

Kit Contents		
Description	Part No	Pcs
Shock absorber	BM049	1
Sticker set Öhlins		1
Sticker Memo notes	01180-01	1
Owner's manual	07241-02	1

**👁 Note!**

Please note that there can be small differences between your product and the images in these instructions.

**👁 Note!**

Please note that during storage and transport, especially at high ambient temperature, some of the oil and grease used for assembly may leak and stain the packaging. This will not cause damage to the product, wipe off the excessive oil or grease with a cloth.

**👁 Note!**

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

**⚠ Warning!**

Before you install this product, read the Öhlins Owner's manual. This product is an important part of the vehicle and the vehicle stability.

## Shock absorber for BMW R1150R

# **BM 049**

## Mounting Instructions



# MOUNTING INSTRUCTIONS

## **⚠ Warning!**

*We strongly recommend to let an Öhlins dealer install this product.*

## **⚠ Warning!**

*If you work with a lifted vehicle, make sure that it is safely supported to prevent it from tipping over.*

## **👁 Note!**

*When you work with this product, see the vehicle service manual for vehicle specific procedures and important data.*

## **👁 Note!**

*Before you install this product clean the vehicle.*

**1**

Put the motorcycle on a work stand so that the rear wheel barely touches the ground.

**2**

Open the tool box, loosen the rear seat and remove it.

**3**

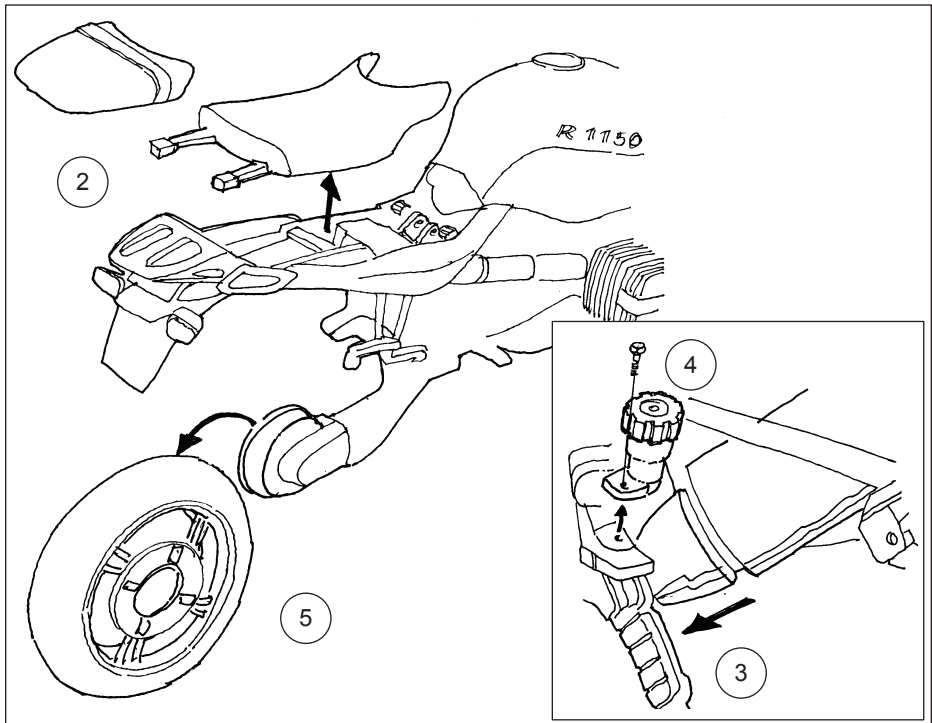
Remove the cone shaped connection cover on the left silencer bracket and pull it out. This will make it easier to get access to the bolts.

**4**

Loosen and remove the original spring preload adjuster.

**5**

Remove the rear wheel.



# MOUNTING INSTRUCTIONS

6

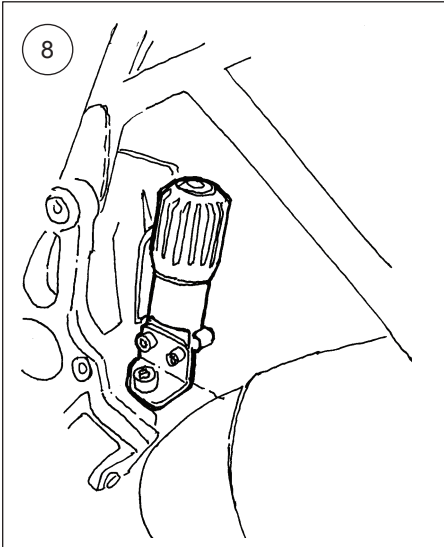
First loosen the lower shock absorber bracket then the upper. Remove the original shock absorber.

7

Attach the upper attachment and then the lower to install the Öhlins shock absorber.

8

Use the original bolt to install the new spring preload adjuster. Make sure that the hose runs in soft turns and that it can not be bent or squeezed.



9

Install the seat and the tool box.

## **Note!**

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

## **Caution!**

*Make sure that you tighten all screws 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.*

# ADJUSTMENTS

## **⚠ Warning!**

*Before you ride/drive, always make sure that the setup is according to the recommended setup 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

Length	366	mm
Stroke	56	mm
Rebound	16	clicks
Spring preload	10	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 Racing AB  
Box 722  
S-194 27 Upplands Väsby, Sweden  
Phone +46 8 590 025 00  
fax +46 8 590 025 80



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