



Kit Contents			
	Description	Part No	Pcs
1.1	Shock absorber, left side	BMS 1140	1
1.2	Shock absorber, right side	BMS 2140	1
2	Dust boot	10216-01	2
3	Spring	47040-06	2
4	Lock nut, M14	24627-04	2
5	Spacer, anti roll bar link	24629-15	2
6	Plastic spring isolator	25602-01	2
7	Spring platform, M52	24635-03	2
8	Lock nut, M52	24636-03	2
9	Adjustment knob	24631-02	2
10	C-spanner	00710-02	2
11	Öhlins sticker kit	10207-01	1
12	Owners manual	07451-01	1

**👁 Note!**

Please note that this image is a general representation of the product and may differ slightly from your product.

**👁 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.

**👁 Note!**

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

**⚠ Warning!**

Before installing this product, read the Öhlins Owner's Manual. The shock absorber is an important part of the vehicle and the vehicle stability.

## Shock absorber for BMW 1M (E82) - front

# **BMZ MN01S1**

## Mounting Instructions



# MOUNTING INSTRUCTIONS

## **⚠ Warning!**

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

## **⚠ Warning!**

*If working on a raised vehicle, ensure that it is securely supported to prevent it from tipping over.*

## **👁 Note!**

*When working on this product, see the Vehicle Service Manual for vehicle specific procedures and important data.*

**1**

Raise the vehicle, use jack stands.

**2**

Remove the front wheels.

## **👁 Note!**

*Support the wheel hubs on each side of the vehicle not to damage the brake hoses.*

**3**

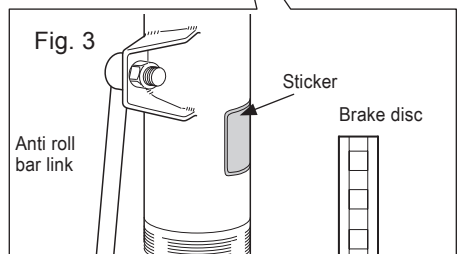
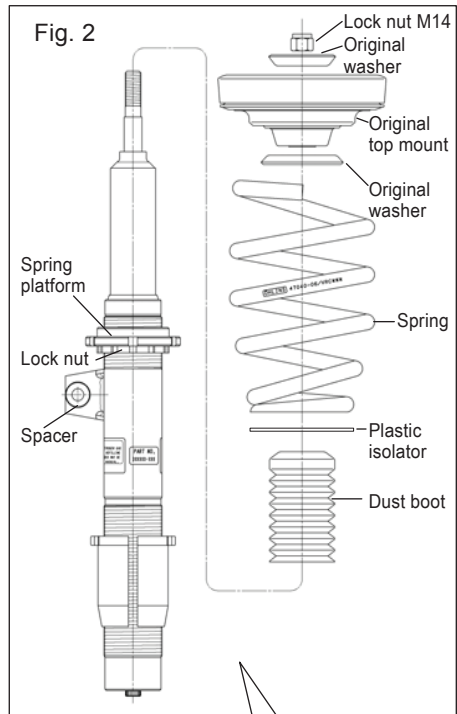
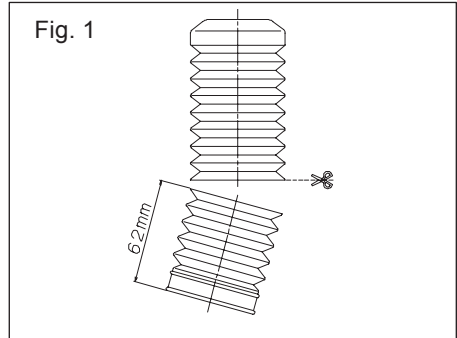
Loosen the lower and the upper strut attachment bolts. Remove the original struts from the vehicle. Note the anti roll bar bracket position.

**4**

Cut the dust boot 62 mm from the lower end according to the Fig 1.

