



Kit Contents			
	Description	Part nr	Pcs
1.1	Shock absorber left	HOS 1T00	1
1.2	Shock absorber right	HOS 2T00	1
2	Dust boot	10216-01	2
3	Spacer	24629-17	2
4	Plastic spring spacer	25602-01	2
5	Spring	49180-15	2
6	Rubber spring spacer	25601-01	2
7	Upper spring seat	25618-29	2
8	Washer	24619-03	2
9	Nut	24627-04	2
10	C-spanner	24639-01	1
11	C-spanner	24639-03	1
12	Öhlins sticker kit	10207-01	1
13	Öhlins Owners Manual	07451-01	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.

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 is an important part of the vehicle and the vehicle stability.

Note!

If your vehicle is equipped with OEM electronic shock absorbers, use Öhlins cancellation kit to avoid error messages.

Shock absorber Kit for Honda Civic Type-R, FK8 & FL5

HOS MT00S1 front

Mounting Instructions



MOUNTING INSTRUCTIONS

⚠ Warning!

We strongly recommend to have an Öhlins dealer install this product.

⚠ Warning!

If working on a raised vehicle, ensure that it is securely supported to prevent it from tipping over.

👁 Note!

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

1

Raise the vehicle and put it on jack stands.

⚠ Warning!

Ensure that the car is securely supported.

2

Remove the front wheels.

3

Loosen the bolts for the lower shock attachments.

👉 Caution!

Support the wheel hubs in an appropriate way on each side of the vehicle so that the brake hoses can not be damaged.

4

Loosen the upper attachments, sway bar and the two bolts. Remove the original struts from the car.

5

Cut the dust boot 42 mm from the lower end with a pair of scissors according to fig 2.

6

Fit the dust boot (2), the spacer (3), the plastic spring spacer (4), the spring (5), the rubber spring spacer (6), the upper spring seat (7), the OE top mount with bearing, the washer (8) and the lock nut (9) to the shock absorber according to fig 1. Adjust the lower spring seat and the lock ring and tighten with the c-spanners according to fig 4. Tighten the lock nut (9) to 35-40 Nm.

👁 Note!

When tightening the top mount nut, the shock absorber top pin must be held in position with an Allen key.

Figure 1

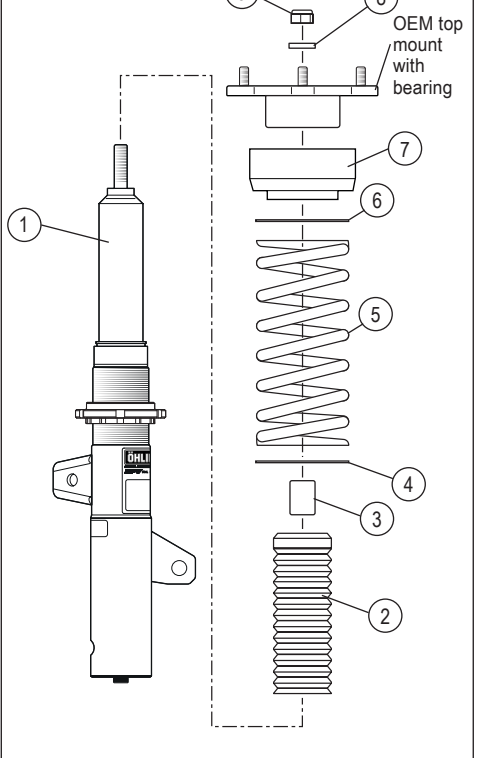
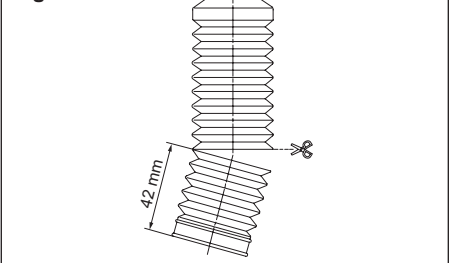


Figure 2



MOUNTING INSTRUCTIONS

7

Install the complete assembled Öhlins struts on the vehicle. Tighten the bolts and torque them to OE specification.

Note!

Make sure the bolt head is seated flush against the shock bracket when the nuts are being torqued.

8

Fasten the top mount nuts and torque to OE specification.

