| Length | 520 mm |
| Stroke | 121 mm |

| Spring options | | |
|---------------------|--------------------------------|---------------------------------------|
| Part No. | 62462-02 | 62462-03 |
| Free spring length | 315 mm | 315 mm |
| Spring rate | 130 N/mm | 140 N/mm |
| Preload adj.range | [8-34] mm | [8-29] mm |
| Recommended preload | 25 mm | 20 mm |
| Vehicle equipment | Light bull bar Up to 50 kg. | Heavy bull bar/Winch Up to 100 kg. |

👁 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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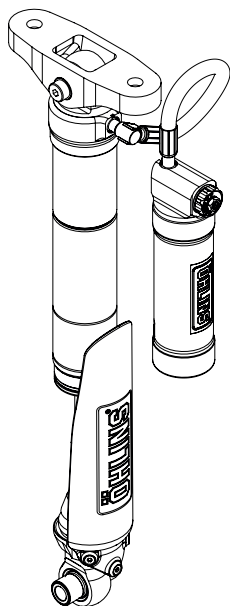
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👁 **Note!**

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

Kit Contents

| | Description | Part No | Pcs |
|-----|--------------------------|----------------|------------|
| 1.1 | Shock absorber LH | FOV 3W50 | 1 |
| 1.2 | Shock absorber RH | FOV 4W50 | 1 |
| 2 | Reservoir bracket | 60006-43 | 2 |
| 3 | Screw M8x1.25x35 | 00429-30 | 4 |
| 4 | Washer M8 | 00120-05 | 8 |
| 5 | Spacer | 63118-10 | 4 |
| 6 | Locknut M8x1.5 | 00430-07 | 4 |
| 7 | Reservoir clamp | 05378-20 | 4 |
| 8 | Screw M5x0.8x16 | 01046-18 | 8 |
| 9 | Locknut M5x0.8 | 00430-04 | 12 |
| 10 | Screw M5x0.8x22 | 01046-26 | 4 |
| 11 | Flange screw M12x2.0x120 | 62426-03 | 2 |
| 12 | Spacer | 63118-11 | 2 |

👁 **Note!**

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👁 **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 is an important part of your vehicle and will affect the stability.

Shock Absorber Kit for Ford Everest U375/UA - Rear

FOV 3W50

FOV 4W50

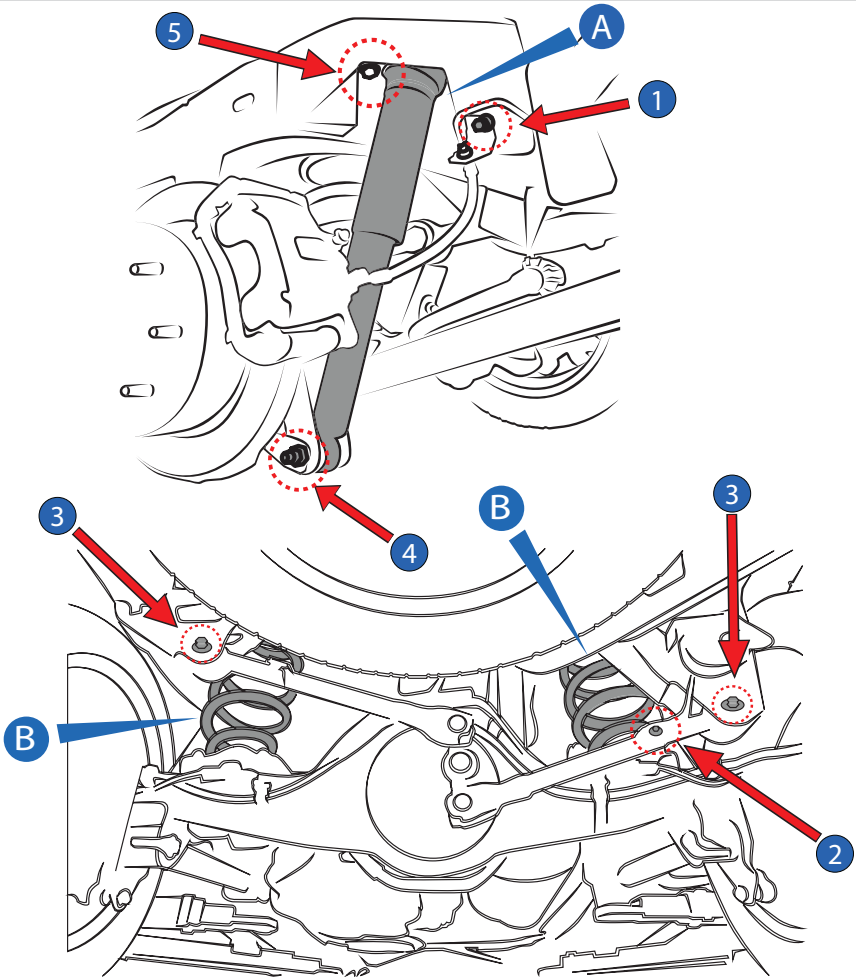
Mounting Instructions



MOUNTING INSTRUCTIONS

⚠ Caution!

