

Kit Contents		
Description	Part No	Pcs
Shock absorber	BM305	1
Rubber mount res.	00230-01	2
Tie rap	00231-01	8
Hose clamp stainless	00643-02	2
Screw 12x120	01046-57	1
Sticker Öhlins wh/tr	01185-01	2
Sticker Öhlins bl/tr	01185-04	2
Sticker Memo notes	01180-01	1
Owner's manual	07241-02	1
End cap/ Shrink tube	21780-01	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 for BMW F800GS Adventure

# **BM 305**

## 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**

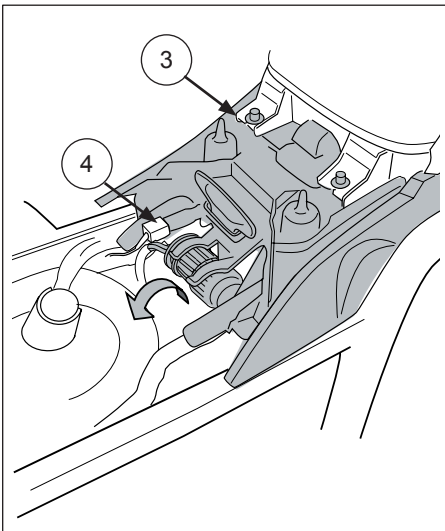
Put the motorcycle on a work stand so that the rear wheel barely touches the ground.

**2**

Remove the seat.

**3**

Remove the plastic cover on the upper attachment of the original shock absorber. Cut the tie raps around the wiring harnesses.



**4**

Carefully loosen the electrical connector from the plastic cover. Use a small screw driver on the lower side from the rear to release the snap lock and slide the connector forward.

**5**

Remove the chain guard. Loosen the chain guide on the swing arm to get access to the lower attachment of the shock absorber.

**6**

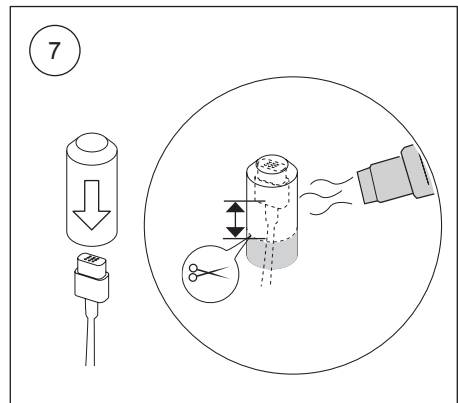
Remove the attachment screws and remove the original shock absorber.

## **👁 Note!**

*If your vehicle is equipped with ESA, follow steps 7-8. If not, continue to step 9.*

