

**👁 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.

**Kit Contents**

Description	Part No	Pcs
Front fork	FGRT 226	1
Sticker set Öhlins		1
Owner's Manual	07282-07	1

**👁 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.

## Front Fork for BMW R nineT

# **FGRT 226**

## Mounting Instructions

# MOUNTING INSTRUCTIONS

## **⚠ Warning!**

*We strongly recommend to let an authorized 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!**

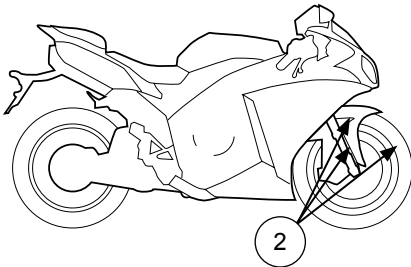
*Before you install this product clean the vehicle.*

**1**

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

**2**

Remove the front fender, brake calipers, speed sensor and front wheel. Refer to the vehicle service manual for correct procedure.

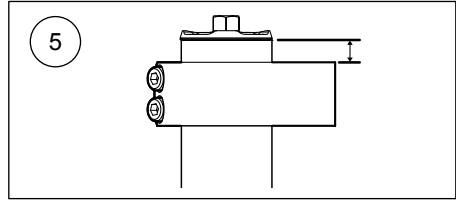


**3**

Loosen the bolts on the upper and lower triple clamps.

**4**

Remove the front fork legs from the motorcycle.



**5**

Install the front fork legs in the triple clamps at front fork leg position according to setup data. Turn the handle bars fully from side to side to make sure that nothing restricts the movement, and that the throttle cable and the wire harness run in smooth bends.

## **👁 Note!**

*The eccentrically machined surfaces on the outer tube must be at a 90° angle from the vehicle direction.*

# MOUNTING INSTRUCTIONS

6

Tighten:

Upper triple clamp bolts: 20 Nm

Lower triple clamp bolts: 10 Nm

7

Install the front fender, front wheel and the brake calipers. Do not tighten yet.

8

Install the speed sensor.

If needed, adjust the position of cable so that the cable does not touch the fork bottom.

## **⚠ Warning!**

*Make sure that the speed sensor cable runs freely and does not rub against anything during operation, through full lock turns and when the suspension is fully compressed or extended.*

9

Put the vehicle on the ground, apply the front brake and compress the front fork distinctly 3-4 times. This will position the front fork legs parallel.

10

Tighten the front axle, brake calipers and front fender.

Front axle pinch bolts torque: 19 Nm

11

Close the compression and rebound adjusters.

12

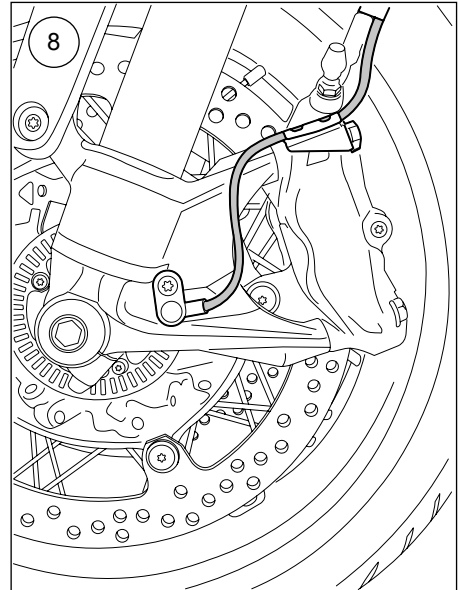
Compress the front fork as much as possible several times to release air trapped inside the damping systems. Ensure that there is damping on the full stroke.

13

Set the compression and rebound adjusters, see setup data.

## **⚠ Caution!**

*Make sure that you tighten all screws to the correct torque and that nothing fouls or restricts movement of the front fork when the suspension is fully compressed or extended.*

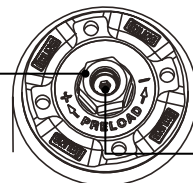


## ADJUSTMENTS

### **⚠ 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 set up.*

Spring  
preload  
adjuster



Compression/  
Rebound  
adjuster

# SETUP DATA

Compression adjustment	12	clicks
Rebound adjustment	12	clicks
Suspension fluid level	150	mm
Front fork leg position	6	mm
Suspension fluid part number	01309-01	
Main spring rate standard	9	N/mm
Main spring preload standard	9	turns

# MAIN SPRING GUIDE

Make sure you choose the correct main spring for your rider weight, driving style and preferences. Below you find a general recommendation of main spring rate for your weight. Contact an authorized Öhlins service center for advice.

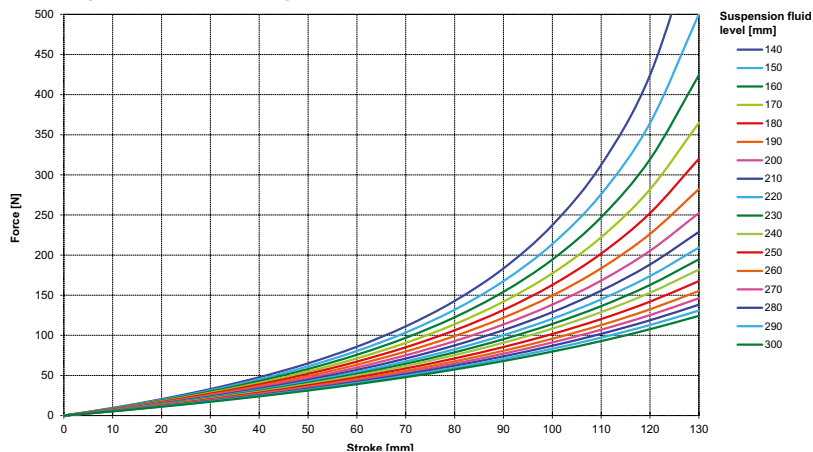
**Note!**

08790-xx main springs are packed in pairs.  
04744-xx main springs are packed in pcs.

Rider weight [kg]	50	60	70	80	90	100	110
Spring rate [N/mm]	8.5	8.5	9	9	9.5	9.5	10
Preload [mm]	6	8	7	9	8	10	9
Part number (pair)	08790-85	08790-85	08790-90	08790-90	08790-95	08790-95	08790-10
Part number (pcs)	04744-85	04744-85	04744-90	04744-90	04744-95	04744-95	04744-10

# SUSPENSION FLUID LEVEL - FORCE DIAGRAM

Air spring for one front fork leg.



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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