



Kit Contents		
Description	Part No	Pcs
Shock absorber		2
Dust boot	10216-01	2
Main spring	U00159-44	2
Tender spring	U00159-32	2
Spring support	05193-05	2
Tee-nut	U00225-01	2
Lower spring seat	24635-03	2
Lock ring	24636-03	2
Rebound adjuster	24631-02	2
Spacer 1	U00223-01	2
Spacer 2	U00226-01	2
Top mount (left)	U00215-01	1
Top mount (right)	U00216-01	1
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 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!

Please note that there can be small differences between your product and the images in these instructions.

👁 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 BMW M3 & Non M 3-Series (E46)

BMU MU30S1 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.

*Use kit in conjunction with a 30mm front bar and stock rear bar.

*Test Car had 275/35/18 Toyo R888 with 18x9.5 et35 wheels. No spacer

***Tire clearances near the damper must be checked!**

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

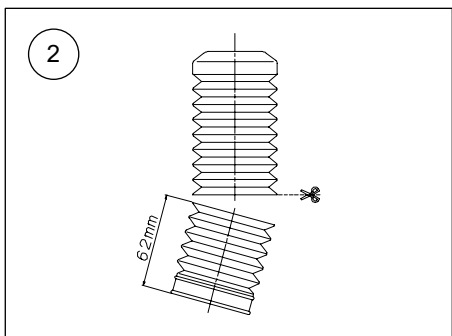
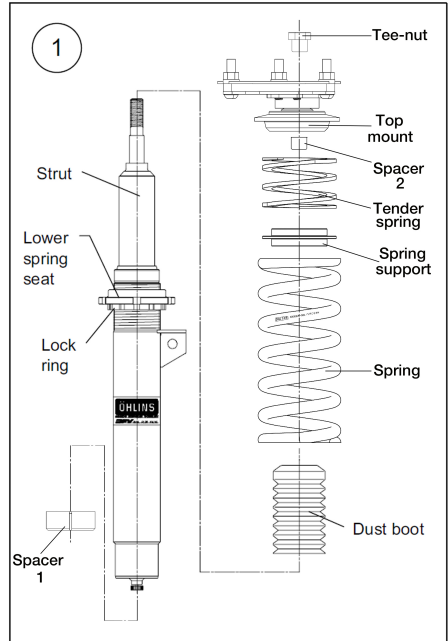
Loosen the upper attachments. Remove the original struts from the car.

5

Cut the dust boots 62mm from the lower end with a pair of scissors according to fig 2.

👁 Note!

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



6

Tighten the lower spring seat and the lock ring to 50-60Nm. Fit the dust boot, the Main spring, spring support, tender spring, spacer 2, the correct top mount 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 35-40Nm. Install spacer 1 on the lower body of the strut making sure it seats properly with the external chamfer facing away from the shock body.

MOUNTING INSTRUCTIONS

7
Install the Öhlins McPherson struts on the vehicle according to fig 4.

Rotate the strut until the centerline of the alignment tab is centered within the visible gap of the carrier as shown in fig 3. There should be approximately a 20mm gap between the top of the carrier and the alignment tab.

8
Fasten the upper attachments.

👁 Note!

The alignment tab should always be centered in the carrier in order to ensure the sway bar end link tab is correctly oriented on each side of the vehicle.

9
Raise the wheel hub with a floor jack to remove any free play between the lower portion of the strut and carrier while making sure the strut is properly seated, this can be confirmed by checking that the lower lip of Spacer 1 is making contact with the bottom lip of the carrier. Tighten lower attachment bolts to secure the strut.

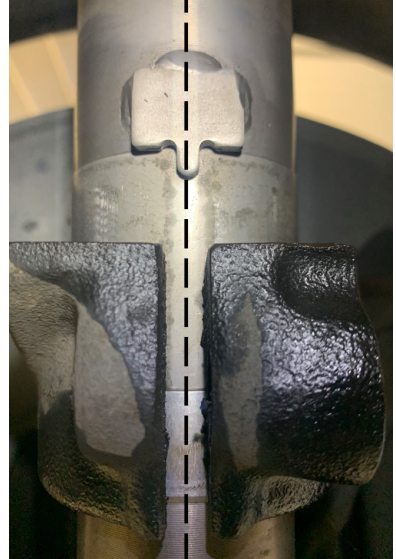
10
Attach the sway bar end link to the tab on the strut and tighten accordingly to factory specifications.

