

Kit Contents

Description	Part No	Pcs
Top cap assembly	-	2
Spring 35.3/320/9.0 N/mm	68029-90	1
Spring 35.3/350/9.0 N/mm	68028-90	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.

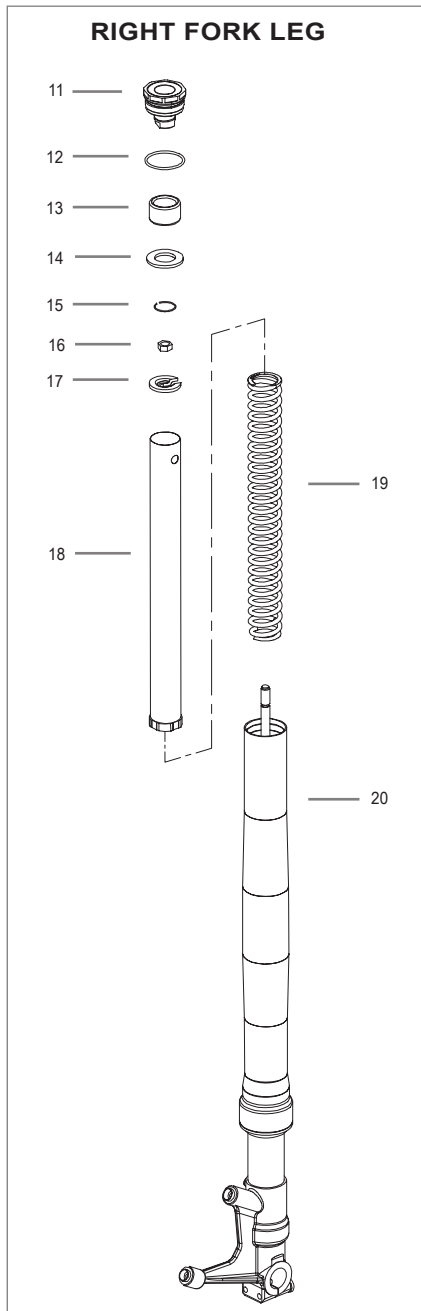
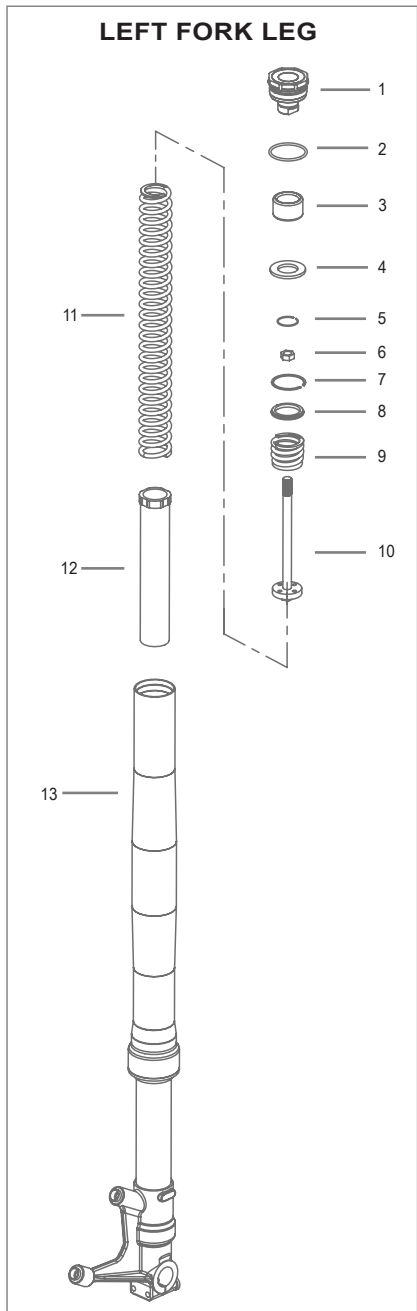
Fork Spring Kit for Honda CB650R/ CBR650R

