

#### Kit Contents

Description	Part No	Pcs
Shock absorber	BM043	1
Sticker set Öhlins		1
Tie rap	00231-01	4
C-spanner	00710-02	1
Sticker memo notes	01180-01	1
Owner's manual	07241-02	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/front fork/steering damper is an important part of your vehicle and will affect the stability.

## Shock absorber for BMW F 800 GS

# **BM 043**

## Mounting Instructions



# MOUNTING INSTRUCTIONS

## **Warning!**

*It is advisable to have an Öhlins dealer install the shock absorber/front fork/steering damper.*

## **Warning!**

*If working on a raised vehicle, ensure it is securely supported so that it will not tip.*

## **Note!**

*Before mounting this product clean the vehicle thoroughly.*

## **Note!**

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

**1**

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

**2**

Remove the seat.

**3**

Remove the plastic cover on the upper attachment of the original shock absorber. Cut the tie wraps around the wiring harnesses. You will find new tie wraps, to reattach the harnesses, provided in this kit.

**4**

Carefully loosen the electrical connector from the plastic cover. Use a small screw driver on the lower side from the rear to release the snap lock and slide the connector forward.

**5**

Loosen the chain guide on the swing arm for better access to the lower attachment of the shock absorber.

**6**

Remove the attachments and remove the original shock absorber by lifting it up.

**7**

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

**8**

Reinstall the attachment screws, but do not tighten yet.

## **Note!**

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

**9**

Tighten the attachment screws according to the BMW specs.

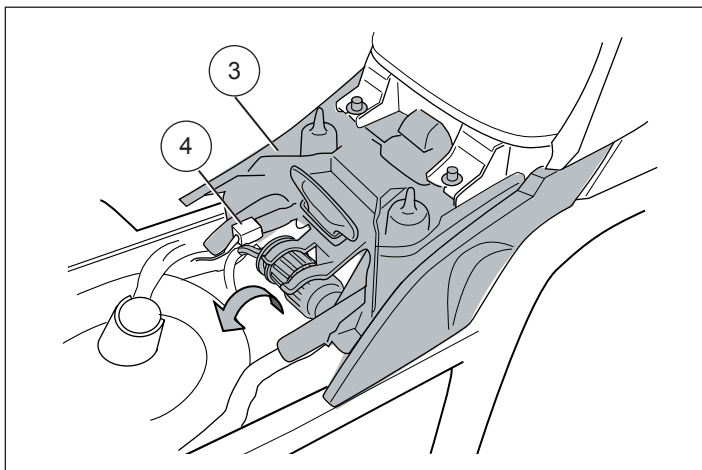
**10**

Reinstall the chain guide, plastic cover and the seat. Make sure that all removed parts are reinstalled in the same way that they were before the installation.

## **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.*

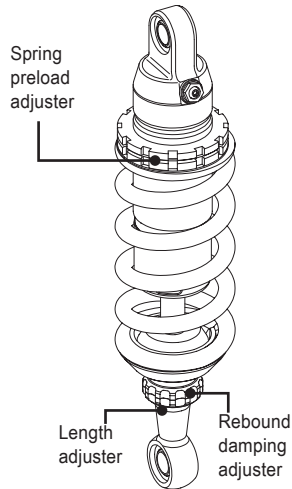
# MOUNTING INSTRUCTIONS



# 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.



## SET-UP DATA

Length	428.5	mm	Free sag and ride height		
Stroke	68.5	mm	F1-F2	40-50	mm
Rebound	18	clicks	F1-F3	55-65	mm
Spring preload	8	mm	R1-R2	15-25	mm
Spring	00698-69		R1-R3	40-50	mm
Free spring length	230	mm			
	170	N/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 an Öhlins distributor. Please contact Öhlins if you have any questions regarding the contents in this document.

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