

Kit Contents

| Description | Part No | Pcs |
|----------------------------|----------|-----|
| Top cap assembly | - | 2 |
| Pre-load tube 22.2x1.2x125 | 60063-01 | 1 |
| Spring 32/320/7.0 | 68024-70 | 1 |
| Spring 32/320/8.0 | 68024-80 | 1 |
| Spring 32/320/9.0 | 68024-90 | 1 |
| Spring 32/320/9.5 | 68024-95 | 1 |
| Sticker "ÖHLINS" | 01185-04 | 2 |
| Sticker "ÖHLINS" | 01185-01 | 2 |
| Sticker "ÖHLINS" | 00192-01 | 2 |

👁️Note!

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

⚠️Warning!

Öhlins cannot be held responsible for any personal injury or damage that may occur after installing the Öhlins spring kit. We strongly recommend to let an Öhlins authorized service center install this kit.

⚠️Warning!

After you have installed this product, taken a test ride at low speed to make sure that you vehicle has maintained stability.

👁️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!

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

⚠️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.

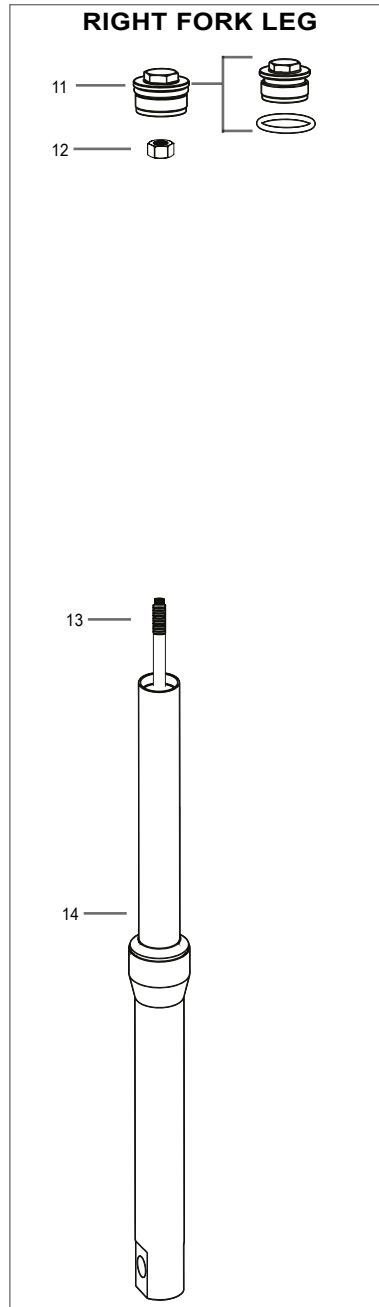
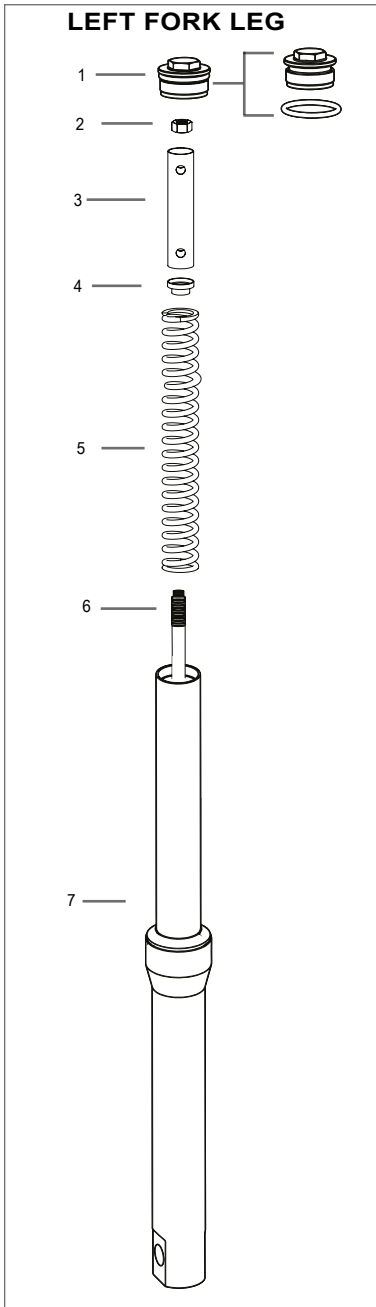
Fork Spring Kit for Yamaha R3