👁 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.

11
Make sure that all removed parts are reinstalled in the same way as they were before the installation of the Öhlins shock absorber.

3



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	7	clicks
Shock absorber length	518	mm

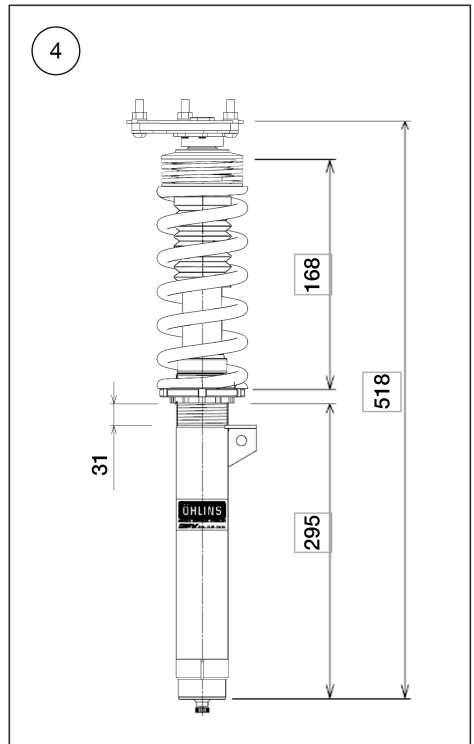
Spring

Main Spec H127, ID65, 120 N/mm

Tender Spec H068, ID65, 040 N/mm

The actual vehicle height

With both the preload and height adjustments in their standard positions, the front ride height measurement should be 13.5" from center of wheel vertically to the fender. 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.

Part no. U00250-01_1
Issued 2022-08-24

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Öhlins USA
703 South Grove St
Hendersonville NC, 28792
Phone 1-800-336-9029
fax 828-692-0595



www.ohlinsusa.com



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👁 Note!

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Kit Contents		
Description	Part No	Pcs
Shock absorber		2
Spacer	24629-01	2
Lock nut M10	24626-01	2
Screw (M4)	24633-02	2
Handle	24633-01	2
Control wire	24632-04	2
Rebound adjuster	24631-03	2
Top mount	U00217-01	2
Allen key		1
Bushing spacer	U00148-01	4
Lock ring	24636-03	4
Dust boot	10216-01	2
Spring	U00159-33	2
Spring preload adjuster	25618-01	2
Rubber seat	25601-03	2
Rear upper spring seat	U00227-01	2
O-ring for U00227-01	U00307-01	2
Lower plastic seat	24635-03	2
Mounted on shock adjuster		
Adjuster		2
Used for both front and rear		
C-spanner 1		1
C-spanner 2		1
Öhlins sticker		1
Öhlins Owner's Manual		1

👁 Note!

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⚠ Warning!

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Shock Absorber Kit for BMW M3 & Non M 3-Series (E46)

BMU MU30S1 REAR

Mounting Instructions



MOUNTING INSTRUCTIONS

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⚠ Warning!

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👁 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

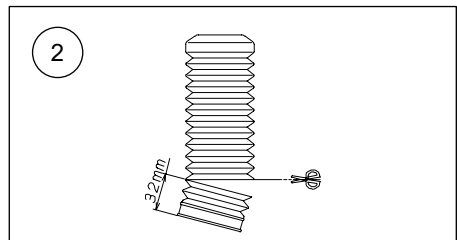
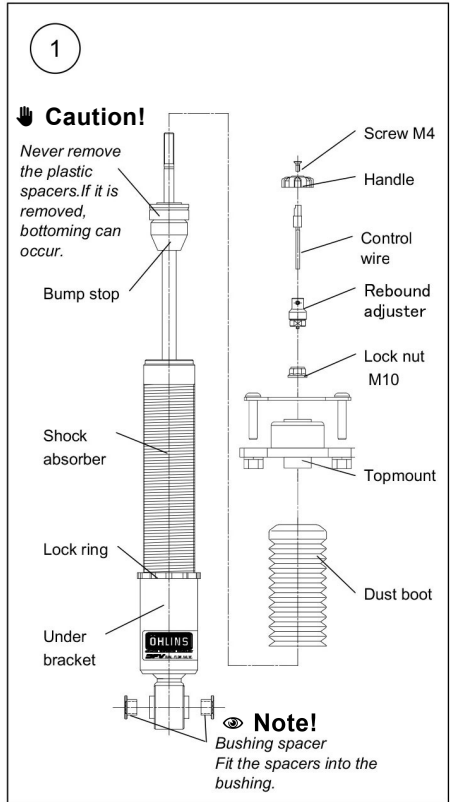
Set the spring seat of the spring preload adjuster to the position according to fig 5.