Before removing the rear shock absorber, please use lift jack to hold the rear axle in a good position.



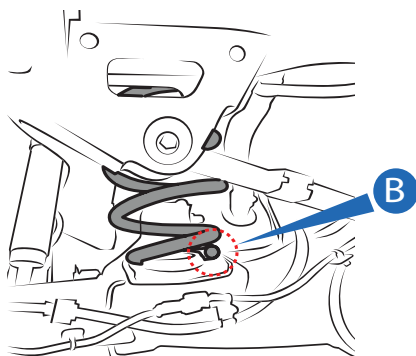
1 Rear shock absorbers and springs removal

- 1.1 Remove the brake line bracket by loosen the screw ①.
- 1.2 Remove the proportional sensor link by loosen the screw ②.
- 1.3 Disconnect the suspension linkage by loosen the screws ③.
- 1.4 Remove the OEM rear shock absorbers (A), by loosen the lower mounting screws ④ then loosen the upper mounting screws ⑤.
- 1.5 Drop the rear axle downward then remove the OEM rear springs (B).

MOUNTING INSTRUCTIONS

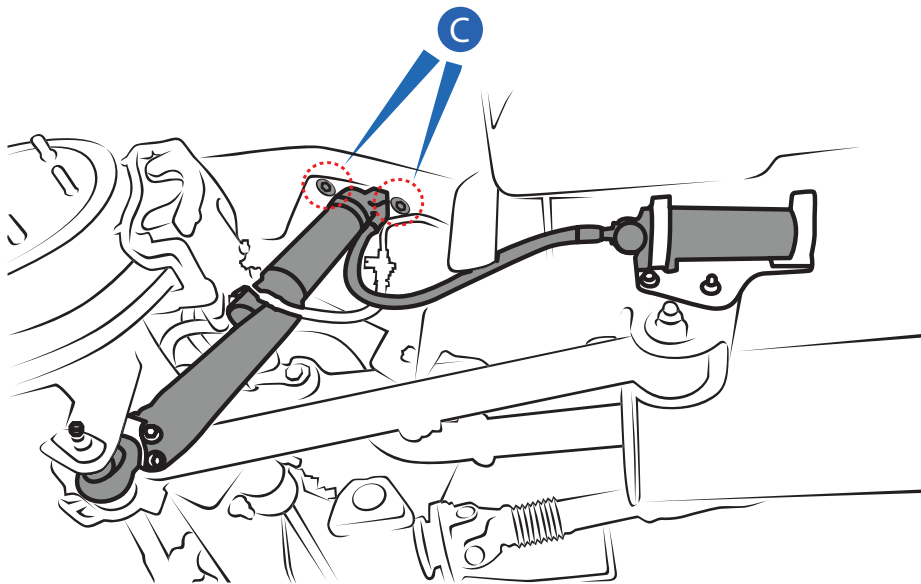
2 Rear Öhlins shock absorbers and springs installation.

2.1 Install Ohlins springs **®**, positioning the end coil towards to the rear of the vehicle.



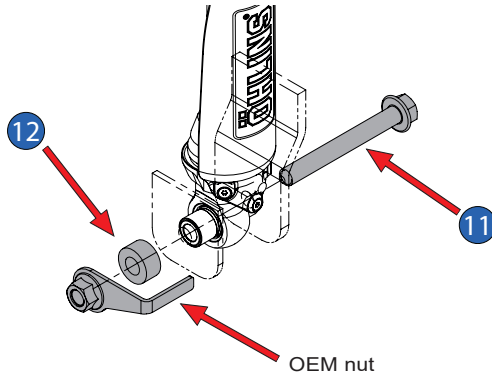
2.2 Install Ohlins rear shock absorbers by positioning the swivel hose, the shaft protector and the reservoir towards to the front of the vehicle.

2.3 Mounting the Ohlins top plate by tighten the OEM nuts **©** with torque value as specified in the vehicle service manual.



MOUNTING INSTRUCTIONS

2.4 Install the lower mounting by sequential assembling according to the picture below then tighten the Ohlins screw(11) and the spacer(12) with torque value as specified in the vehicle service manual.

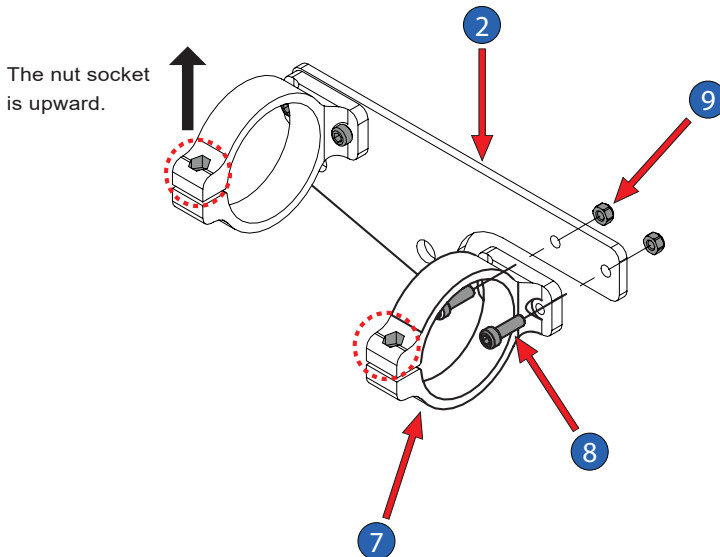


3 Reservoir bracket installation.

3.1 Assemble the reservoir clamp(7) to the reservoir bracket (2) by tightening the screw M5(8) with the locknut M5 (9) with the torque value 10 Nm.

