

Before installing this product, check the contents of the kit. If anything is missing, please contact an Öhlins dealer.

Kit Contents

	Part No	Pcs
Shock absorber	YA343	1
Sticker memo notes	01180-01	1
Sticker set Öhlins		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.

⚠ 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 Yamaha R1 2004

YA 343

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

Remove the lower and upper shock mounting bolts.

3

Remove the bolts from the triangle link.

4

Remove the shock absorber. Mount the Öhlins shock in place in reverse order.

5

Mount the upper and lower mounting bolts and refit the triangle link.

Note!

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

Caution!

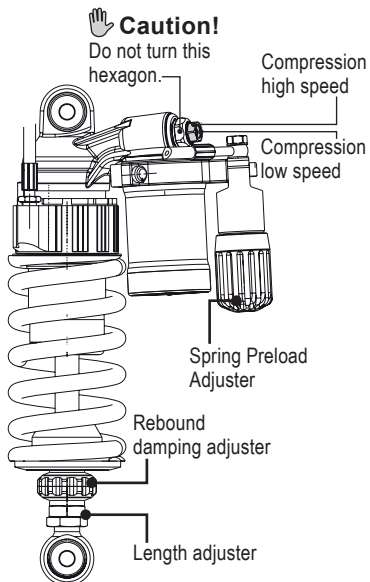
Ensure that all screws are tightened to the correct torque and that nothing fouls or restricts movement of the shock absorber/front fork/steering damper when the suspension is fully compressed or extended.

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.



SET-UP DATA

Recommended set-up

Rebound 14 clicks
Compression
 high speed 30 clicks
 low speed 10 clicks
Spring Preload 11 mm

Shock absorber data

Length 300 ⁺⁶/₀ mm
Stroke 64 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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