



Kit Contents		
Description	Part No	Pcs
Shock absorber		2
Dust boot	10216-01	2
Main spring	U00159-36	2
Helper spring w/ spring support	U00159-49	2
Lower spring seat	24635-03	2
Lock ring	24636-03	2
Spacer	24629-15	2
Rebound adjuster	24631-02	2
Front strut mount, driver side	U00218-01	1
Front strut mount, passenger side	U00219-01	1
Mounted on shock absorber		
Sleeve		2
Used for both front and rear		
C-spanner 1		1
C-spanner 2		1
Öhlins sticker		1
Öhlins Owner's Manual		1

⚠ Warning!

For off-road use only. Dedicated kits have been designed specifically for track use and should never be used on the streets.

👁 Note!

Please note that during storage and transportation, especially at high ambient temperature, some of the oil and grease used for assembling may leak and stain the packaging. This is in no way detrimental to the product, wipe off the excessive oil/grease with a cloth.

👁 Note!

Please note that this image is a general representation of the product and may differ slightly from your product.

👁 Note!

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

⚠ Warning!

Before installing this product, read the Öhlins Owner's Manual. The shock absorber is an important part of the vehicle and the vehicle stability.

Shock absorber Kit for BMW M3 (E90, E92) - front

BMU MU40S1

Mounting Instructions



MOUNTING INSTRUCTIONS

⚠ Warning!

We strongly recommend to have an Öhlins dealer install this product.

⚠ Warning!

If working on a raised vehicle, ensure that it is securely supported to prevent it from tipping over.

👁 Note!

When working on this product, see the Vehicle Service Manual for vehicle specific procedures and important data.

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.

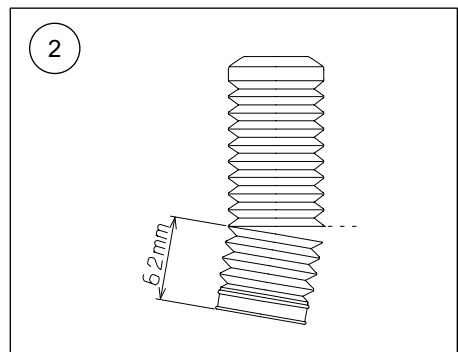
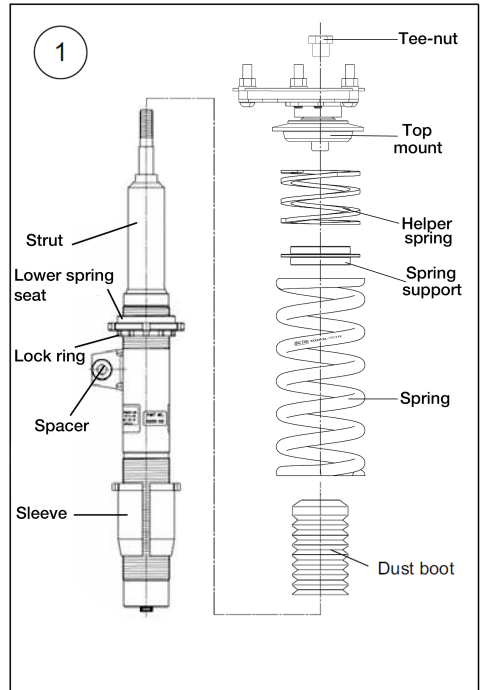
5

Cut the dust boot 62 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 main spring, spring support, tender spring, the correct top mount and spacers for that corner to the strut according to fig 1. Apply a small amount of Loctite 243 to the tee-nut and install and tighten to 35-40 Nm.



MOUNTING INSTRUCTIONS

7

Install the Öhlins McPherson struts on the vehicle according to fig 4

Fit the stabilizer link according to fig 3.

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

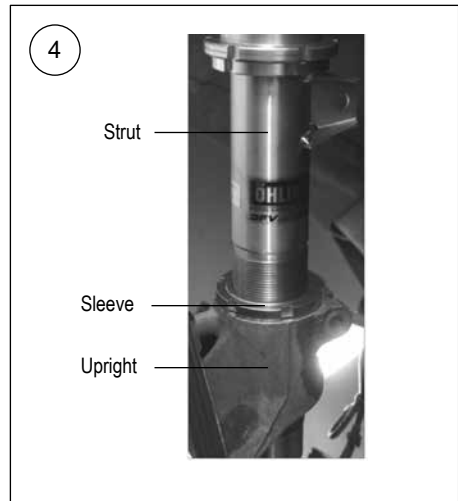
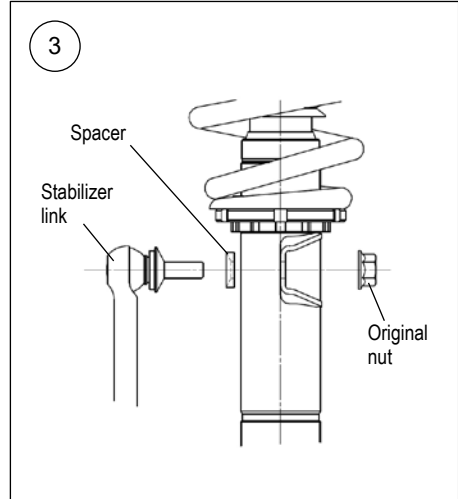
Raise the wheel hub with a jack to remove the freeplay of the lower strut attachment bolts before tightening them.