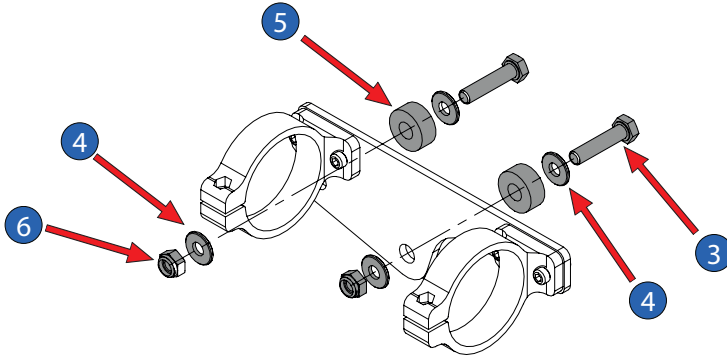
Note!

Ensure the nut socket on the reservoir clamps are upward.



MOUNTING INSTRUCTIONS

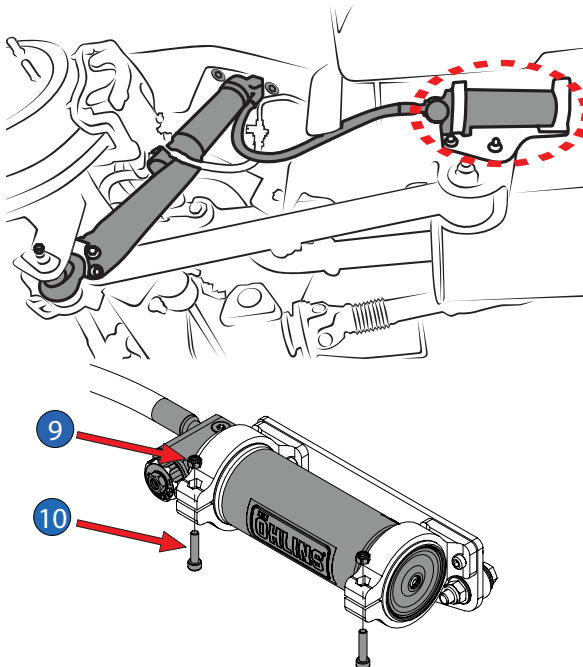
3.2 Install the reservoir brackets (2) to the chassis by inserting the screw M8 (6) together with the washer (4) into the chassis, place the head hexagon inside the chassis and toward the thread out of the chassis (see the picture below).



3.3 Put the spacer (5) in between the chassis and the reservoir bracket (2), then install sequential assembling according to the picture above.

Place the locknut M8 (6) together with the washer (4) on the top of the reservoir bracket (2) then tighten the locknut M8 (6) with 30 Nm.

3.4 Install the reservoirs into the reservoir clamp (7) then clamp with the screws M5 (10) and the locknut (9) by tightening the 10 Nm torque value. Please see the picture below.



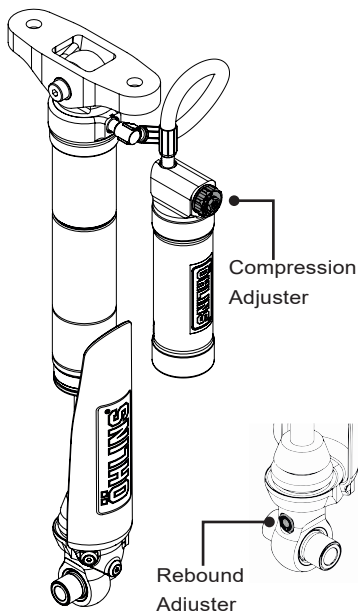
ADJUSTMENTS

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👁 Note!

Recheck the vehicle wheel alignment after installed.



SET-UP DATA

Recommended set-up

| | |
|----------------------|-----------|
| Paved roads/highway: | |
| Compression Adjuster | 10 Clicks |
| Rebound Adjuster | 15 Clicks |

| | |
|-----------------------|-----------|
| Gravel roads/offroad: | |
| Compression Adjuster | 18 Clicks |
| Rebound Adjuster | 22 Clicks |

Shock absorber data

| | |
|--------------|--------|
| Length | 575 mm |
| Stroke | 162 mm |

| Spring options | | |
|--------------------|--|--|
| Part No. | 62473-04 | 62473-09 |
| Free spring length | 435 mm | 420 mm |
| Spring rate | 40 N/mm | 50 N/mm |
| Driving conditions | Light load / Passenger up to 5 persons | Heavy load / Passenger more than 5 persons |

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