**5**

Assemble the shock absorber according to Fig 2. Install the Öhlins McPherson struts on the vehicle. Rotate the struts with the sticker facing the wheel to achieve correct position of the anti roll bar link, see note in Fig 3.



# MOUNTING INSTRUCTIONS

6

Install the stabilizer link according to Fig 4 and tighten the OEM nut according to vehicle spec.

**Note!**

*Use an Allen key to hold the shock absorber in position when tightening the top mount nut.*

7

Raise the wheel hub with a jack to ensure that the height adjuster is correctly seated on top of the hub carrier/upright.

8

Tighten:

Lower spring seat and lock ring: 50-60 Nm

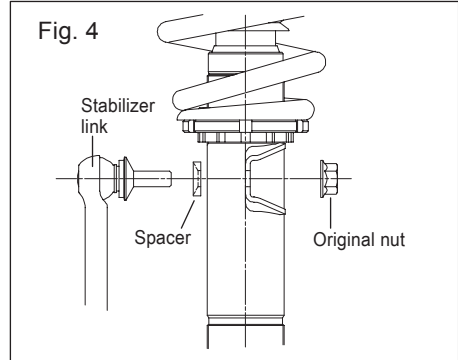
M14 lock nut: 35-40 Nm.

9

Make sure that all removed parts are re-installed in the same way as they were before the installation of the Öhlins shock absorbers.

**Caution!**

*Ensure 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.

## SETUP DATA

Setting adjustment		
Track	2-7	clicks
Winding road	7-12	clicks
Street	12-20	clicks
Spring preload	6	mm

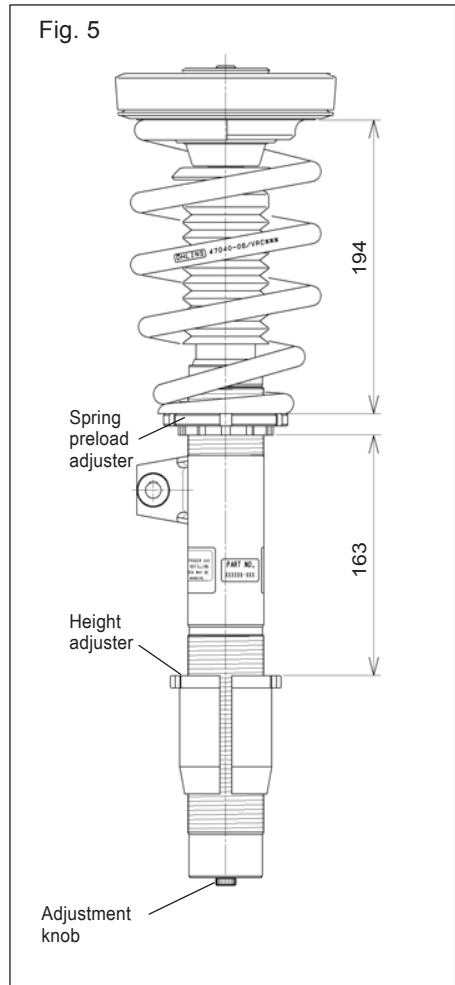
### Recommended spring

47040-06 (60N/mm)

### Vehicle Height

With the preload and height adjustment in recommended positions, the vehicle is lowered approximately 15mm compared to the original suspension.

Fig. 5



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\_BMZMN01S1\_front  
Issued 2023-01-23

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Kit Contents			
	Description	Part No	Pcs
1	Shock absorber	BMS 6N01	2
2	Lock nut, M10	24626-01	2
3	Bushing spacer	24629-14	4
4	Dust boot	10216-01	2
5	Spring	47020-35	2
6	Spring preload adjuster	24651-02	2
7	Rubber seat	25601-03	2
8	Wire adjuster	24631-03	2
9	Wire 65mm	24632-04	2
10	Adjustment wheel	24633-01	2
11	Adjustment wheel screw	24633-02	2
12	Flexible spacer	25601-01	2
13	Washer	24619-04	2
14	End eye spacer	24629-14	4
15	Lock nut, M52	24636-03	2
16	Lower plastic seat	25618-04	2
17	Spring platform, M52	24635-03	2
18	Allen key, 2mm	24639-02	1

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**👁 Note!**

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

**⚠ Warning!**

Before installing this product, read the Öhlins Owner's Manual. The shock absorber/front fork/steering damper is an important part of the vehicle and the vehicle stability.