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 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.

SETUP DATA

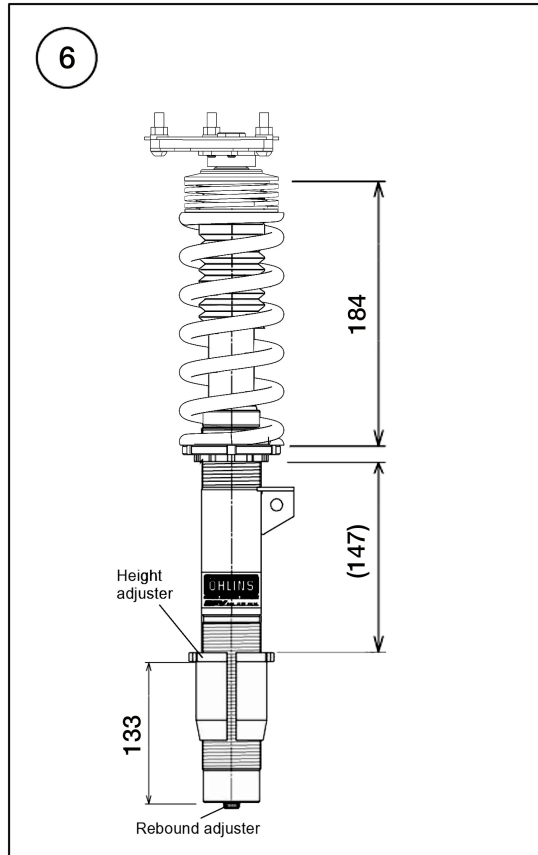
Recommended set-up

Rebound setting

Track	9	clicks
Spring assembly preload length	184	mm
Height adjuster location	133	mm
Spring		
Main Spec H152, ID65	120	N/mm
Helper Spec H135, ID65	0.8	N/mm

The actual vehicle height

With both the preload and height adjustments in their standard positions, the vehicle is lowered approximately 15 mm when compared to the original suspension. As the height adjuster is turned one rotation, the position moves 1.5 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	24626-01	2
Rebound adjuster	24631-04	2
Bushing spacer	24629-14	4
Dust boot	10216-01	2
Lock ring	24636-03	4
Spring	U00159-35	2
Spring preload adjuster		2
Rubber seat	25601-03	2
Lower plastic seat	25618-04	2
Spring Seat	24635-03	2
Lock nut		2
Rear shock mount, pair	U00228-01	1
Mounted on shock adjuster		
Adjuster		2

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👁 Note!

Please note that this image is a general representation of the product and may differ slightly from your product.

👁 Note!

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

⚠ Warning!

Before installing this product, read the Öhlins Owner's Manual. The shock absorber/front fork/steering damper is an important part of the vehicle and the vehicle stability.

Shock absorber Kit for BMW M3 (E90, E92) - rear

BMU MU40S1

Mounting Instructions



MOUNTING INSTRUCTIONS

⚠ Warning!

We strongly recommend to have an Öhlins dealer install this product.

⚠ Warning!

If working on a raised vehicle, ensure that it is securely supported to prevent it from tipping over.

👁 Note!

When working on this product, see the Vehicle Service Manual for vehicle specific procedures and important data.

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 5.