FSK 150

Mounting Instructions

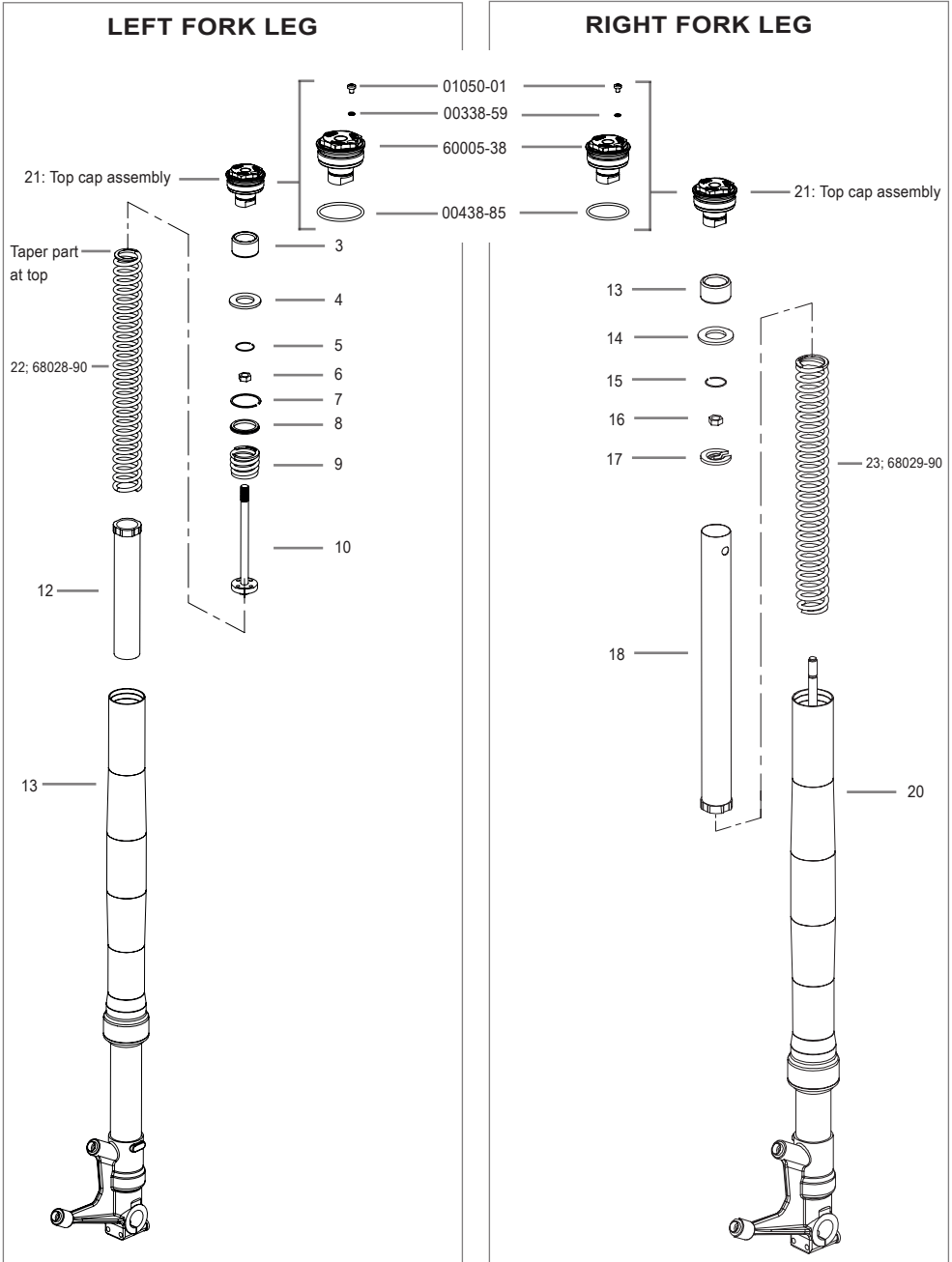
MOUNTING INSTRUCTIONS

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

For best performance we recommend to use a mix of Öhlins front fork fluid 01314 and 01316 at 1:1 mixing ratio (in a beaker unite 50% of 01314 and 50% of 01316). The final oil viscosity affects how the front fork will behave:

- Higher viscosity mix improves the feeling of control.
- Lower viscosity mix improves the comfort and traction. The oil mixing ratio can be tuned in order to match the rider preferences.

Oil number	01314-01	01316-01
Viscosity cSt @40°C	40,0	98,0
Oil mixing ratio	1	1

Recommended oil volume

350 ml. in RH Leg.

450ml. in LH Leg.

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.

Note!

Work with 1 fork leg at the time.



02810-02



01766-02

LEFT FORK LEG

5. Loosen the top cap(1) from the front fork tube(13)
 - Compress the top out spring rod(10) by using the tool 01766-02 and lock it underneath the nut (6) by using the tool 02810-02.
 - Remove cir-clip(7)
6. Loosen the nut(6) and remove the top cap (1)

Note!

During the installation of the fork damping kit, please be sure to don't damage the stop rubber(3), washer(4) and cir-clip(5).

7. Remove spring(11), pre-load tube(12).
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 pre-load tube(12) and Öhlins spring (22).
11. Install the stop rubber(3), washer(4) cir-clip(5) and top cap on rod(10)
12. 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(16).
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(21) 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.

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



www.ohlins.com