



Kit Contents			
	Description	Part nr	Pcs
1.1	Shock absorber left	MCS 1U00	1
1.2	Shock absorber right	MCS 2U00	1
2	Dust boot	10216-01	2
3	Spacer	24629-51	2
4	Plastic spring spacer	25602-01	2
5	Spring		2
6	Rubber spring spacer	25601-01	2
7	Upper spring seat	25618-10	2
8	Washer	24619-03	2
9	Lock nut	24627-05	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 the vehicle is equipped with OEM electronic shock absorbers, use Öhlins cancellation kit to avoid error codes. For more information and part number, please visit www.ohlins.com or contact an Öhlins dealer.

Shock absorber Kit for Mini Cooper F55/F56/F57 2013-

MCS MU00 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 and sway bar. Remove the original struts from the car.

5

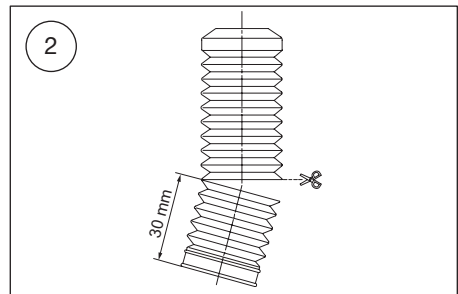
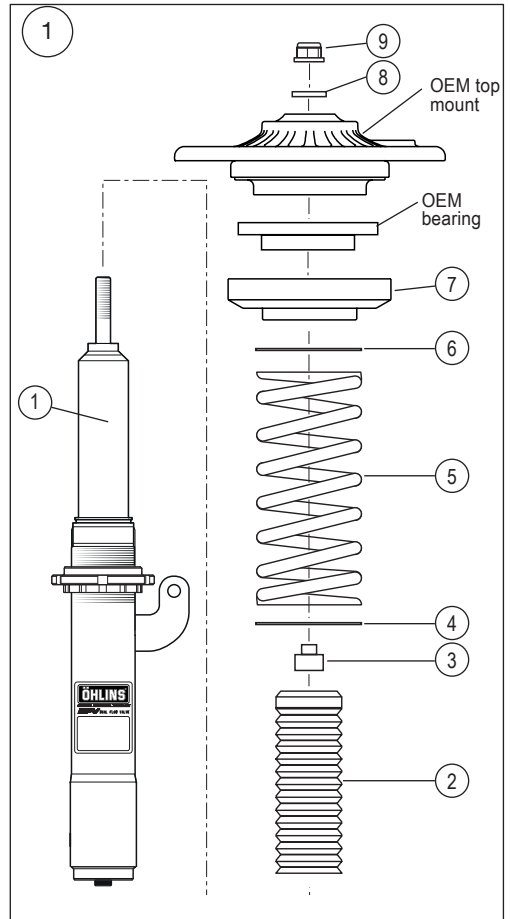
Cut the dust boot 30 mm from the lower end with a pair of scissors according to fig 2.

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 bearing and top mount, the washer (8) and the lock nut (9) to the shock absorber according to fig 1. Tighten the lock nut to 35-40 Nm. Adjust the lower spring seat and the lock ring and tighten with the c-spanners according to fig 4.

👁 Note!

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



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

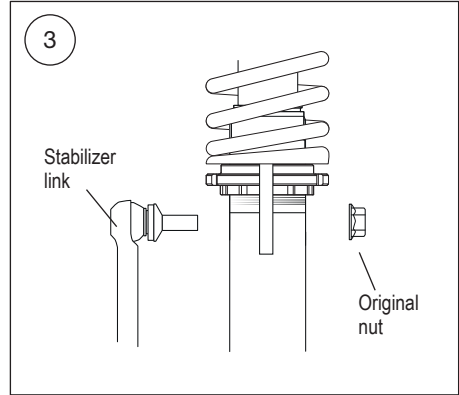
Fit the stabilizer link according to fig 3.

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 standard preload is 2 mm from a free length of 180 mm, giving 178 mm installed length, see fig. 4.