## Shock absorber for BMW 1M (E82) - rear

# **BMZ MN01S1**

## Mounting Instructions



# MOUNTING INSTRUCTIONS

**⚠ Warning!**

We strongly recommend to have an Öhlins dealer install this product.

**⚠ Warning!**

If working on a raised vehicle, ensure that it is securely supported to prevent it from tipping over.

**👁 Note!**

When working on this product, see the Vehicle Service Manual for vehicle specific procedures and important data.

**1**

Raise the vehicle, use jack stands.

**2**

Remove the rear wheels.

**3**

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

**4**

Cut the dust boot 62 mm from the lower end according to Fig 1.

**5**

Assemble the shock absorber according to Fig 2.

Fig. 1

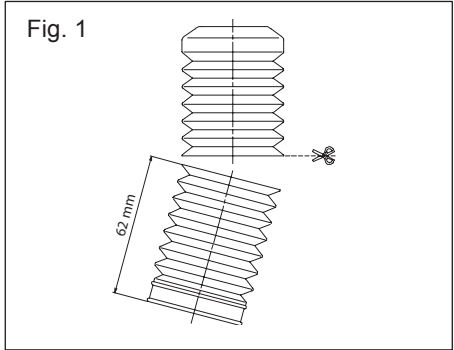
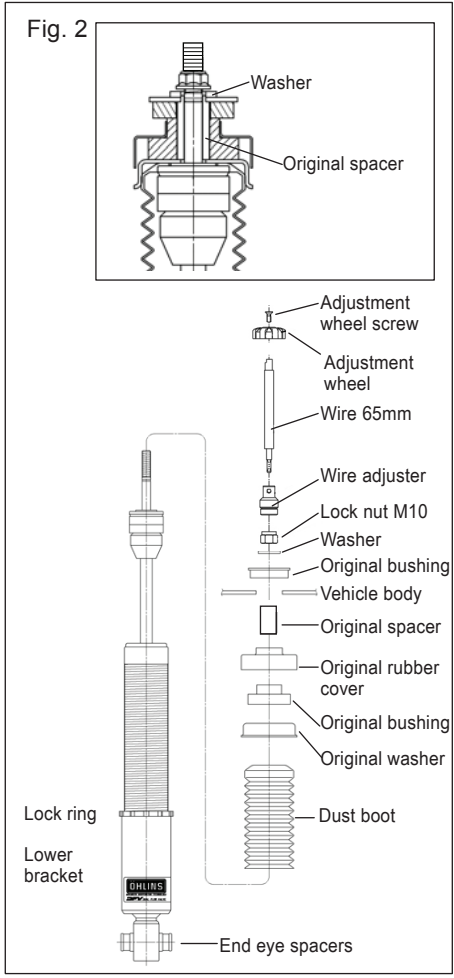


Fig. 2



# MOUNTING INSTRUCTIONS

6

Remove the OEM upper spring cup according to Fig 5.

7

Install the Öhlins spring and the spring preload adjuster according to Fig 3.

8

Install the Öhlins shock absorbers on the vehicle. When the shocks are installed, fit the wire adjuster and wire to the shock top pin.

9

Drill a 10-15mm hole for the adjuster wire in the side panel according to Fig 4 and fit the adjustment wheel with the adjustment wheel screw.

