

👁 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.

Kit Contents

Description	Part No	Pcs
Shock absorber	BM490	1
C-spanner	00710-02	1
Sticker set Öhlins	10207-01	1
Sticker memo notes	01180-01	1
Owner's manual road & track	07241-02	1

👁 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 R nine T

BM 490

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 is off the ground.

2

If needed, remove the silencer to get access to the lower shock absorber mounting screw.

3

Remove the shock absorber mounting screws, start with the lower. You may need to move the swing arm slightly to be able to remove the shock absorber.

4

Install the öhlins shock absorber with the gas reservoir to the left.

5

Tighten the shock absorber mounting screws to the correct torque, refer to the vehicle work shop manual.

6

If removed, install the silencer.

👁 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/front fork/steering damper when the suspension is fully compressed or extended.

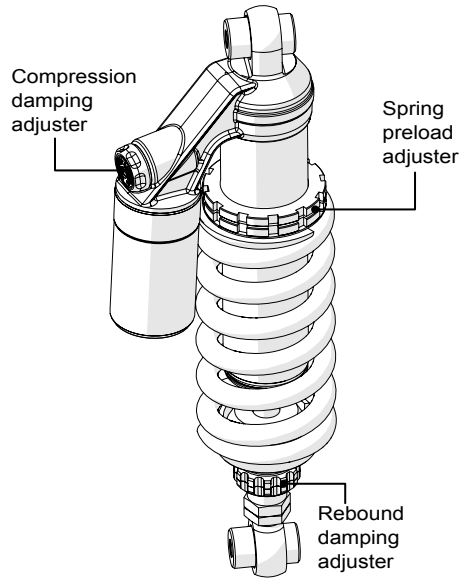
MOUNTING INSTRUCTIONS

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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	368 +12/-0	mm
Stroke	47	mm
Spring part no	21102-64	
Spring rate	160	N/mm
Spring free length	170	mm
Spring preload	10	mm
Compression	14	clicks
Rebound	16	clicks

Recommended Free sag and Ride height		
R1-R2	15	mm
R1-R3	40	mm
F1-F2	30	mm
F1-F3	40	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.

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