Before installing this product, check the contents of the kit. If anything is missing, please contact your nearest Öhlins dealer.

**Kit Contents**

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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 your Öhlins distributor. Please consult your Öhlins dealer if you have any questions regarding the contents in this document.

Part no. FGK145_2
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Safety Precautions

Note!
The front fork is a very important part of the vehicle and will therefore affect the stability.

Read and make sure that you understand the information in this manual before you use this product. If you have any questions regarding installation or maintenance please contact your nearest Öhlins dealer.

Öhlins Racing AB cannot be held responsible for any damage to the front fork, vehicle, other property or injury to persons, if the instructions for installing and maintenance are not followed exactly.

Warning!
This product was developed and designed exclusively for a specific vehicle model and should only be installed on the intended vehicle model in its original condition as delivered from the vehicle manufacturer.

After installing this product, take a test ride at low speed to make sure that your vehicle has maintained its stability.

If the suspension makes an abnormal noise, or the function is irregular, or if you notice any leakage from the product, please stop the vehicle immediately and return the product to an Öhlins Service Centre.

Safety Symbols

In this manual, mounting instructions and other technical documents, important information concerning safety is distinguished by the following symbols:

⚠️ The Safety Alert Symbol means: Warning! Your safety is involved.

⚠️ Warning!
The Warning Symbol means: Failure to follow warning instructions can result in severe or fatal injury to anyone working with, inspecting or using the front fork, or to bystanders.

⚠️ Caution!
The Caution Symbol means: Special precautions must be taken to avoid damage to the front fork.

⚠️ Note!
The Note Symbol indicates information that is important regarding procedures.

Note!
When working on this product, always consult your Vehicle Service Manual.

This Manual should be considered a part of the product and should therefore accompany the product throughout its life cycle.

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Tools

Tool 01765-03

Tool 00797-07

Tool 04702-04
Warning! It is advisable to have an Öhlins dealer install the front fork. When installing, consult your Vehicle Service Manual.

1.1 Put the motorcycle on a workstand so that the front wheel barely touches the ground.

1.2 Remove the front fender, brake caliper and the front wheel.

1.3 Measure the position of the front fork:
Measure the distance from the top of the fork leg to the top of the upper fork crown.

Note! It is very important that the front fork is reattached at the exact same position.

1.4 Release the spring preload.

1.5 Loosen the upper fork crown by loosening the screws.

1.6 Loosen (do not remove) the top cap ½ turn.

1.7 Loosen the lower fork crown by loosening the screws.

1.8 Remove the front fork legs from the fork crowns.
2.1 Remove the original top cap from the fork leg.

2.2 Pull down the outer fork leg.

2.3 Remove the original spring and preload tube.

2.4 Use tool 04702-04, loosen the original cartridge.

2.5 Remove the cartridge from the fork leg.

2.6 Turn the fork leg upside down to pour out all oil.

2.7 Remove cylinder tube

>Note!
If the cylinder tube does not follow with the cartridge kit, follow these steps:

2.8 Remove the outer tube.

2.9 Install tool 00786-05 (Ø 43) on the steel tube, above the hole. Loosen the steel tube from the fork bottom.

>Note!
Use a heat gun to soften the Loctite between the steel tube and the fork bottom.

>Note!
Do not remove tool 00786-05 from the steel tube. You will need it to reinstall the steel tube.

2.10 Use appropriate tool (Ø 34) and remove the cylinder tube.

2.11 Reinstall the steel tube. Use tool 00786-05, Loctite 2701. Tightening torque: 130 Nm.

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**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 the front fork.

1. **Spring preload adjuster** Adjust by turning the nut on the top of the fork leg. Turn clockwise to increase and counter clockwise to decrease the spring preload.

2. **Rebound damping adjuster**
   - **Right Side Fork Leg** Adjust by turning the screw with an allen key.
   - **Compression damping adjuster**
     - **Left Side Fork Leg** Adjust by turning the screw with an allen key.

**To reset**
The adjusters have a normal right hand thread. Turn the damping adjuster clockwise to fully close (pos. zero [0]). To open, turn the damping adjuster counter clockwise - count the clicks from fully closed until you reach the recommended setting. See Set-up data in this manual.

