

Kit Contents		
Description	Part No	Pcs
Shock absorber		2
Dust boot		2
Top mount		2
Spring		2
Nylon nut M12		2
MOUNTED ON SHOCK ABSORBER		
Adjuster		2
USED FOR BOTH FRONT AND REAR		
C-spanner		1
C-spanner		1
Öhlins sticker		1
Öhlins Owner's Manual		1

#### **Note!**

Please note that there can be small differences between your product and the images in these instructions.

#### **Note!**

Please note that during storage and transport, especially at high ambient temperature, some of the oil and grease used for assembly may leak and stain the packaging. This will not cause damage to the product, wipe off the excessive oil or grease with a cloth.

#### **Note!**

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

#### **Warning!**

Before you install this product, read the Öhlins Owner's manual. This product is an important part of the vehicle and the vehicle stability.

## Shock Absorber kit for Nissan 370Z

# **NIS GQ00 front**

## Mounting Instructions

# MOUNTING INSTRUCTIONS

## **⚠ Warning!**

*We strongly recommend to let an Öhlins dealer install this product.*

## **⚠ Warning!**

*If you work with a lifted vehicle, make sure that it is safely supported to prevent it from tipping over.*

## **👁 Note!**

*When you work with this product, see the vehicle service manual for vehicle specific procedures and important data.*

## **👁 Note!**

*Before you install this product clean the vehicle.*

**1**

Raise the vehicle and put it on jack stands.

**2**

Remove the front wheels.

**3**

Remove the lower and the upper attachments and remove the original shock absorbers.

**4**

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

**5**

Tighten the lower spring seat and the lock nut to 50 - 60 Nm. Fit the the dust boot, the spring, the top mount and the adjuster according to fig 1. Tighten the nylon nut to 30 Nm.

## **👁 Note!**

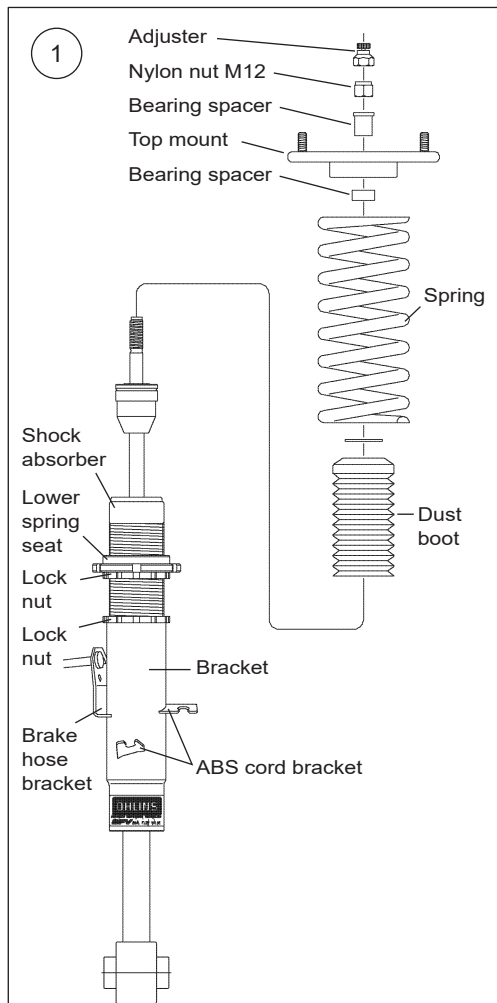
*Lower the vehicle so that the suspension is slightly compressed before you tighten the screws.*

## **👉 Caution!**

*Make sure that you tighten all screws to the correct torque and that nothing fouls or restricts movement of the shock absorber when the suspension is fully compressed or extended.*

## **👁 Note!**

*When tightening the top mount nut, the shock absorber shaft must be held in position with a flat screwdriver.*



# MOUNTING INSTRUCTIONS

**6**

Install the Öhlins shock absorbers on the vehicle.

**7**

Fasten the upper attachments.

**8**

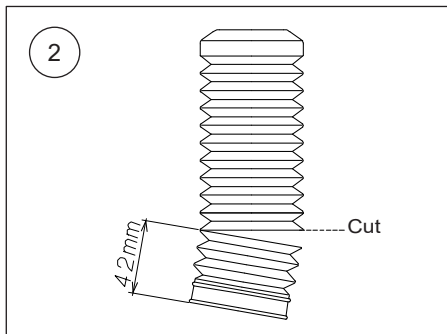
Mount the original brake hose and the original ABS cord to the Öhlins shock absorbers.