FSK 143

Mounting Instructions

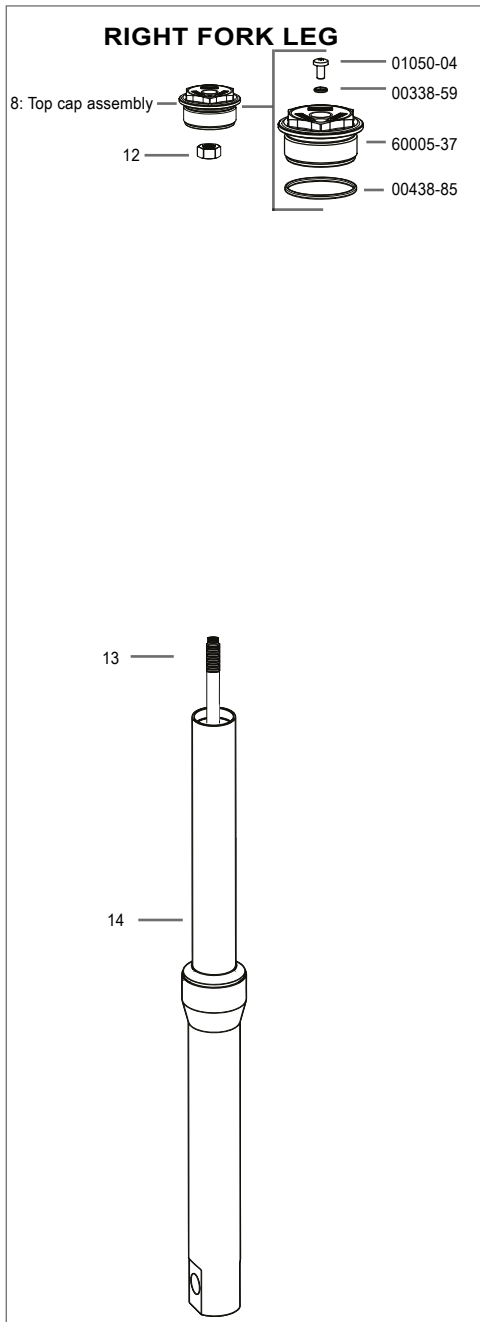
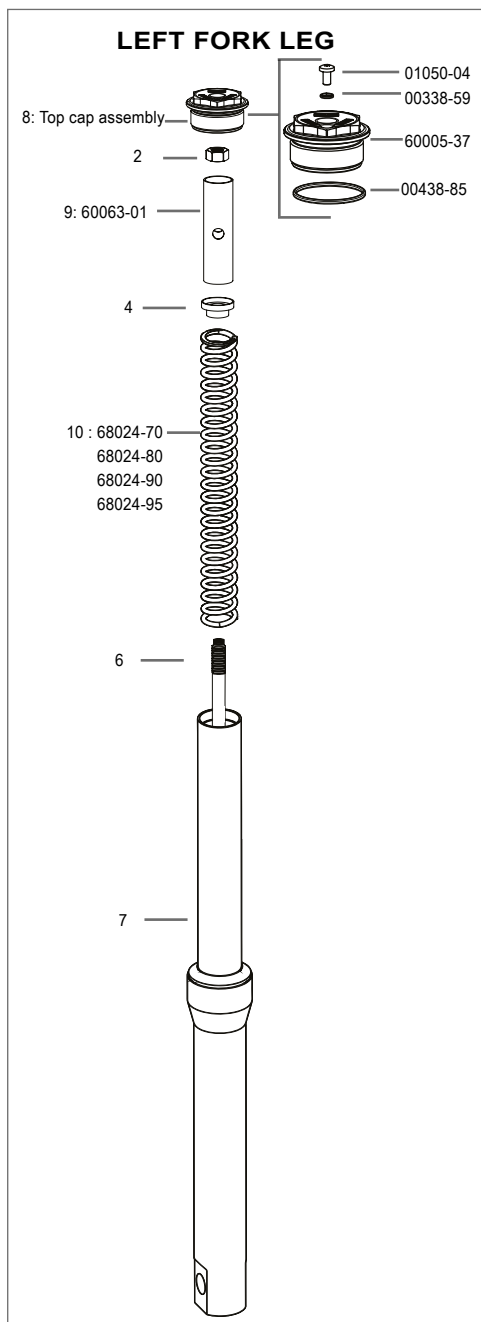
MOUNTING INSTRUCTIONS