9

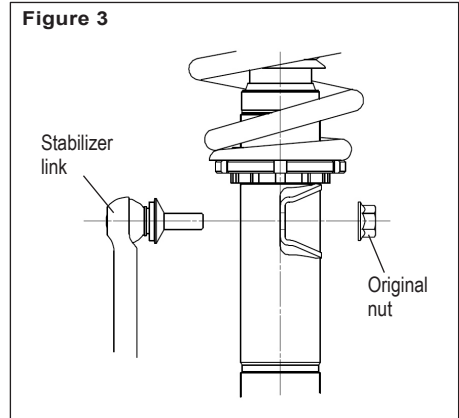
Fit the stabilizer link according to fig 3.

Note!

Make sure that all bolts are tightened to the correct torque and that nothing fouls or restricts movement of the strut. Test this over the whole steering range from lock to lock.

10

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 Setup 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 recommended preload is 5 mm, see fig 4. Make sure to measure the length of the spring only.

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

49180-15 (60N/mm)

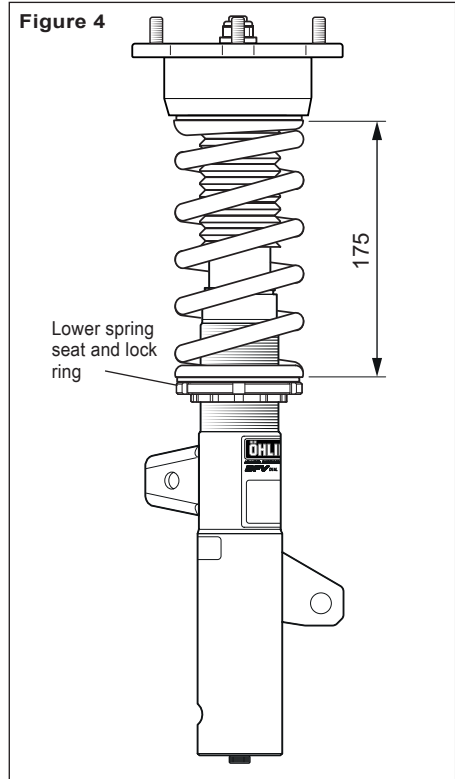
Vehicle height adjustment range

With the preload adjustment in the recommended position, the vehicle is lowered approximately 15 mm when compared to the original suspension. Adjust the spring preload until you have reached your desired ride height. Make sure that the spring is always preloaded.

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.

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Figure 4



⚠ Warning!

The spring preload adjustment range is 0-20 mm giving approximately 10-20 mm lower ride height of the car.

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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Kit Contents

	Description	Part nr	Pcs
1	Shock absorber, rear	HOS 6T00	2
2a	End eye spacer 12.1 mm	24629-48	2
2b	End eye spacer 14.1 mm	24629-59	2
3	Dust boot	10216-03	2
4	Tie-rop	24616-01	4
5	Lock nut M10	24626-01	2
6	Spring seat adjuster	24651-06	2
7	Lock nut M52	24636-03	2
8	Spring platform M52	24635-03	2
9	Plastic spring spacer	25602-01	2
10	Spring	47000-31	2
11	Plastic spring seat	25618-04	2

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👁 Note!

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👁 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 the vehicle and the vehicle stability.

👁 Note!

If your vehicle is equipped with OEM electronic shock absorbers, use Öhlins cancellation kit to avoid error messages.

Shock absorber Kit for Honda Civic Type-R, FK8 & FL5

HOS MT00S1 rear

Mounting Instructions

MOUNTING INSTRUCTIONS

⚠ Warning!

We strongly recommend to have an Öhlins dealer install this product.

⚠ Warning!

If working on a raised vehicle, ensure that it is securely supported to prevent it from tipping over.

👁 Note!

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

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 absorber.

4

Remove the spring and both OE rubber spring isolators.

5

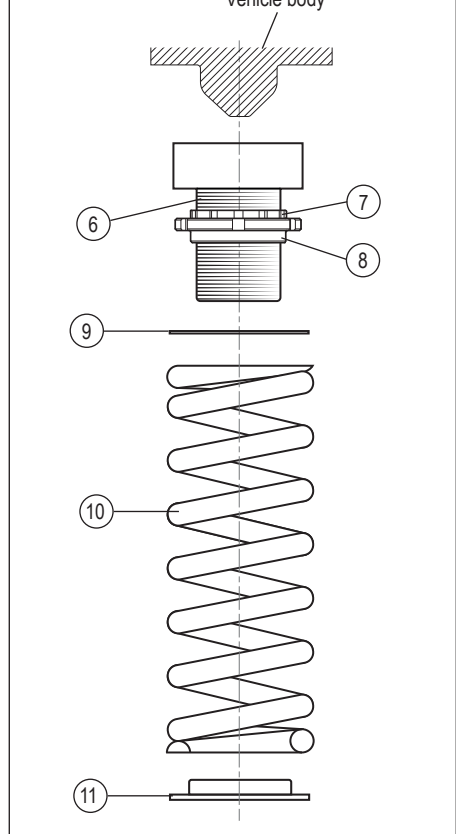
Adjust the spring seat (8) position according to fig 4 and tighten it with the c-spanners.

