

👁 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	LA 329LH	1
Shock absorber	LA 329RH	1
Spacer, bj 12x20	02118-45	8
O-ring 14x4	00338-06	8
Tool preload adjuster	03199-03	1
Sticker set "ÖHLINS"	10207-01	1
Owners manual road & track	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 is an important part of your vehicle and will affect the stability.

Shock Absorber for Lambretta X300 - Front

LA 329

Mounting Instructions

MOUNTING INSTRUCTIONS

⚠ Warning!

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

👁 Note!

Before mounting this product clean the vehicle thoroughly.

⚠ Warning!

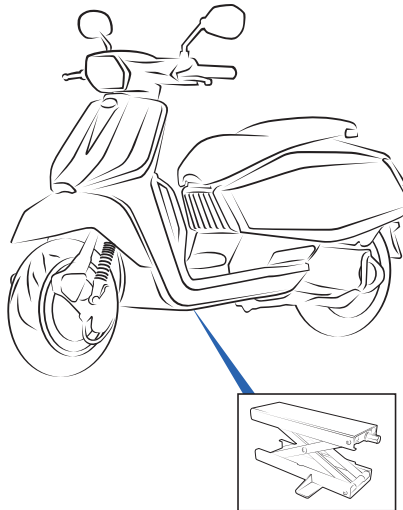
If working on a raised vehicle, ensure it is securely supported so that it will not tip over.

👁 Note!

When working on this product, always see the Vehicle Service Manual for vehicle specific procedures and important data.

1

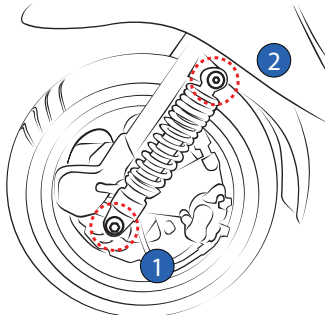
Put the motorcycle on center stand/work stand so that the rear wheel barely touches the ground. Make sure the motorcycle is in a stable position.



2

Remove the standard shock absorber by loosening the nut, washer ① from lower mounting and screw, washer ② from upper mounting.

Repeat the operation on the opposite side.



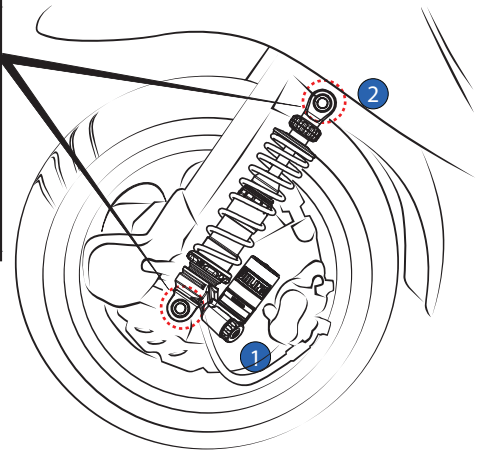
MOUNTING INSTRUCTIONS

3.

Install the Öhlins shock absorber by following diagram as shown below (Diagram A).
Tighten at the torque value as specified in the vehicle service manual.

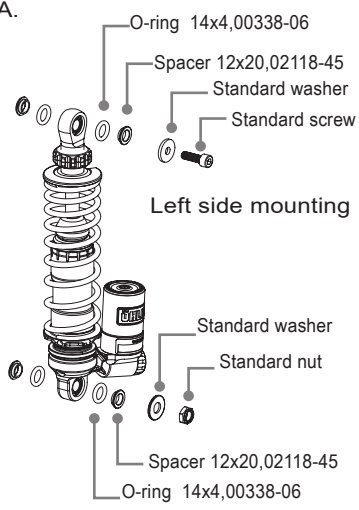
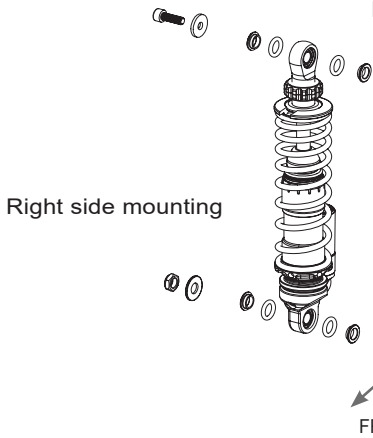
Reverse all the procedures as necessary.

Note!
Due to manufacturing tolerances, it could occur that the Öhlins shock absorber installation may result too tight at the upper and lower mounting studs.
(This situation is more likely to occur on vehicles with mounting studs of diameter greater than 11.992 mm)
If you are experiencing such situation, we recommend you utilize fine sandpaper to slightly reduce the studs' diameter hence allowing the Öhlins shock absorber eyelets to slide thru the mounting studs easier.



← FRONT

Diagram A.



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 when the suspension is fully compressed or extended.

ADJUSTMENTS

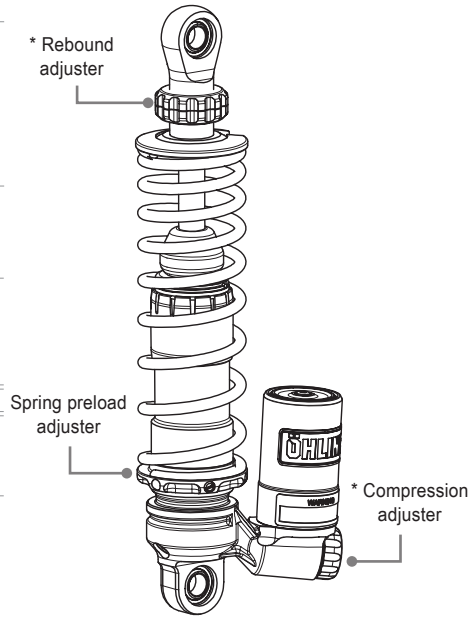
⚠ Warning!

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.

👁 Note!

* Due to the low damping forces required for optimal road performance, the RH shock absorber has no damping function in it. Hence the Compression and Rebound adjusters will not be effective when turned.

For specialty use (Eg. Racing), reach out at an Öhlins service center for restoring the full damping and adjustability function (not advisable for road use).



SET-UP DATA

Recommended set-up

Spring Preload	3 mm
Compression adjuster	20 Clicks
Rebound adjuster	18 Clicks

Shock absorber data

Length	300.5 mm
Stroke	70.5 mm

Spring data Installed spring

Part No	60240-41
Free spring length ...	180 mm
Spring rate	Prog. 7-18 N/mm
Preload adj.range ...	[0-11] 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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Öhlins Asia Co. Ltd
700/937 Moo5, Tambol Nongkhaga,
Amphur Phantong, Chonburi Province
20160 Thailand



www.ohlins.com