

👁 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.

Kit Contents

Description	Part No	Pcs
Shock absorber	HO110020	1
Sticker Öhlins	00192-01	2
C-spanner	00710-02	1
Owner's manual	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 for Honda CBR 500 R

HO110020

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.

👁 Note!

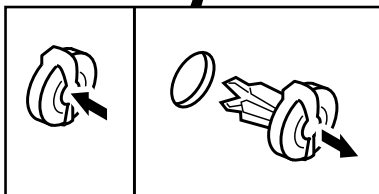
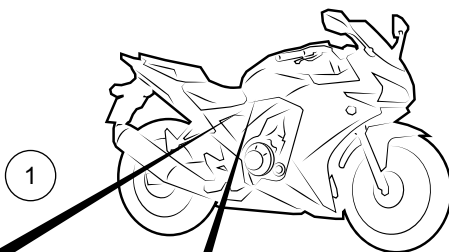
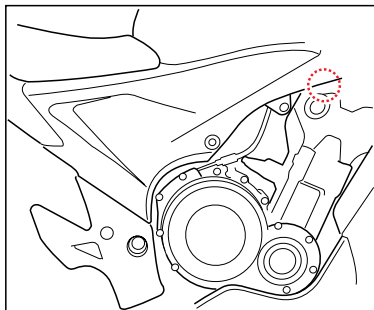
Before mounting this product clean the vehicle thoroughly.

👁 Note!

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

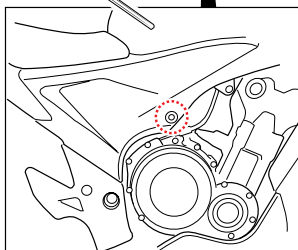
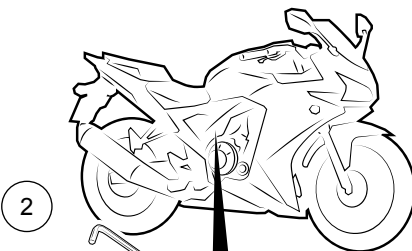
1

Push in the center of the plastic clip to release it.



2

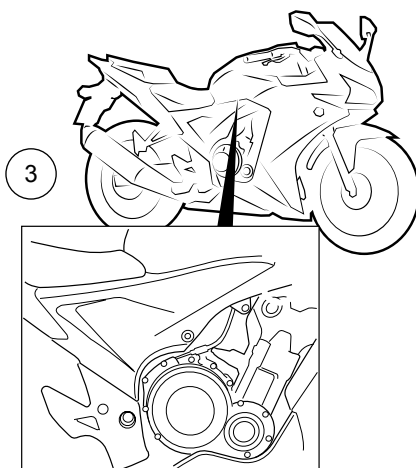
Loosen the screw with a 5mm Allen key.



MOUNTING INSTRUCTIONS

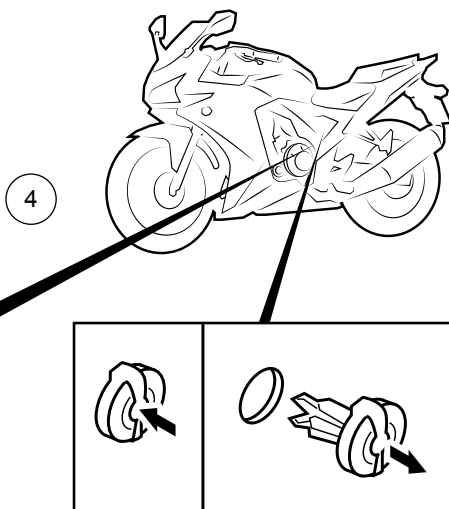
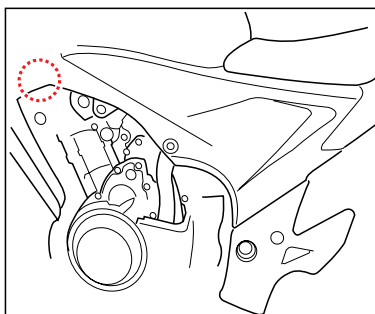
3

Remove the right side panel.