6

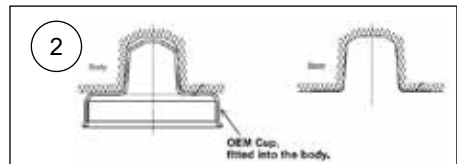
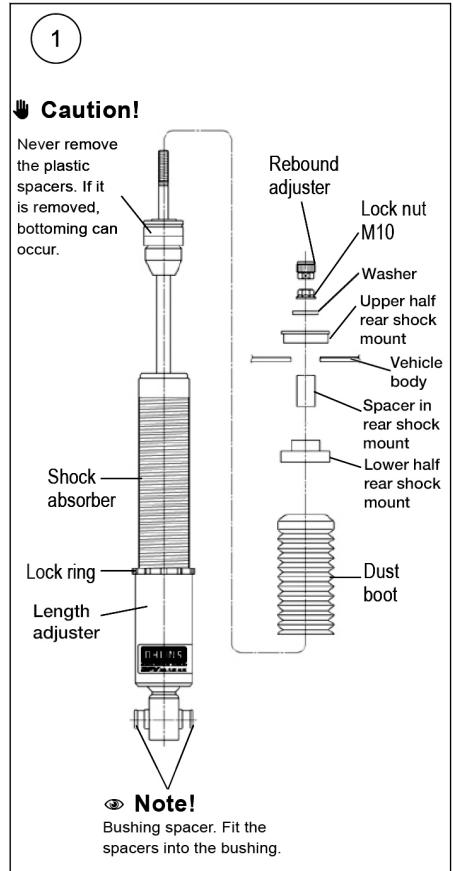
Remove the OEM upper spring cup according to figure 2.

7

Install the Öhlins spring and the spring preload adjuster on the vehicle according to fig 4.

8

Cut the dust boot 82 mm from the lower end with a pair of scissors according to fig 3.



MOUNTING INSTRUCTIONS

9

Tighten the lock ring to 50 - 60 Nm.
Fit the bushing spacers, the dust boot, the upper and lower halves of the rear shock mount, the spacer, the washers included with the kit, the lock nut and the adjuster according to fig 1. Tighten the lock nut to 30 Nm.

👁 **Note!**

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

10

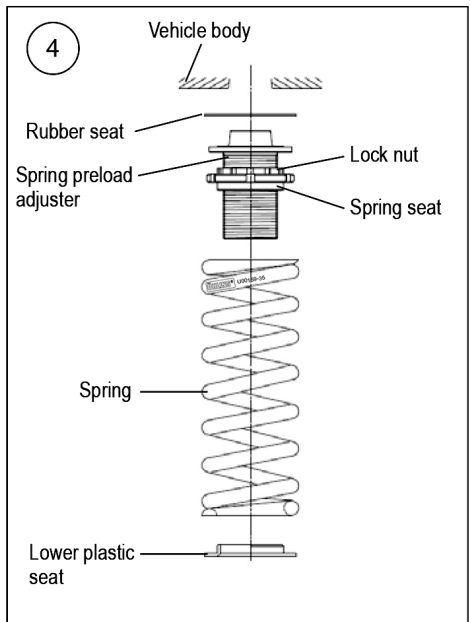
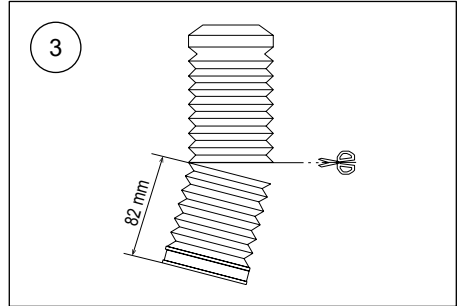
Install the Öhlins shock absorbers on the vehicle.

11

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

👁 **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.



ADJUSTMENTS

⚠ 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.

SETUP DATA

Recommended set-up

Rebound setting

Track 15 clicks

Spring preload adjuster height 48 mm

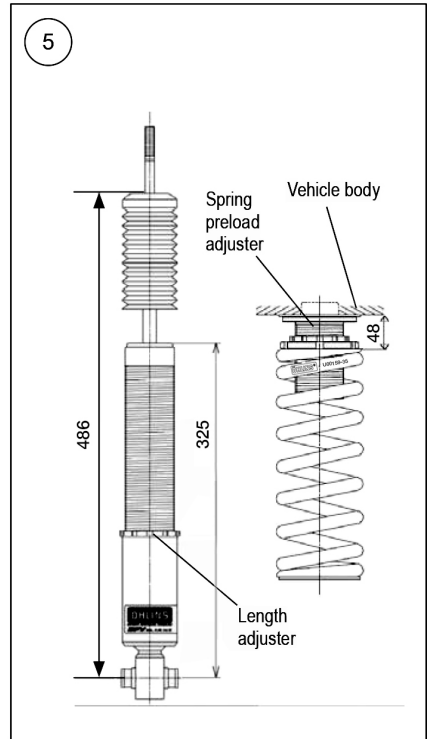
Shock absorber length 486 mm

Spring

Spec H203, ID65 180 N/mm

The actual vehicle height

With both the preload and height adjustments in their standard positions, the vehicle is lowered approximately 10 mm when compared to the original suspension. As the height adjuster is turned one rotation, the position moves 1.5 mm.



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