Original Front Fork assembly



MOUNTING INSTRUCTIONS

Öhlins Front Fork kit assembly



MOUNTING INSTRUCTIONS

Congratulations!

With this purchase you have made a clear statement. This high performance Front Fork kit from Öhlins is nothing but pure racing breed which means that you have taken one more step to eliminate luck on your motorcycle.

The balance between your Front Fork and rear suspension will sharpen up and the performance of your Front Fork will improve. 40 years of racing experience is now a crucial part of your riding experience.

Recommended oil

We recommended to use Öhlins high performance Front Fork fluid 01330-01

Recommended oil volume

400 ml. in RH Leg.

330 ml. in LH Leg.

Recommended spring

| Feeling | Soft | Medium | Hard | Hard+ |
|----------------|-------------|---------------|-------------|--------------|
| LH Leg | 68024-70 | 68024-80 | 68024-90 | 68024-95 |
| Rate (N/mm) | 7.0 | 8.0 | 9.0 | 9.5 |

Relief screw

After using your motorcycle for a certain amount of time, remove the screw situated on the top cap in order to release the air accumulated inside the Front Fork. Screw No.01050-04 Tightening torque is 3 Nm.

MOUNTING INSTRUCTIONS

How to install

1. Put the motorcycle on the work stand so that the front wheel barely touches the ground. Make sure the motorcycle is in a stable position.
2. Loosen the top triple clamp clamping bolt.
3. Loosen 1/2 turn the front fork top caps(1)
4. Loosen the lower triple clamp bolts and slide the front fork down.



02810-02



01766-02

Note!

Work with 1 fork leg at the time.

LEFT FORK LEG

5. Loosen the top cap(1) from the front fork inner tube(7)
 - Compress the preload tube(3) by using the tool 01766-02 and lock it underneath the nut (2) by using the tool 02810-02.
6. Loosen the nut(2) and remove the top cap (1)
7. Remove pre-load tube(3), spring platform (4), spring(5).
8. Purge all the oil from the fork leg.
9. Fill the front fork leg with oil according to the recommended type and quantity.
10. Insert the Öhlins spring (10), spring platform (standart part)(4) and pre-load tube(9).
11. Install the Öhlins top cap(8) by tightening:
 - Top cap to damper rod and nut as per vehicle service manual.
 - Top cap to outer tube ~10 Nm.

RIGHT FORK LEG

12. Loosen the top cap(11) and nut(12).
13. Purge all the oil from the fork leg.
14. Fill the front fork leg with the oil according to the recommended type and quantity.
15. Install the Öhlins top cap(8) by tightening:
 - Top cap to damper rod and nut as per vehicle service manual.
 - Top cap to outer tube ~ 10 N/m.
16. Re-install both fork leg as per vehicle services manual instructions.

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MOUNTING INSTRUCTIONS

👁️ 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_FSK143_EN_0
Issued 2019-02-28

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Öhlins Asia Co. Ltd
700/937 Moo5, Tambol Nongkhaga,
Amphur Phantong, Chonburi Province
20160 Thailand



www.ohlins.com