**Note!**

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

10

Tighten:

Lower spring seat and lock ring: 50-60 Nm

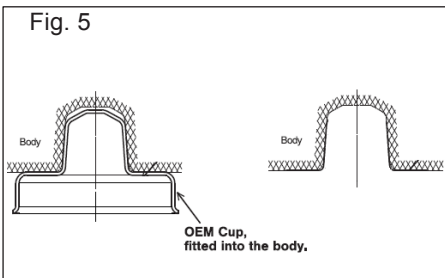
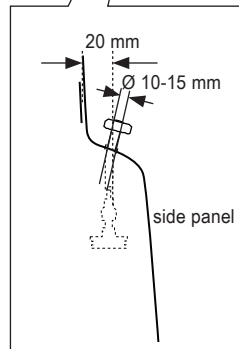
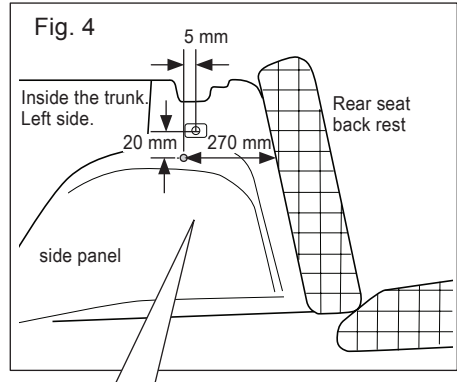
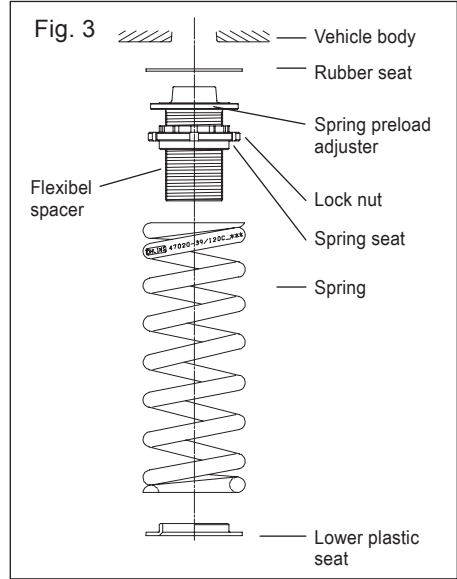
Lock nut: 30 Nm

**Note!**

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

**Caution!**

*Ensure that all screws are tightened 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 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.

## SETUP DATA

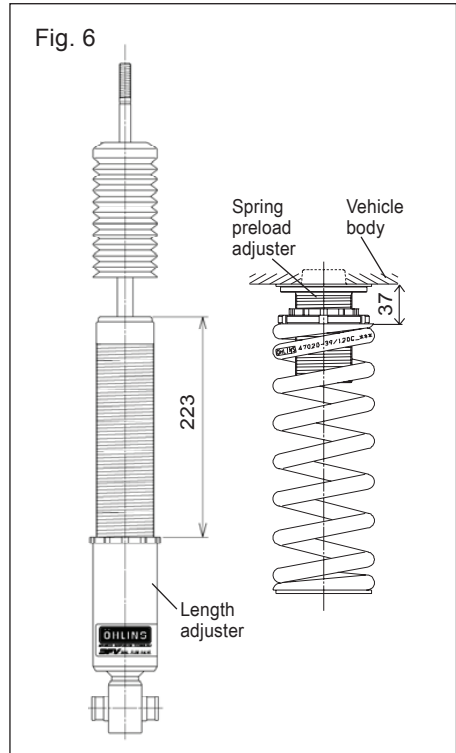
Setting adjustment		
Track	2-7	clicks
Winding road	7-12	clicks
Street	12-20	clicks
Spring preload adjuster height	37	mm

### Recommended spring

47020-35 (110N/mm)

### Vehicle Height

With the preload in recommended position, the vehicle is lowered approximately 15 mm compared to the original suspension.



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Part no. MI\_BMZMN01S1\_rear  
Issued 2023-01-23

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