



👁 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
Shock absorber		2
Dust boot		2
Upper spring seat		2
Spring		2
Lock nut M14		2
Washer		2
Spacer		2
Used for both front and rear		
C-spanner		2
Öhlins folder		1
Öhlins Owner's Manual		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.

Shock Absorber Kit for VW Golf VI, Scirocco (5K1, 137)

VWS MI10 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

Loosen the bolts for the lower strut attachments.

👋 Caution!

Support the wheel hubs in an appropriate way on each side of the vehicle so that the brake hoses can not be damaged.

4

Loosen the upper attachments. Remove the original struts from the car.

5

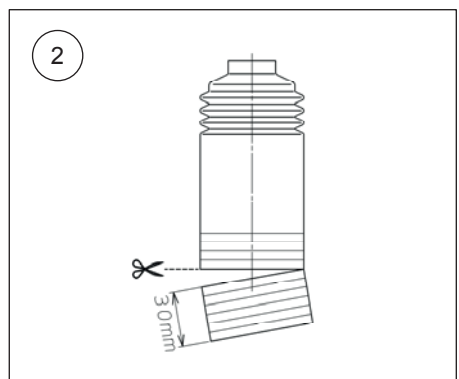
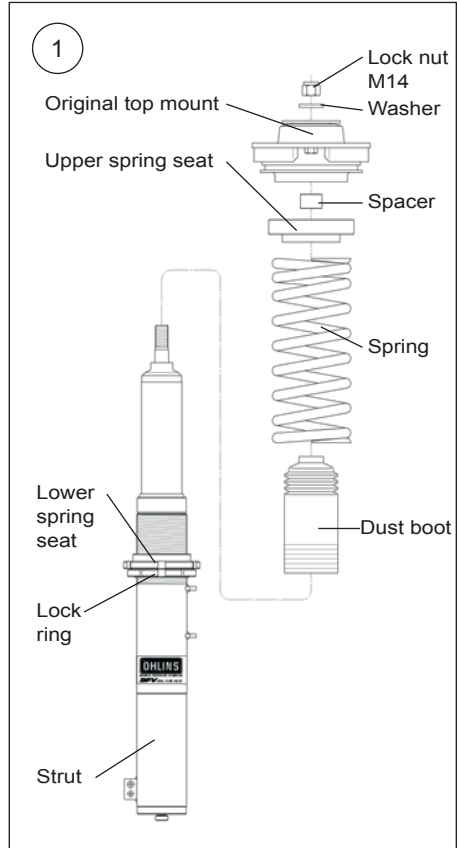
Cut the dust boot 30 mm from the lower end with a pair of scissors according to fig 2.

6

Tighten the lower spring seat and the lock ring to 50 - 60 Nm.

Fit the dust boot, the spring, the upper spring seat and the spacer to the strut according to fig 1.

Fit the standard top mount, the washer and the lock nut M14. Tighten the lock nut to 35 - 40 Nm.



MOUNTING INSTRUCTIONS

7

Install the Öhlins McPherson struts on the vehicle.

8

Fasten the upper attachments.

👁 Note!

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

9

Raise the wheel hub with a jack to remove the freeplay of the lower strut attachment bolts before tightening them.

👁 Note!

Make sure that all bolts are tightened to the correct torque and that nothing fouls or restricts movement of the strut when it is being fully compressed or extended. Test this over the whole steering range from lock to lock.

10

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

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.

The standard preload is 2 mm from a free length of 180 mm, giving 178 mm installed length, see fig 3.

SETUP DATA

Recommended set-up

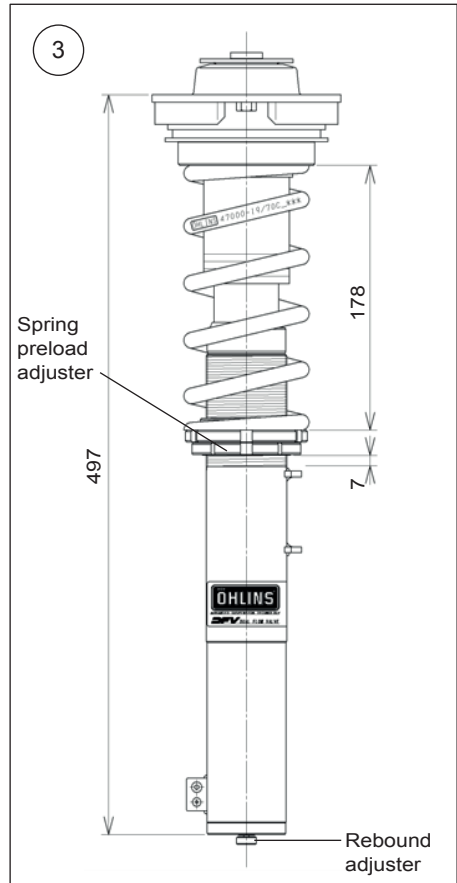
Rebound setting		
Track	0-7	clicks
Winding road	5-10	clicks
Street	10-20	clicks
Spring preload	2	mm
Shock absorber length	497	mm
Spring		
Spec H180, ID65, 70 N/mm		

The actual vehicle height

With the preload in the standard position, the vehicle is lowered approximately 20 mm when compared to the original suspension.

⚠ Warning!

The adjustment range is the standard position -7 to +15 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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Kit Contents		
Description	Part No	Pcs
Shock absorber		2
Lock nut M10		2
Bushing spacer		2
Dust boot		2
Band		2
Dust boot support		2
Spring		2
Spring preload adjuster		2
Rubber seat		2
Lower plastic seat		2
Used for both front and rear		
C-spanner		2
Öhlins folder		1
Öhlins Owner's Manual		1

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⚠ 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 VW Golf VI, Scirocco (5K1, 137)

VWS MI10 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

Remove the spring.

