



Kit Contents

Description	Part No	Pcs
Shock absorber	BM344	1
Tie rap	00231-01	2
Sticker memo notes	01180-01	1
Sticker set Öhlins		1
Owner's manual	07241-01	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 650 GS

BM 344

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!

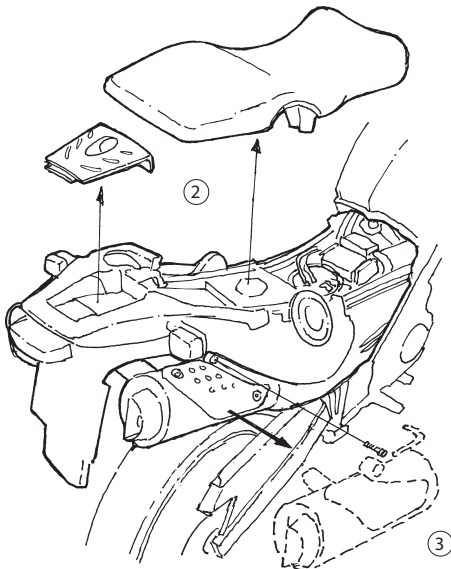
When working on this product, always see the Vehicle Service Manual for vehicle specific procedures and important data.

1

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

2

Open the toolbox and pull the T-handle to loosen the rear seat and lift it off.



3

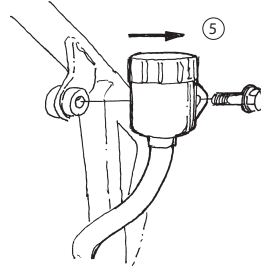
Loosen the screw of the right silencer bracket and remove the right silencer by pulling it out.

4

Loosen the exhaust pipe with a 15mm key and remove the left silencer through the rear.

5

Loosen the brake fluid reservoir on the right side and leave it hanging.



6

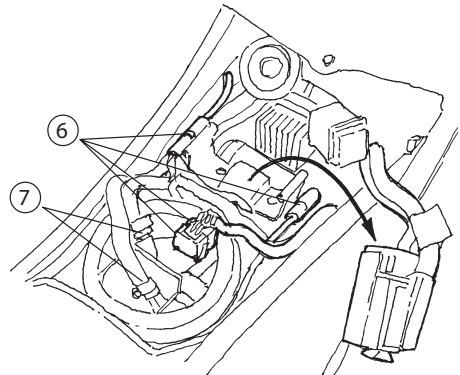
Remove the control box and all electric connections (4 pcs) and let the loose wiring hang out to the right side of the motorcycle.

👉 Caution!

When removing the fuel tank it must be empty or contain very small amounts of fuel. Otherwise it will flow over when the fuel lines are loosened.

7

Loosen the two fuel lines.



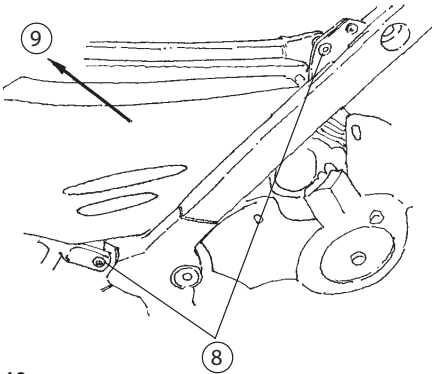
8

Loosen the four bolts holding the rear sub-frame unit.

9

Lift the rear unit towards the rear and up, and remove it.

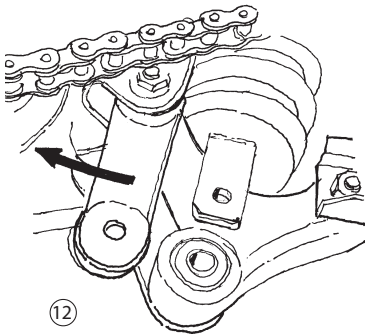
MOUNTING INSTRUCTIONS



10
Remove the original reservoir by loosening the two o-rings of the bracket.

11
Loosen and remove the original hydraulic preload adjuster and the bracket.

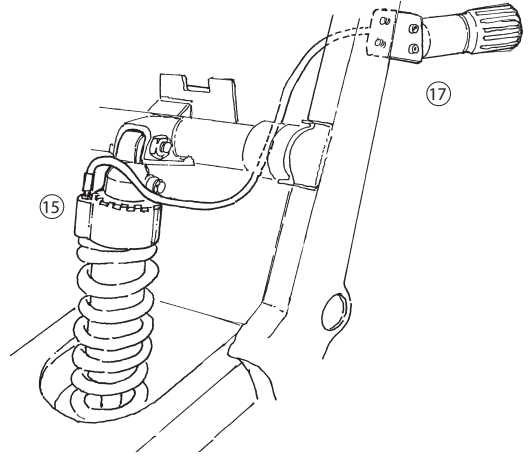
12
Loosen the lower bracket of the right droplink and pull it backwards, so the lower shock absorber mount can be reached.



13
Loosen the lower shock absorber mounting bolt to release the shock absorber from the triangle link.

14
Loosen the upper shock absorber attachment and remove the shock absorber by lifting it up.

15
Install the Öhlins shock absorber. First insert the lower shock absorber mounting bolt.



16
Then fit the upper shock absorber mounting bolt and tighten. Bring the droplink back in position again and fit the pivot bolt and nut.

17
Attach the new pre-load adjuster bracket to frame and attach the hose with the tie-rod provided.

18
Refit the fuel tank and fix the bolts. Refit the fuel lines and the electrical connections. Refit the control box.

19
Put the brake fluid reservoir back in position.

20
Refit first the left and then the right silencer.

21
Put the seat back in position and lock it. Close the toolbox lid.

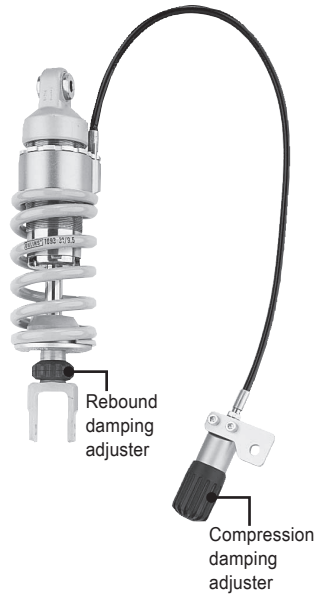
Caution!

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.

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	316	mm	F1-F2	40-50	mm
Stroke	50	mm	F1-F3	55-65	mm
Rebound	14	clicks	R1-R2	20-30	mm
Compression	12	clicks	R1-R3	55-65	mm
Spring preload	14	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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