

ADJUSTMENTS

Before riding, always ensure that the basic settings made by Öhlins are intact.

Rebound adjustment

Turn the wheel on the piston shaft above the end eye/ bracket. Turn clockwise to increase damping, turn counter clockwise to decrease.

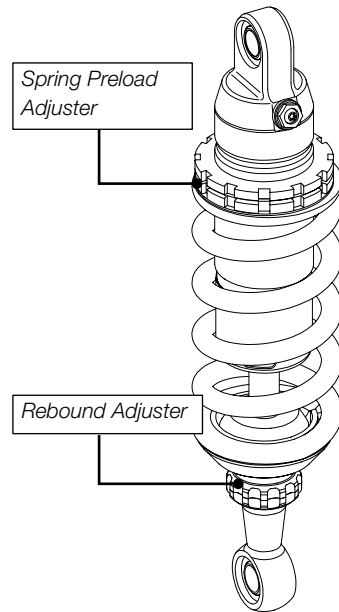
NOTE!

When delivered the Öhlins shock absorber is dialed to recommended settings for the specific brand and make of the vehicle. If you have changed the setting, reset according to the set-up data in the Mounting Instruction.

To reset: The adjuster has a right hand thread. Turn the adjuster clockwise to fully closed (pos. zero [0]). Turn counter clockwise to open and count the clicks until you reach the recommended number in the Set-up data.

CAUTION!

Do not use force, delicate sealing surfaces can be damaged. Handtighten only.



Mounting Instructions

WITH SET-UP DATA

SHOCK ABSORBER BM 043 for BMW F 800 GS

Before installing this shock absorber, check the contents of the kit listed below. If anything is missing, please contact your nearest Öhlins dealer.

Kit Contents:

| | Part no. | Pcs. |
|--------------------|----------|------|
| Shock absorber | BM 043 | 1 |
| Öhlins Sticker | 00192-01 | 2 |
| Tie rap | 00231-01 | 4 |
| C-spanner | 00710-02 | 1 |
| Memo Notes Sticker | 01180-01 | 1 |
| Owner's Manual | 07241-02 | 1 |


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.

Set-up Data

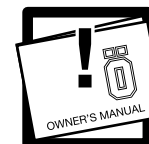
| | |
|-----------------------|----------------------|
| Shock absorber length | 428.5 mm |
| Stroke | 68.5 mm |
| Spring preload | 8 mm |
| Spring | 00698-69 |
| Free spring length | 230 mm (170 N/mm) |
| Rebound damping | 18 clicks |

Recommended Sag and Ride Height

| | |
|----------|------------|
| F1 - F2: | 40 - 50 mm |
| F1 - F3: | 55 - 65 mm |
| R1 - R2: | 15 - 25 mm |
| R1 - R3: | 40 - 50 mm |

 Read more about sag and ride height in the Öhlins Owner's Manual.

Before installing this product, read the Öhlins Owner's Manual!



HOW TO INSTALL

⚠ WARNING!

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

Throughout the installation, consult your Vehicle Service Manual.

1

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

⚠ WARNING!

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

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.

NOTE!

Recommendation: Before installing the Öhlins shock absorber clean the vehicle thoroughly.

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 motorcycle so that the shock absorber 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.

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.

