

#### Kit Contents

Description	Part No	Pcs
Shock absorber	HO 142	2
Washer	03118-11	2
Sticker set Öhlins	10207-01	1
Tool preload adjuster	03199-03	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 Honda CB 400 Super Four

# HO 142

## 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**

Loosen and remove the original shock absorbers.

**3**

Install the Öhlins shock absorbers with the cylinder head up and the reservoir towards the rear. Use the provided washers to fit the shock absorber on your vehicle.

## **👁 Note!**

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

## **👋 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.*



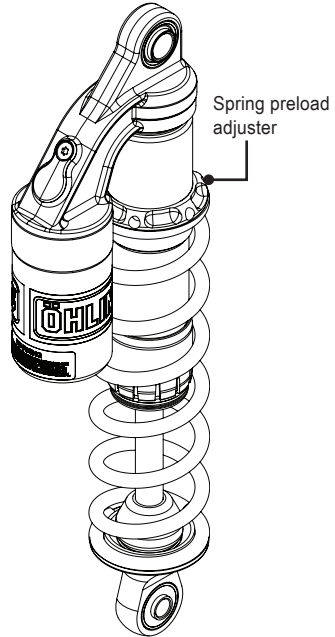
03118-11  
Washer 10.1/24/1

# 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.*



# SETUP DATA

## **Recommended set-up**

Spring Preload..... 12 mm.

## **Shock absorber data**

Length ..... 330 mm.

Stroke ..... 88 mm.

## **Spring**

Part No ..... 60480-02

Free spring length... 230 mm.

Spring rate..... 16-26 N/mm.

Preload adj.range.... [0-40] 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.

Part no. MI\_HO142\_1  
Issued 2019-01-11

© Öhlins Asia Co. Ltd. All rights reserved. Any reprinting or unauthorized use without the written permission of Öhlins Racing AB is prohibited.

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



[www.ohlins.com](http://www.ohlins.com)