



*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 Abs. S46DR1	HO 009	1
C-Spanner	00710-02	1
Sticker set Öhlins		1
Memo Notes Sticker	01180-01	1
Owner's Manual	07241-02	1

*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 is an important part of your vehicle and will affect the stability.*

**Shock Absorber for Honda CB 1000R**

# **HO 009**

## **Mounting Instructions**



# How to install

## **Warning!**

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

*When installing, consult your Vehicle Service Manual.*

**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**

Remove the seat and the side covers.

**3**

Remove the left foot peg and the small plastic chain guard, if necessary.

**4**

Loosen the charging regulator (4 screws for the bracket under the seat.) If necessary.

**5**

Remove the shock mounting bolts and remove the standard shock absorber upward.

## **Note!**

*Before installing the Öhlins shock absorber clean the vehicle thoroughly.*

**6**

Install the Öhlins shock absorber.

**7**

Reinstall the upper and lower attachment bolts, do not tighten yet.

## **Note!**

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

**8**

Tighten the shock bolts to the correct torque according to Honda recommendations.

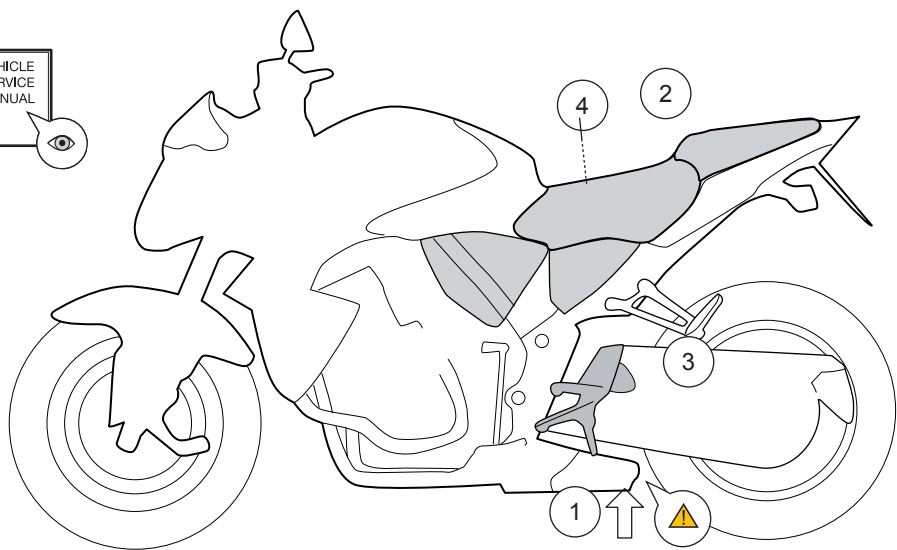
**9**

Reinstall the left foot peg, charging regulator and chain guard if removed, reinstall side covers and seat. Make sure that all removed parts are reinstalled in the same way as they were before the installation of the Öhlins Shock Absorber.

## **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.*

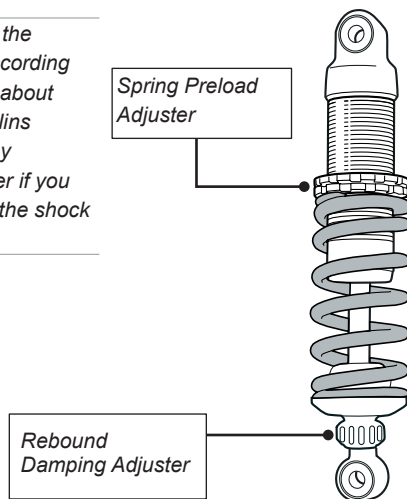
VEHICLE  
SERVICE  
MANUAL



# 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 the shock absorber.



## Set-up Data

### Recommended set-up

Rebound 12 clicks  
Spring Preload 12 mm

### Spring

Part No. Rate  
01095-64 160 N/mm  
Free length 180mm

### Shock absorber data

Length 310 mm  
Stroke 56

### Free Sag and Ride Height

R1 - R2 = 15 mm +-5mm  
R1 - R3 = 35 mm +-5mm

👁 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 your Öhlins distributor. Please consult your Öhlins dealer if you have any questions regarding the contents in this document.

Part no. HO 009\_1  
Issued 2017-01-01



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