



Kit Contents

	Description	Part No	Pcs
1.1	Shock absorber left	CHS 1P00	1
1.2	Shock absorber right	CHS 2P00	1
2	Dust boot	10216-02	2
3	Spring		2
4	Washer (Large)	25690-01	2
5	Upper spring seat	25689-01	2
6	Washer (Small)	24619-05	2
7	Lock nut M14	24627-03	2
8.1	Bracket	24650-09	1
8.2	Bracket	24650-11	1
9.1	Bracket	24650-10	1
9.2	Bracket	24650-12	1
10	M6 nut		2
11	Öhlins sticker kit	10207-01	1
12	Öhlins owner manual	07451-01	1
13	C-spanner	24639-01	1
14	C-spanner	24639-03	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 Kit for Chevrolet Camaro 2010-2015

CHS MP00 FRONT

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

Raise the vehicle and put it on jack stands.

⚠ Warning!

Ensure that it is securely supported.

2

Remove the front wheels.

3

Remove the lower and the upper attachments and remove the original shock absorbers.

4

Fit the dust boot (2), the spring (3), the upper spring seat (5), the OE top mount, the OE D58 washer and tighten the OE lock nut.

5

Adjust the spring preload according to fig 3 and tighten the lock nut to 50-60 Nm.

6

Fasten the lower brackets to the shock absorber according to fig 2.

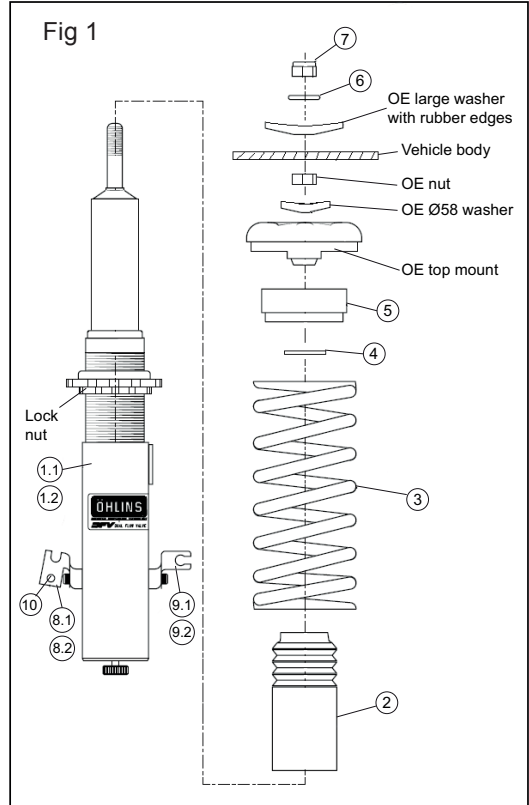
7

Install the Öhlins shock absorber on the vehicle. Install and tighten the lower OE bolts.

8

Mount the upper attachments from the engine room: The OE large washer with rubber edges, the washer (6), the lock nut (7) and tighten it to 30 Nm.

Fig 1



👁 Note!

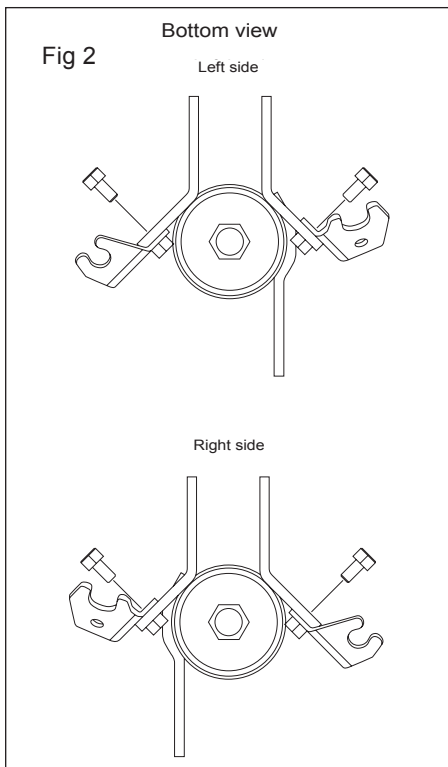
When tightening the top mount nut, the shock absorber shaft must be held in position with a 6 mm Allen key.