5

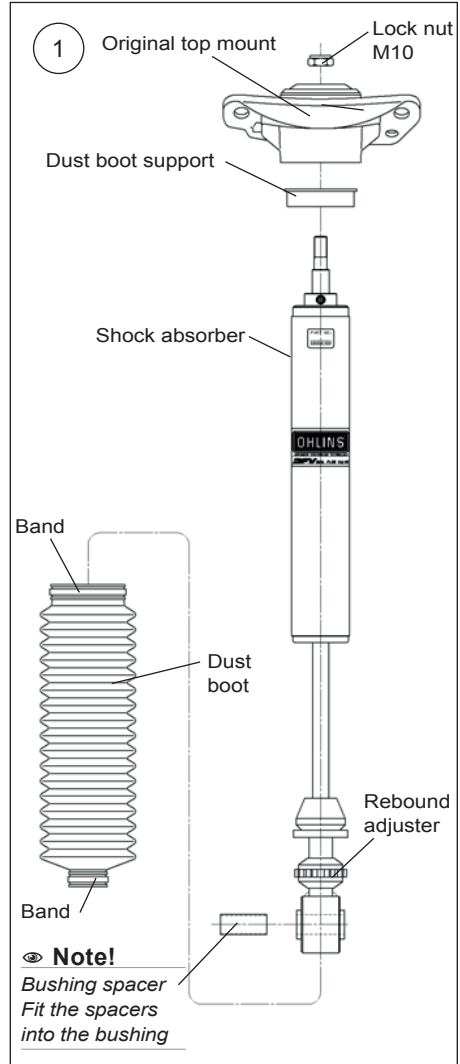
Set the spring seat of the spring preload adjuster to the position according to fig 3. Tighten the lock ring to 50 - 60 Nm.

6

Install the Öhlins spring and the spring preload adjuster on the vehicle according to fig 2.

7

Mount the dust boot and the dust boot support on the Öhlins shock absorber. Tighten only the lower tie-rod. Mount the standard top mount on the shock absorber according to fig 1. Tighten the lock nut to 30 Nm. Install the bushing spacer in the lower shock absorber bushing.



👁 **Note!**

When tightening the lock nut, the shock absorber shaft must be held in position with a 4 mm Allen key.

8

Install the Öhlins shock absorbers on the vehicle.

9

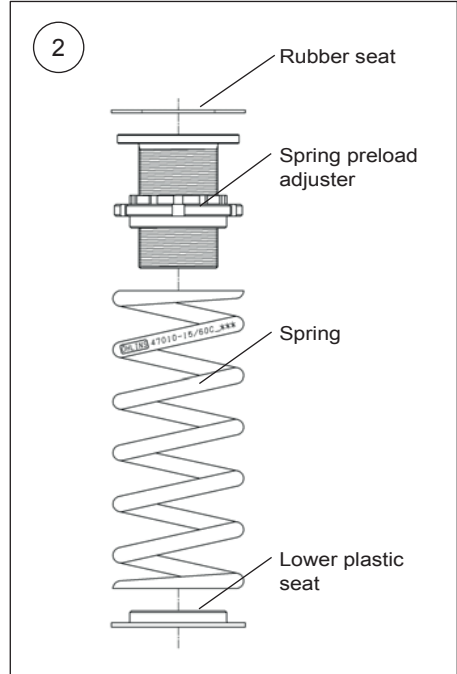
Position the dust boot support and the top of the dust boot according to fig □. Tighten the upper tie-rod.

👁 **Note!**

Make sure that all bolts are tightened to the correct torque and that nothing fouls or restricts movement of the shock absorber when it is being fully compressed or extended.

10

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



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

Recommended set-up

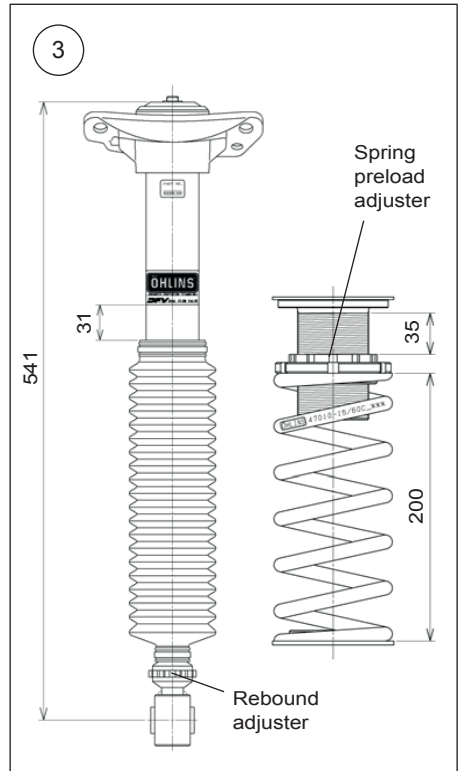
Rebound setting		
Track	0-7	clicks
Winding road	5-10	clicks
Street	10-20	clicks
Spring preload adjuster height	35	mm
Shock absorber length	541	mm
Spring		
Spec H200, ID65, 60 N/mm		

The actual vehicle height

With both the preload and height adjustments in their standard positions, the vehicle is lowered approximately 20 mm when compared to the original suspension. As the height adjuster is turned one rotation, the position moves 1.5 mm.

⚠ Warning!

The adjustment range is the standard position ± 15 mm. If the bracket is moved outside the adjustment range, it may come loose.



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