

# Adjustments

## ⚠ Warning!

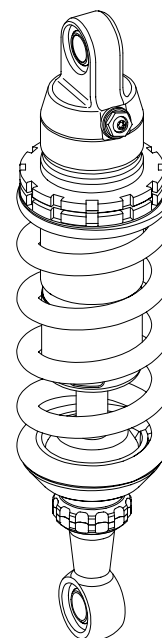
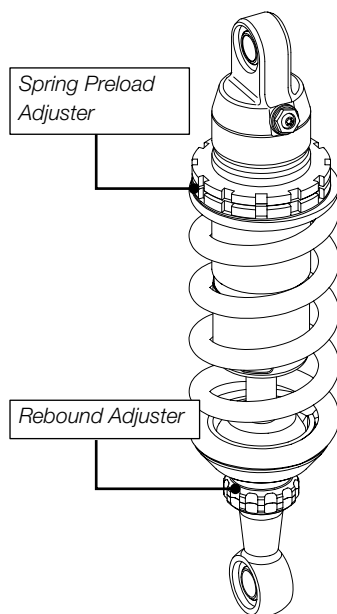
Before riding, always make sure that the basic settings made by Öhlins are according to recommended Set-up Data. Read about adjustments and setting up in the Öhlins Owner's Manual before you make any adjustments. Contact an Öhlins dealer if you have any questions about setting up the shock absorber.

# Set-up Data

## Recommended set-up

Spring Preload	15 mm
Rebound	14 clicks
Total length	409 mm
Stroke	72 mm
Spring	01096-21
Spring rate	75N/mm
Spring; Free length	190 mm

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



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 053	1
Öhlins Sticker	00192-01	2
C-spanner	00710-02	1
Memo Notes Sticker	01180-01	1
Owner's Manual	07241-02	1

## 👁 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.

## ⚠ 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.

👁 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. BM 053\_0  
Issued 2010-11-03



# Shock Absorber for BMW R 80/100

# BM 053

## Mounting Instructions

© 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)



# How to install

## **⚠ Warning!**

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

*When installing, consult your Vehicle Service Manual.*

## **👁 Note!**

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

**1**

Put the motorcycle on a workstand, so that the rear wheel is clear of the ground.

## **⚠ Warning!**

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

**2**

Remove the seat and the right side cover.

**3**

Remove the original shock absorber.

**4**

Loosen the lower subframe mounting bolt.

**5**

Mount the Öhlins shock absorber.

**6**

Check that there is enough clearance between the subframe and the shock absorber, if not, mount washers at the lower subframe mounting.

**7**

Do not tighten yet.

## **👁 Note!**

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

**8**

Reinstall all removed parts to the motorcycle.

## **⚠ Warning!**

*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.*