4

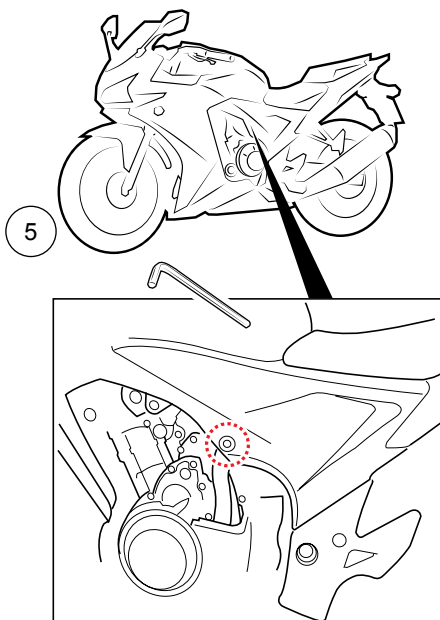
Push in the center of the plastic clip to release it.



MOUNTING INSTRUCTIONS

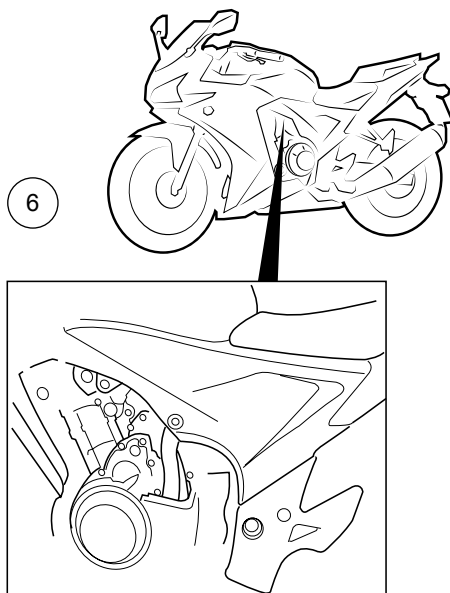
5

Loosen the screw with a 5mm Allen key.



6

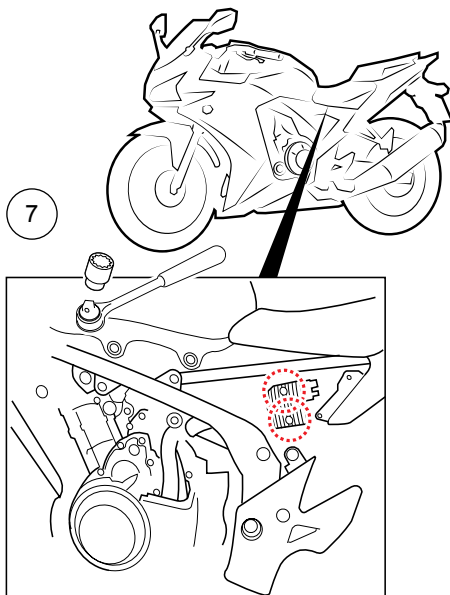
Remove the left side panel.



MOUNTING INSTRUCTIONS

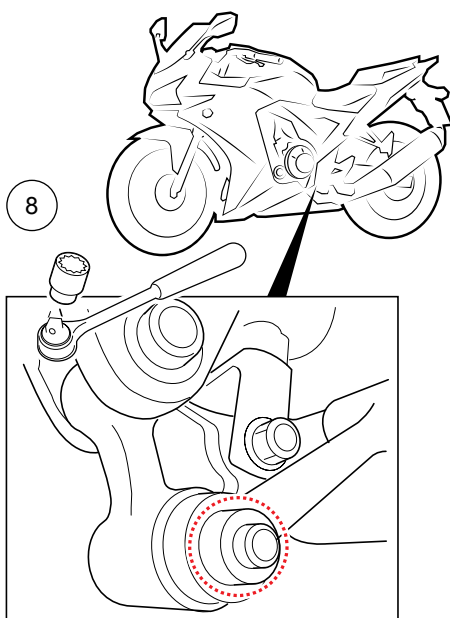
7

Loosen the bolt that hold the regulator with 10mm socket, move it a little to the side.



