

*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	HO010	1
Tool preload adjuster	03199-03	1
Washer	03118-13	2
Sticker	00192-01	2
Memo Note Sticker	01180-01	1
Owner's Manual	07241-02	1

*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 Honda CB 1100**

# **HO 010**

### **Mounting Instructions**



# How to install

## **⚠ Warning!**

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

*When installing, consult your Vehicle Service Manual.*

**1**

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

## **⚠ Warning!**

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

**2**

Loosen and remove the original shock absorber.

## **👁 Note!**

*Before installing the Öhlins shock absorber clean the vehicle thoroughly.*

**3**

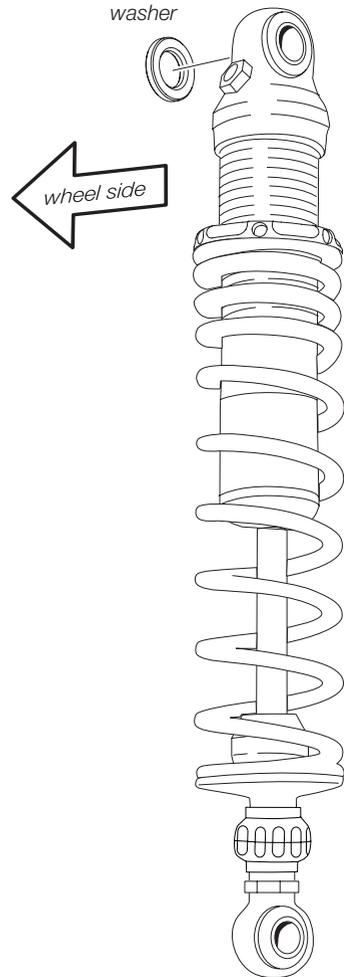
Install the Öhlins shock absorber in the same way as the original unit.

## **👁 Note!**

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

## **👋 Caution!**

*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.*

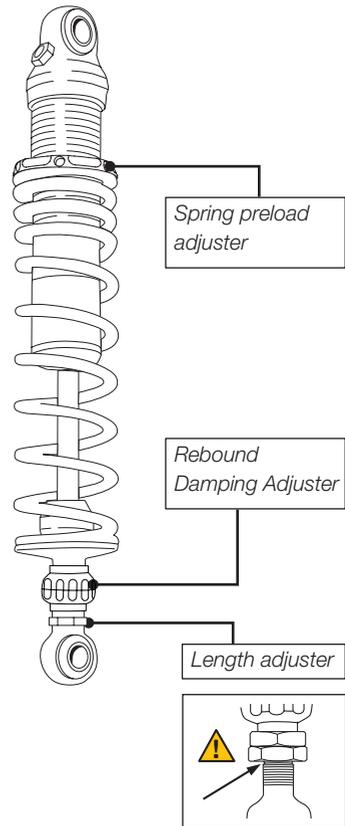




# Adjustments

## ⚠ Warning!

Before riding, 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.



# Set-up Data

## Recommended set-up

Rebound	20 clicks
Spring Preload	20 mm
Spring, free length	230 mm

## Shock absorber data

Length	362 ±5 mm
Stroke	83 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 your Öhlins distributor. Please consult your Öhlins dealer if you have any questions regarding the contents in this document.

Part no. HO010\_1  
Issued 2014-03-10

© 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)