

*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 045	1
Sticker set Öhlins		1
C-spanner	00710-02	1
Memo Notes 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 BMW R1150GS**

# **BM 045**

### **Mounting Instructions**



# How to install

## **Warning!**

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

When installing, read the Vehicle Service Manual.

**1**

Place the motorcycle on the centerstand so that the rear wheel barely touches the ground. The swing arm must be free, so that the suspension is unloaded.

## **Warning!**

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

## **Note!**

Clean the vehicle thoroughly before installing the Öhlins shock absorber.

**2**

Remove the seats, passenger and rider.

**3**

Loosen the rear brake caliper.

**4**

Remove the rear wheel.

**5**

Loosen the adjustment cylinder of the hydraulic spring pre-load adjuster.

**6**

Remove the lower shock absorber bolt.

**7**

Remove the right front seat bracket, and remove upper shock absorber bolt.

**8**

Remove the shock absorber together with the hydraulic spring pre-load adjuster.

**9**

Mount the Öhlins shock absorber in the upper bracket with the gas valve facing backwards, use the original bolt.

**10**

Mount the shock in the lower attachment.

## **Note!**

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

**11**

Reinstall all removed parts in the same way as they were before installation of the Öhlins shock absorber.

## **Caution!**

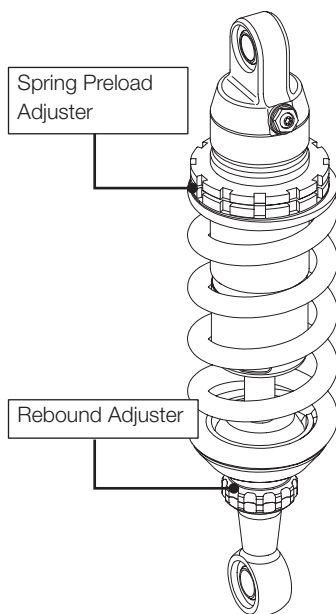
Make sure that all screws are tightened to the correct torque and that nothing fouls or restricts movement of the shock absorber when the suspension is being fully compressed or extended.



# 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	12 clicks
Spring Preload	16 mm
Spring Rate	140 N/mm
Spring; Free length	180 mm

### Recommended Sag and Ride Height

Free Sag (R1-R2)	20-30 mm
Ride Height (R1-R3)	45-55 mm

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

### Shock absorber data

Length	383 mm
Stroke	63 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.

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