**7**

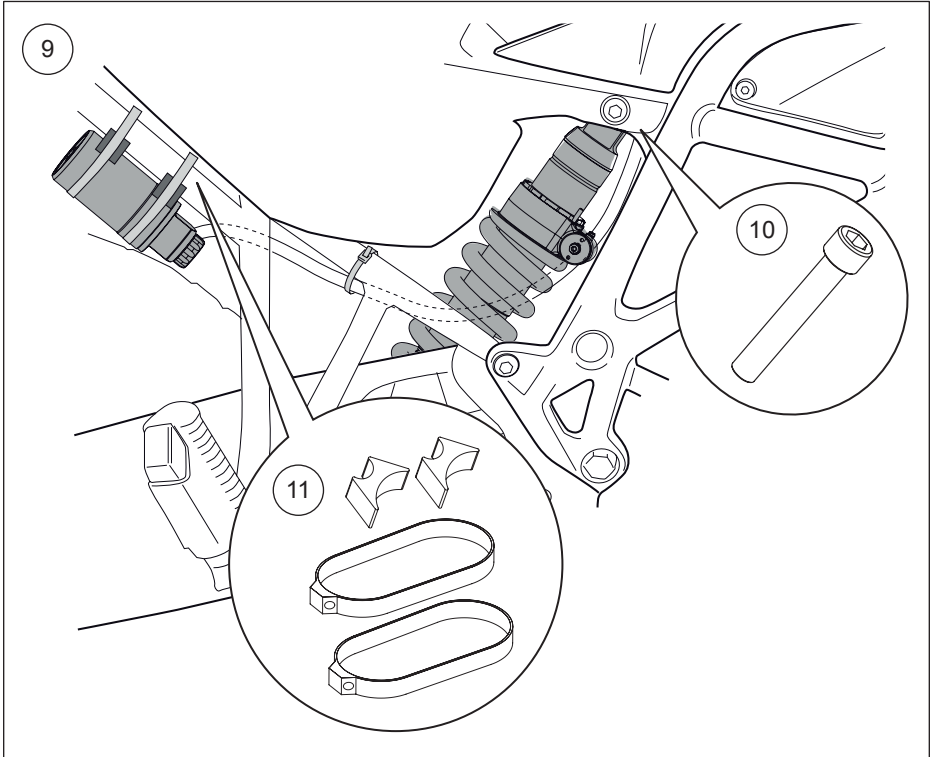
Disconnect the bike's wire harness ESA connectors. Use the supplied Shrink hose covers to protect the connectors from water. Cut the covers so that they cover the connector and 20mm of the cord. Use a heat gun and heat the Shrink hose covers to 120° C to seal the connector.



**8**

Secure the ESA connectors with tie raps.

# MOUNTING INSTRUCTIONS



**9**  
Install the Öhlins shock absorber in the same position as the original unit. The hose pointing to the front of the vehicle.

**10**  
Install the attachment screws. Replace the upper screw with the screw provided in this kit. Do not tighten yet.

**11**  
Install the reservoir to the frame with the mount rubbers and hose clamps provided in this kit.

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

**12**  
Tighten the attachment screws according to the vehicle specs.

**13**  
Reattach the harnesses with the new tie raps provided in this kit.

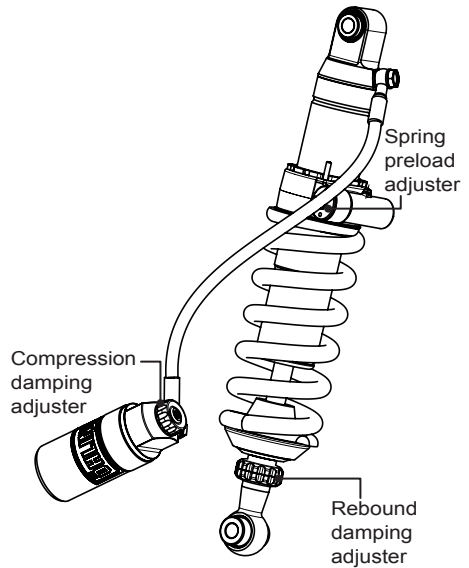
**14**  
Reinstall the chain guide, plastic cover, electrical connector and the seat. Make sure that all removed parts are reinstalled in the same way as they were before the installation.

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

# ADJUSTMENTS

## ⚠ Warning!

Before you ride/drive, always make sure that the setup is according to the 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

Length	429	mm
Stroke	69	mm
Rebound	16	clicks
Compression	12	clicks
Spring preload	6	mm
Spring part no	01096-69	
Free spring length	190	mm

Free sag and ride height		
F1-F2	40-50	mm
F1-F3	55-65	mm
R1-R2	15-25	mm
R1-R3	40-50	mm

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.

Part no. MI\_BM305\_0  
Issued 2014-10-13

© Öhlins Racing AB. All rights reserved. Any reprinting or unauthorized use without the written permission of Öhlins Racing AB is prohibited.

Öhlins Racing AB  
Box 722  
S-194 27 Upplands Väsby, Sweden  
Phone +46 8 590 025 00  
fax +46 8 590 025 80



[www.ohlins.com](http://www.ohlins.com)