6

Spring assembly installation:

Mount the lower plastic spring seat (11) in the control arm, the spring (10), the plastic spring spacer (9) and fit the spring preload adjuster assembly on the spring according to figure 1.

Figure 1



MOUNTING INSTRUCTIONS

7

Mount the end eye spacers (2), the dust boot (3) and the tie raps (4). Mount the OE top mount and tighten the nut (5) to 30 Nm.

8

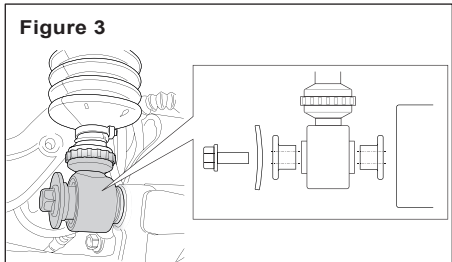
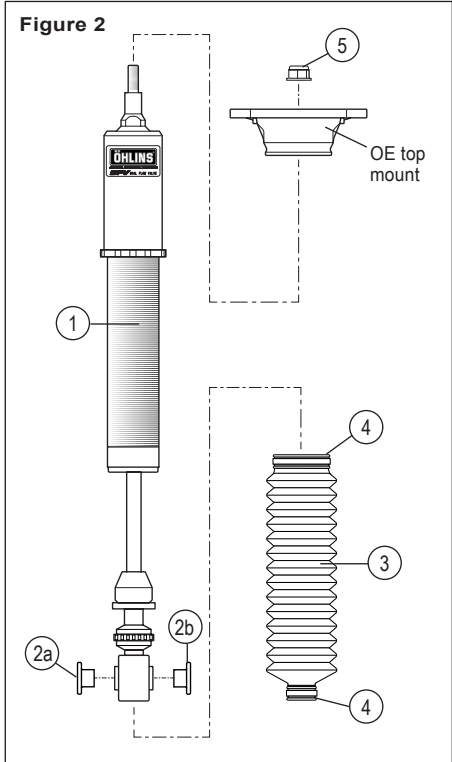
Install the Öhlins shock absorbers on the vehicle.

9

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

Note!

Make sure that all bolts are tightened to the correct torque and that nothing fouls or restricts movement of the shock absorber when it is being fully compressed or extended.



ADJUSTMENTS

⚠ Warning!

Before driving, always make sure that the basic settings made by Öhlins are according to recommended Setup 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.

SETUP DATA

Recommended set-up		
Setting adjustment		
Track	2-7	clicks
Winding road	5-10	clicks
Street	10-20	clicks
Spring preload adjuster height	12	mm

Recommended spring

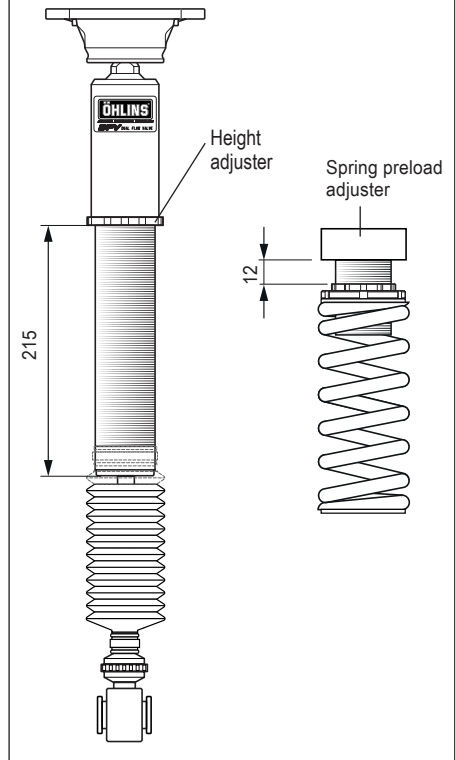
47000-31 (100N/mm)

Vehicle height adjustment range

With both the preload and height adjustment in their recommended positions, the vehicle is lowered approximately 15 mm when compared to the original suspension. The spring preload adjustment height is 5-15 mm.

Adjustment range approximately 10-20 mm lower ride height of the car. Make sure that the spring is always preloaded.

Figure 4



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.

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