

## Set-up Data

### Recommended set-up

Spring Preload	9 mm
Rebound	14 clicks
Total length	358 +10/-2 mm
Stroke	57 mm
Spring	01093-84
Spring rate	200N/mm
Spring; Free length	150 mm

👁️ Read about Free Sag and Ride height in the Öhlins Owner's Manual.

👁️ 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 your Öhlins distributor. Please consult your Öhlins dealer if you have any questions regarding the contents in this document.

Part no. BM 055\_0  
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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 055	1
Öhlins Sticker	00192-01	2
C-spanner	00710-02	1
Memo Notes Sticker	01180-01	1
Owner's Manual	07241-02	1

### 👁️ 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 for BMW R 1100 RT Rear **BM 055**

### Mounting Instructions



**⚠ Warning!**

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

**👁 Note!**

When installing, consult your Vehicle Service Manual.

**👁 Note!**

Before installing the Öhlins shock absorber clean the vehicle thoroughly.

**1**

Put the motorcycle on the center stand.

**⚠ Warning!**

Make sure the vehicle is securely supported so that it will not tip.

**2**

Remove the seat, side panels and the seat adjuster.

**3**

Remove the rear wheel.

**4**

Loosen the preload adjuster.

**5**

Loosen the shock absorber and remove it.

**6**

Install the Öhlins shock absorber in reversed order.

Do not tighten yet.

**7**

Reinstall all removed parts to the motorcycle.

**👁 Note!**

Lower the motorcycle so that the shock absorber is slightly compressed, before tightening the screws.

**⚠ Warning!**

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

**1 Spring Preload**

Use the C-spanner provided in this kit. Turn the spring platform nut (A) clockwise to increase the spring preload, turn counter clockwise to decrease it. Lock the setting with the lock nut (B).

**2 Rebound**

Turn the wheel on the piston shaft above the end eye/bracket. Turn clockwise to increase damping, turn counter clockwise to decrease.

**NOTE!**

When delivered the Öhlins shock absorber is dialed to the recommended settings for the specific vehicle model. If you have changed the setting, reset according to the following:

The adjuster has a right hand thread. Turn the adjuster clockwise to fully closed (pos. zero [0]). Turn counter clockwise to open and count the clicks until you reach the recommended number (see Set-up Data).

**CAUTION!**

Do not use force, delicate sealing surfaces can be damaged. Handtighten only.

**3 Length**

We recommend you to adjust the length before installing the shock absorber to the vehicle. Use two wrenches. Hold the upper nut with one hand and at the same time loosen the lock nut (lower nut). Turn the end eye/ bracket to the desired length. Lock the lock nut. Tightening torque: 40 Nm

**⚠ WARNING!**

The adjustable end eye/bracket must not be threaded out more than that the groove is fully visible beneath the lock nut. This is maximum length. After adjusting, make sure that the lock nut is tightened.