**Caution!**
Do not use force, delicate sealing surfaces can be damaged.
4 - Check Sag and Ride Height

3 - Install Öhlins Front Fork Kit

⚠️ Warning!
Before riding, always ensure that the basic settings made by Öhlins are intact. Take notes, adjust in small steps and make only one adjustment at a time.

**Step 1**

**Spring Preload - Free Sag - Ride Height**
Spring preload is a crucial part of setting your motorcycle since it affects the height of the motorcycle and the fork angle.

🔍 Note!
The following procedure should be performed on a flat surface.

1. Put the motorcycle on a workstand so that both wheels are off the ground and the suspension is unloaded.
2. Mark, for example with a piece of tape, a point immediately above the rear wheel axle.
3. Measure the distance from the marked point to a fixed point, for example the wheel axle (R1).
4. Measure the distance from the bottom of the outer tube to a fixed point, for example the front wheel axle (F1).
5. Put the motorcycle on the ground so that the front and the rear suspensions are slightly compressed. Repeat the measuring procedures (R2 and F2).
6. Sit on the motorcycle in normal riding position, properly outfitted in your riding gear. Repeat the measuring procedure (R3 and F3).

**Step 2**

**Adjust spring preload**

1. If your measures differ significantly from the recommendations in the **Set-up Data**, adjust the spring preload. (See **Adjustments** this manual).
2. If the ride height still differs from the recommendations, you may need to change to softer/harder spring. Contact an Öhlins dealer for advice.

⚠️ Warning!
Incorrect spring rate may result in a front geometry that is either too steep or too flat. This can result in a tendency of under or over steering, that could seriously affect the handling characteristics of the motorcycle.

**Recommended Measures**
Recommended measures for Free Sag and Ride Height; see **Set-up Data**.

🔍 Note!
Always check on the Öhlins web site www.ohlins.com or with an Öhlins dealer/distributor for the latest information.

**Warning!**
Before riding, always ensure that the basic settings made by Öhlins are intact. Take notes, adjust in small steps and make only one adjustment at a time.

**Caution!**
Work with only one fork leg at a time. Do not mix the parts.

**Caution!**
The front fork kit is divided into one compression cartridge and one rebound cartridge. **Important**: Install the cartridge marked “Reb” (Rebound) in the right side fork leg. Install the cartridge marked “Comp” (Compression) in the left side fork leg.

1. Remove the Öhlins top cap.
2. Remove the spring support, spring and the preload tube.
3. Remove the cylinder tube from the cartridge. Use tool 01797-07 and a 14 mm allen key.
4. **Warning!**
Be careful not to damage the piston ring.
5. Put the cylinder tube carefully into the fork leg. Tighten to 40 Nm. Use a 14 mm extended allen key.
6. **Caution!**
Be careful not to damage the inside of the cylinder tube when tightening with the extended allen key.

1. Pour 0,5 litre Öhlins Front Fork fluid into the fork leg.
2. **Caution!**
Make sure that the piston ring is in its correct position and be careful not to damage it.
3.7
Open the compression and the rebound adjuster fully. Install the top cap directly to the cartridge (no spring or preload tube). Pull up the front fork outer tube and screw it to the top cap. Handtighten only.

3.8
Pump out all air from the cartridge by pulling the outer tube up and down 10-15 times.

3.9
Remove the top cap from the fork leg.

3.10
Make sure the piston shaft is in the bottom of the fork leg and that the outer tube is in the bottom position. Measure the oil level with a ruler. See Set-up data and Diagram: Oil level-force in this folder.

3.11
Put the preload tube and the spring on top of the cartridge.

3.12
Fasten tool 01765-03 on the top of the piston shaft. Install the spring support by leading it over the tool.

3.13
Pull up the piston shaft and grab the spring support with a 19 mm wrench.

3.14
Open the compression and the rebound adjuster fully. Remove the pull-up tool and install the top cap to the piston shaft. Tighten with torque 15 Nm.

3.15
Pull up the outer tube. Make sure the fork leg is in a fully extended position. Use tool 00797-01 to tighten the top cap. Tighten the top cap with torque 10 Nm.

3.16
Set the spring preload, rebound and compression adjusters according to Adjustments and Set-up data in this manual.

3.17
Install the front fork legs into the fork crowns. Tighten the upper fork crown with torque 20 Nm, and the lower fork crown with torque 10 Nm.

Note!
It is very important that the fork is in the same position as it was before changing the fork kit!