## **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.*

**9**

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 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 the shock absorber.

The standard preload is 2 mm from a free length of 200 mm, giving 198 mm installed length, see fig 3.

## SETUP DATA

### Recommended set-up

Setting adjustment		
Rebound	10	clicks
Spring preload	2	mm
Shock absorber length	555	mm

### Recommended spring

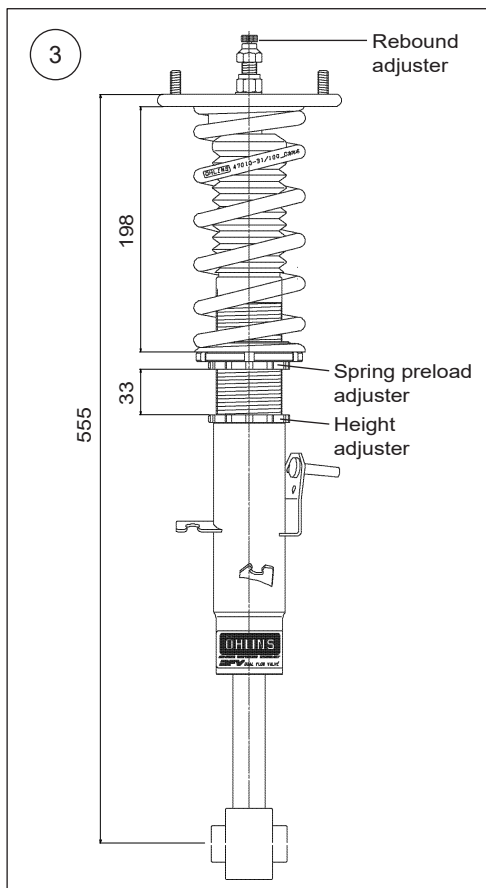
Spec H200, ID65, 100 N/mm

### The actual vehicle height

With both the preload and height adjustments in their recommended positions, the vehicle is lowered approximately 20 mm when compared to the original suspension. As the height adjuster is turned one rotation, the position moves 1.5 mm.

## ⚠ Warning!

The adjustment range is the standard position  $\pm 15$  mm. If the bracket is moved outside the adjustment range, it may come loose.



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 No	Pcs
Shock absorber		2
Dust boot		2
Top mount		2
Spring		2
Nylon nut M10		2
Nut M12		2
Spring height adjuster		2
Tie-rod		4
USED FOR BOTH FRONT AND REAR		
C-spanner		1
C-spanner		1
Öhlins sticker		1
Öhlins Owner's Manual		1

#### **Note!**

Please note that there can be small differences between your product and the images in these instructions.

#### **Note!**

Please note that during storage and transport, especially at high ambient temperature, some of the oil and grease used for assembly may leak and stain the packaging. This will not cause damage to the product, wipe off the excessive oil or grease with a cloth.

#### **Note!**

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

#### **Warning!**

Before you install this product, read the Öhlins Owner's manual. This product is an important part of the vehicle and the vehicle stability.

## Shock Absorber kit for Nissan 370Z

# **NIS GQ00 rear**

## Mounting Instructions

# MOUNTING INSTRUCTIONS

## **⚠ Warning!**

*We strongly recommend to let an Öhlins dealer install this product.*

## **⚠ Warning!**

*If you work with a lifted vehicle, make sure that it is safely supported to prevent it from tipping over.*

## **👁 Note!**

*When you work with this product, see the vehicle service manual for vehicle specific procedures and important data.*

## **👁 Note!**

*Before you install this product clean the vehicle.*

**1**

Raise the vehicle and put it on jack stands.

**2**

Remove the rear wheels.

**3**

Remove the lower and the upper attachments and remove the original shock absorbers.

## **👉 Caution!**

*Support the lower arm with the jack before removing the damper. Otherwise, when the damper is removed, the lower arm rapidly falls.*

**4**

Remove the original spring.

**5**

Set the spring height adjuster to the position according to fig 2. It is set at the bottom when delivered.