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

48000-15 (60N/mm)

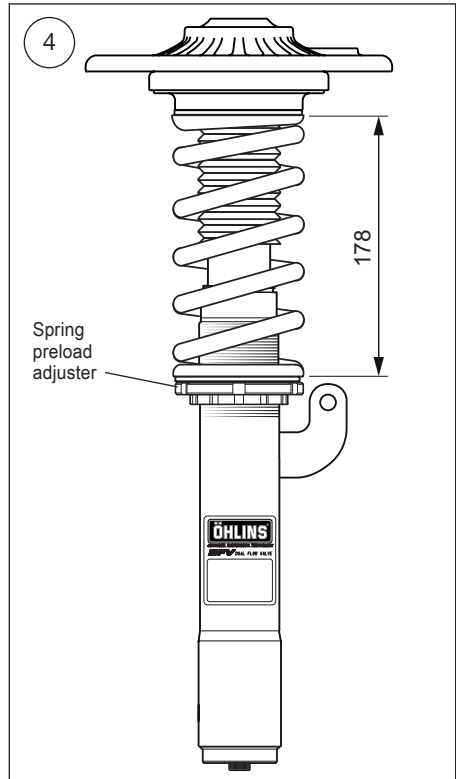
Ride height

Mini F55/F56/57: Approximately 10-15 mm lower than OEM suspension

Mini JCW GP F56: Approximately 2-5 mm lower than OEM suspension

Ride height adjustment range

With the spring preload adjuster set to the recommended position, the vehicle is lowered according to the above "Ride height". As the preload adjuster is turned one rotation, the position moves 1.5 mm. Depending on car model and equipment, the ride height at the



recommended spring preload may vary. Adjust the spring preload until you have reached your desired ride height. Make sure that the spring is always preloaded.

⚠ Warning!

The spring preload adjustment range is 0-5 mm. Never adjust the spring preload beyond 5mm preload as that may cause the spring to coil bind.

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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Kit Contents

	Description	Part nr	Pcs
1	Shock absorber, rear	MCS 6U00	2
2	End eye spacer	10216-03	4
3	Dust boot	10216-01	2
4	Tie-rop	24616-01	4
5	Lock nut M10	24626-01	2
6	Spring preload adjuster	24651-10	2
7	Lock nut M52	24636-01	2
8	Spring platform M52	24635-01	2
9	Plastic spring spacer	25602-01	2
10	Spring		2
11	Plastic spring seat	25618-34	2

👁 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/front fork/steering damper is an important part of the vehicle and the vehicle stability.

👁 Note!

If the vehicle is equipped with OEM electronic shock absorbers, use Öhlins cancellation kit to avoid error codes. For more information and part number, please visit www.ohlins.com or contact an Öhlins dealer.

Shock absorber Kit for Mini Cooper F55/F56/F57 2013-

MCS MU00 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

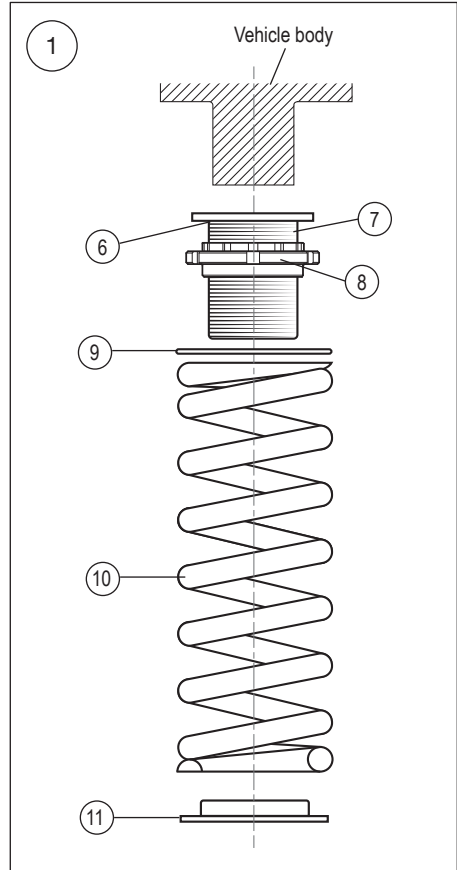
Remove the spring and both OE rubber spring isolators.