9

Make sure that all removed parts are reinstalled in the same way as they were before the installation of the Öhlins shock absorber.

MOUNTING INSTRUCTIONS

Install the brackets according to fig 2 using the hex screws and tighten them to 6 Nm.



ADJUSTMENTS

⚠ Warning!

Before driving, 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.

The preload is 2 mm from a free length of 200 mm, giving 198 mm installed spring length, see fig 2.

SETUP DATA

Recommended set-up

Setting adjustment		
Track	2-7	clicks
Winding road	5-10	clicks
Street	10-20	clicks
Spring preload	2	mm

Recommended Spring

48010-19 (70 N/mm)

Vehicle height adjustment range

With the spring preload adjuster set to the recommended position, the vehicle is lowered approximately 20 mm when compared to the original suspension. As the preload adjuster is turned one rotation, the position moves 2.0 mm. Depending on car model and equipment, the spring preload may vary. Adjust the spring preload until you have reached your desired ride height. Make sure that the spring is always preloaded.

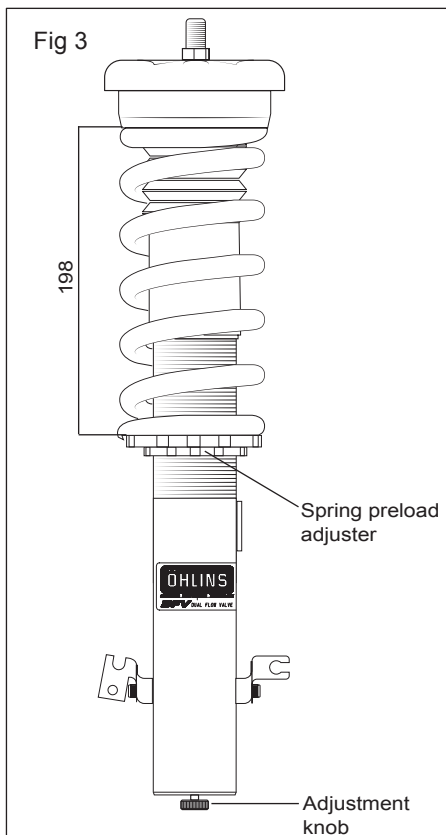
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To find the latest information contact an Öhlins distributor. Please contact Öhlins if you have any questions regarding the contents in this document.

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Fig 3



⚠ Warning!

The spring preload adjustment range is 2-20 mm giving approximately 0-20 mm lower ride height of the car

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👁 Note!

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👁 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
1	Shock absorber rear	CHS 6P00	2
2	Dust boot	10216-02	2
3	Plastic spring spacer	25602-02	2
4	Spring		
5	Lock nut M12	24627-02	2
6	Bushing spacers	24629-33	4

Optional

	Description	Part No	Pcs
1	Helper spring	05173-20	2
2	Spring support	05193-13	2

Obsolete parts no longer used

	Description	Part No	Pcs
1	Upper spring seat	-	2
2	Spring spacer	-	2

👁 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 Kit for Chevrolet Camaro 2010-2015

CHS MPO0 REAR

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

Raise the vehicle and put it on jack stands.

⚠ Warning!

Ensure that it is securely supported.

2

Remove the rear wheels.

3

Remove the lower and the upper attachments and remove the original shock absorbers.

4

Fit the dust boot (2), the plastic spring spacer (3), the spring (4), the OE upper spring seat, the the OE lower washer, the OE top mount, the OE upper washer, the OE washer and tighten the lock nut (5) to 30 Nm.

👁 Note!

When tightening the top mount nut, the shock absorber shaft must be held in position with a 6 mm Allen key.