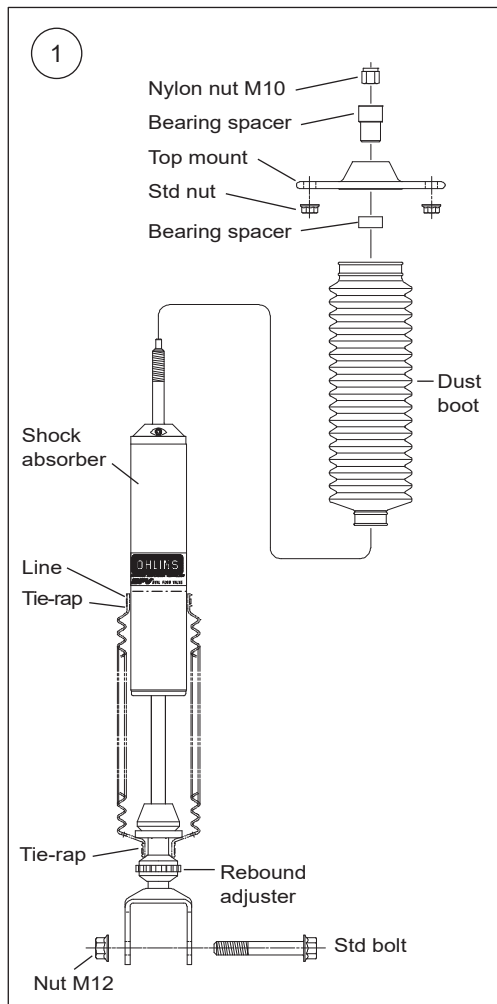
**6**

Install the Öhlins spring and the spring height adjuster on the vehicle.

**7**

Mount the the dust boot on the Öhlins shock absorber according to fig 1. Tighten only the lower tie-rop. Fit the top mount on the shock absorber according to fig 1. Tighten the nylon nut to 20 Nm.

**8**



# MOUNTING INSTRUCTIONS

Install the Öhlins shock absorbers on the vehicle.

## 9

Position the top of the dust boot according to fig 1. Tighten the upper tie-rop.

### **Note!**

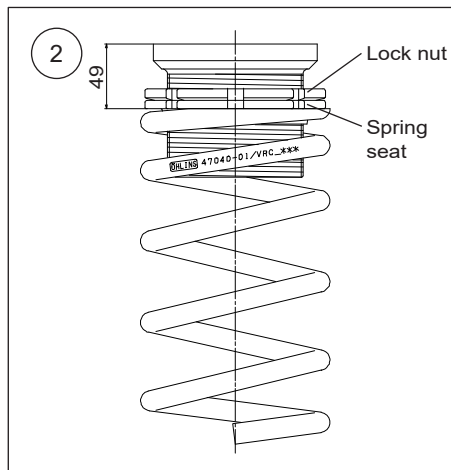
*When tightening the top mount nut, the shock absorber shaft must be held in position with a 5 mm spanner.*

### **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.*

## 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 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 the shock absorber.

## SETUP DATA

### Recommended set-up

Setting adjustment		
Rebound	10	clicks
Spring adjuster height	49	mm

### Recommended spring

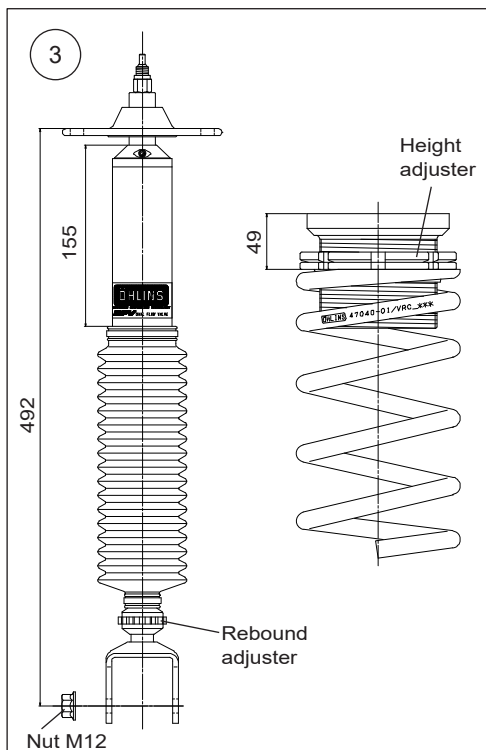
Spec H240, ID98, 55-70 N/mm

### The actual vehicle height

With both the preload and height adjustments in their recommended positions, the vehicle is lowered approximately 20 mm when compared to the original suspension. As the height adjuster is turned one rotation, the position moves 2.0 mm.

## ⚠ Warning!

The adjustment range is the standard position +15 to -10 mm. If the spring height adjuster is moved outside the adjustment range, it may come loose.



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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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