8

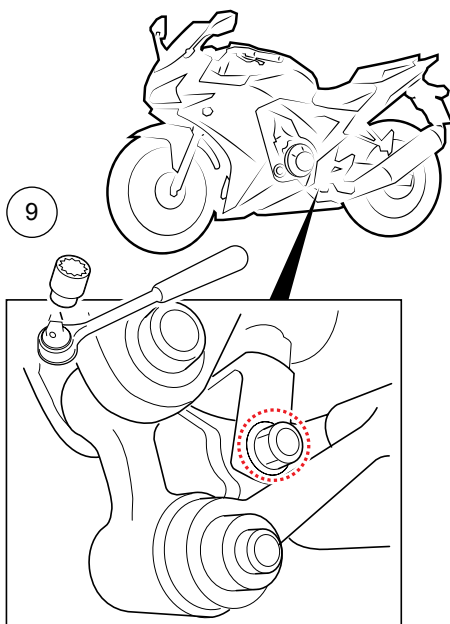
Remove rear pull rod, by loosen bolt and nut with 14 mm and 17 mm socket.



MOUNTING INSTRUCTIONS

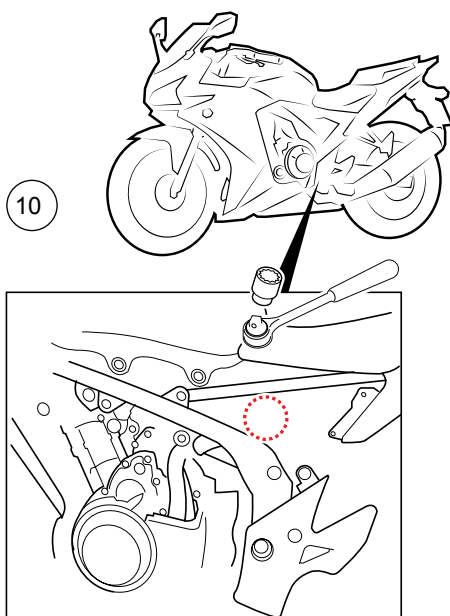
9

Remove the bottom shock mount by loosen bolt and nut with 14 mm and 17 mm socket.



10

Remove the top shock mount, by loosen bolt and nut with 14 mm and 17 mm socket.



MOUNTING INSTRUCTIONS

11

Remove standard shock absorber, then install with Ohlins product by pointing cylinder head downward and rebound adjuster should be located on left hand side of vehicle, then reverse all procedures above.

Note!

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

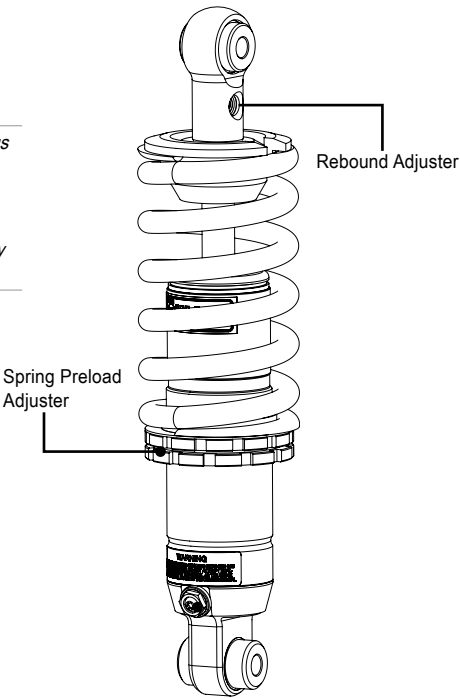
Caution!

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.



SET-UP DATA

Recommended set-up

Spring Preload 8 mm
Rebound Adjuster 16 clicks

Shock absorber data

Length 307 mm
Stroke 54 mm

Spring

Part No 61093-39
Free spring length 150 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_HO110020_EN_4
Issued 2014-06-13

© 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