5

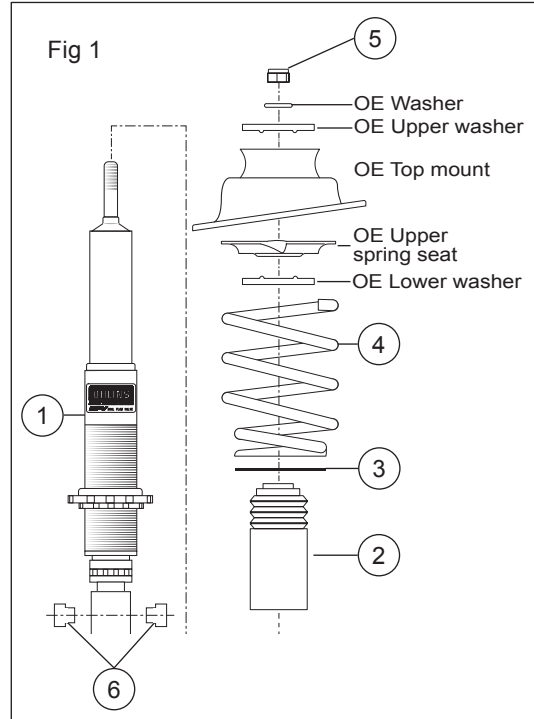
Install the Öhlins shock absorbers on the vehicle.

6

Fasten the upper attachments.

7

Install the bushing spacers (6) and fasten the lower attachments.

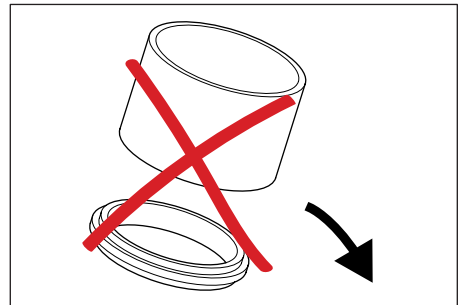


8

Make sure that all removed parts are reinstalled in the same way as they were before the installation of the Öhlins shock absorber.

👁 Note!

The upper spring seat and spring spacer included in this kit are obsolete and are no longer used in the installation on the car. Please discard these.



ADJUSTMENTS

⚠ Warning!

Before driving, 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.

SETUP DATA

Recommended set-up

Setting adjustment		
Track	2-7	clicks
Winding road	5-10	clicks
Street	10-20	clicks
Spring preload adjuster position	50	mm

Recommended Spring

47040-39 (120N/mm)

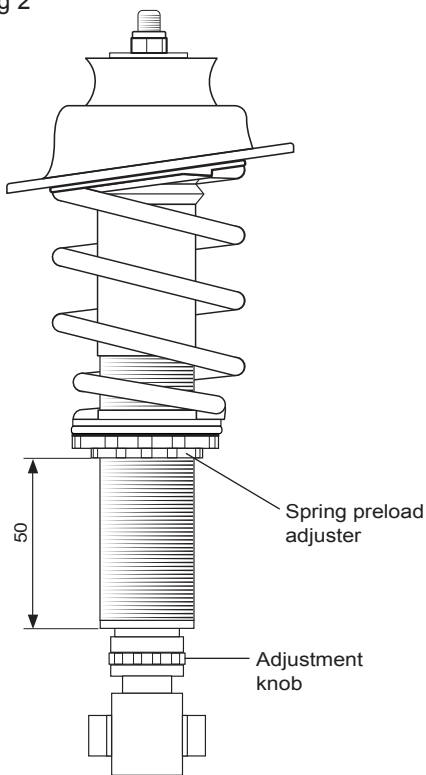
Vehicle height adjustment range

With the spring preload adjuster in its recommended position, the vehicle is lowered approximately 15 mm when compared to the original suspension. Depending on car model and equipment, the spring preload adjuster position may vary. Adjust the spring preload adjuster until you have reached your desired ride height. Make sure that the spring is always preloaded.

Optional helper spring

If you desire a lower ride height for the rear, there is an option to add a helper spring and spring support to lower the vehicle further. Contact an Öhlins dealer to order and refer to the table on the first page.

Fig 2



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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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