

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 check an Öhlins dealer.

Kit Contents

Description	Part No	Pcs
Shock absorber	HO 010	2
Washer 14.1/24/1	03118-13	2
Tool preload adjuster	03199-03	1
Sticker "Memo notes"	01180-01	1
Sticker set "ÖHLINS"	10207-01	1
Owners manual road & track	07241-02	1

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.

Shock Absorber Honda CB 1100

HO 010

Mounting Instructions



MOUNTING INSTRUCTIONS

⚠ Warning!

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

⚠ Warning!

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

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

Loosen and remove the original shock absorber.

3

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

👁 Note!

Lower the motorcycle so that the shock absorber is slightly compressed, before tightening the screws.

👉 Caution!

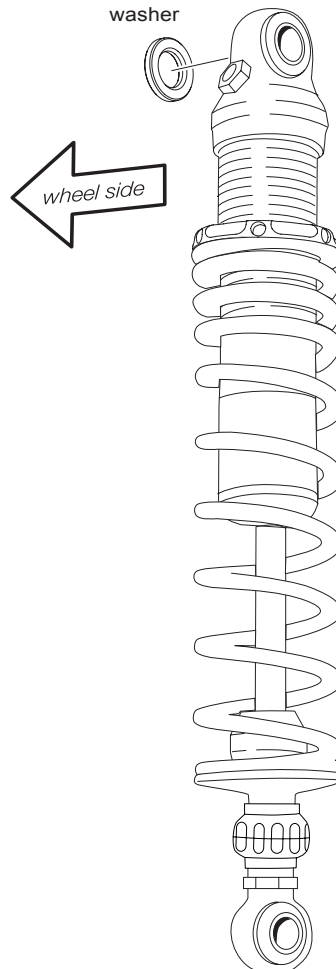
Make sure that all screws are tightened to the correct torque and that nothing fouls or restricts movement of the shock absorber when the suspension is fully compressed or extended.

👁 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.

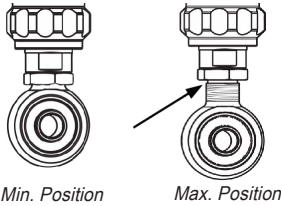


MOUNTING INSTRUCTIONS

ADJUSTMENTS

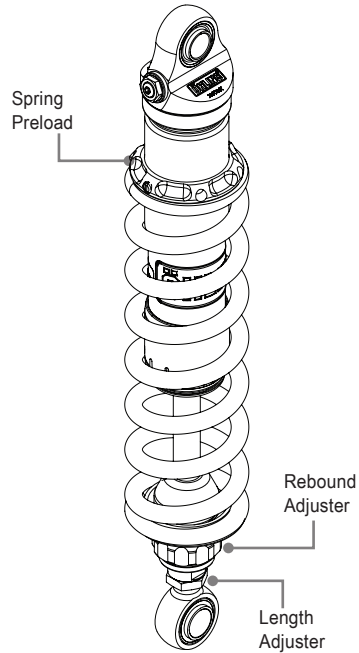
⚠ Warning!

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.



⚠ Warning!

The adjustable end eye/bracket must not be threaded out more than that the groove is fully visible beneath the lock nut. This is maximum length. After adjusting, make sure that the lock nut is tightened (30Nm).



SET-UP DATA

Recommended set-up

Spring Preload..... 18 mm.
Rebound adjuster 12 Clicks

Shock absorber data

Length 362 (+5/-5) mm.
Stroke 85 mm.

Spring

Installed spring

Part No 60480-03
Free spring length... 230 mm.
Spring rate..... Prog.18-27 N/mm
Preload adj.range.... [0-45] 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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