5

Adjust the spring seat (8) position according to fig 3. Tighten the spring seat and lock ring (7) with the c-spanners.

6

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 (6) on the spring according to fig 1.



MOUNTING INSTRUCTIONS

8

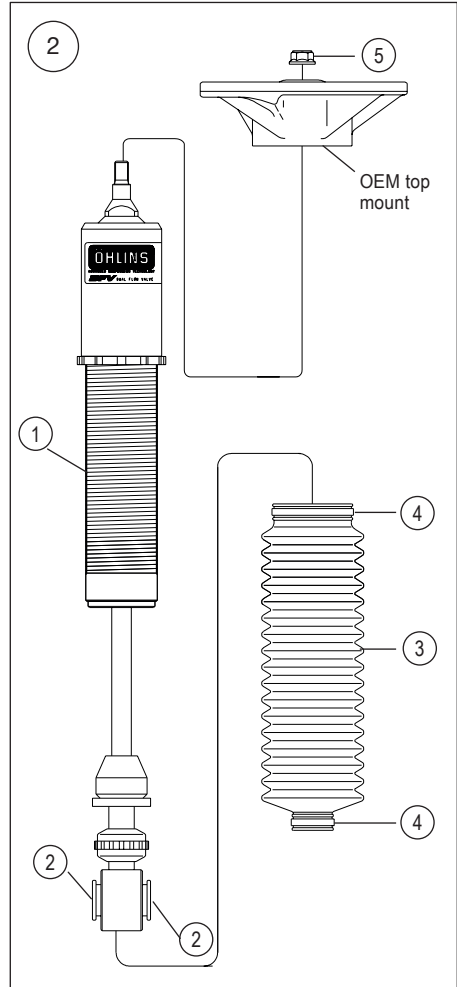
Mount the dust boot (3) and the tie raps (4).
Mount the OE top mount and tighten the nut
(5) to 30 Nm.

9

Make sure that all removed parts are rein-
stalled 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 position	5	mm

Recommended spring

48040-23 (80N/mm)

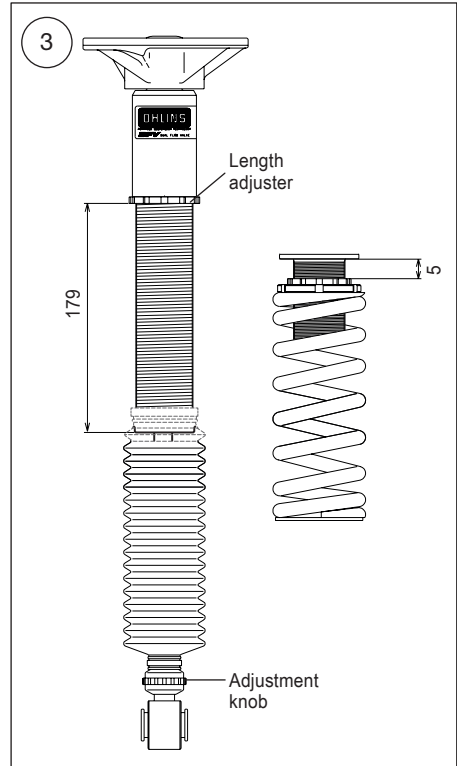
Ride height

Mini F55/F56/F57: Approximately 10-15 mm lower than OEM suspension

Mini JCW GP F56: Approximately 2-5 mm lower than OEM suspension

Ride height adjustment range

With both the spring preload adjuster and height adjustment in their recommended positions, the vehicle is lowered according to the above "Ride height". Depending on car model and equipment, the ride height at the recommended spring preload adjuster position



may vary. Adjust the spring preload adjuster until you have reached your desired ride height. Make sure that the spring is always preloaded.

⚠ Warning!

The spring preload adjuster position adjustment range is 0-20 mm. Make sure 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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