6

Making sure to install the O-ring (U00307-01) into the Rear upper spring seat, install the Öhlins spring and the spring preload adjuster on the vehicle according to fig 3.

7

Cut the dust boot 32 mm from the lower end with a pair of scissors according to fig 2.



MOUNTING INSTRUCTIONS

8

Fit the bushing spacers, the dust boot, the spacer, the top mount, 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 5 mm Allen key.

9

Install the Öhlins shock absorbers on the vehicle.

10

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

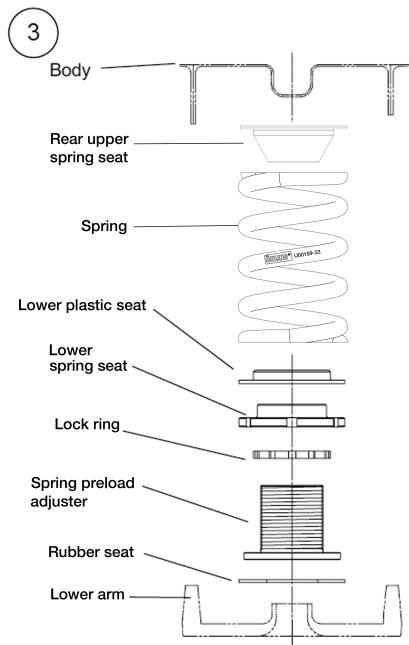
👁 **Note!**

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.

11

Sub-assemble the wire.

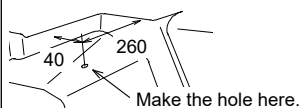
(Fasten the handle by tightening the M4 screw.) As shown in fig 4, insert the wire through the $\varnothing 10$ hole which is made in the side panel, and run it inside the panel. Insert the top end of the wire into the adjuster and fasten it with the supplied Allen key.



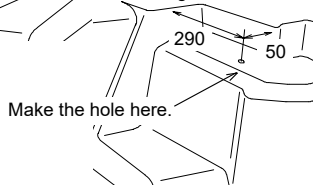
4

Make a $\varnothing 10$ hole in the side panel in the shown position and pass the control wire through it.

←Left side



Right side →



ADJUSTMENTS

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SETUP DATA

Recommended set-up

Rebound setting

Track	12	clicks
Spring preload	14	mm

Spring

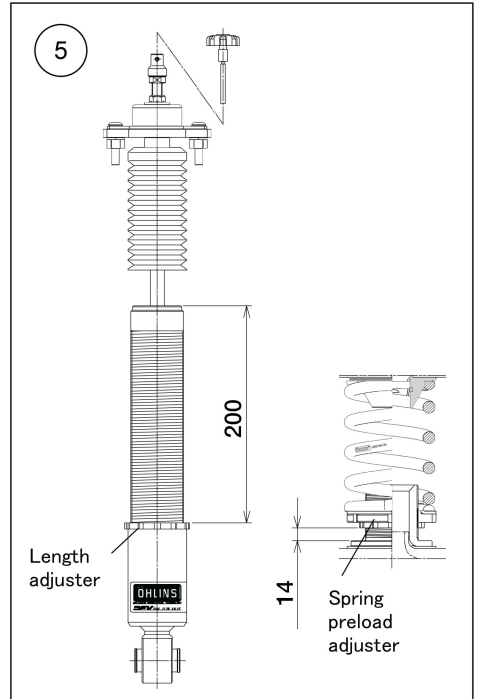
Spec H127, ID65, 160 N/mm

The actual vehicle height

With both the preload and height adjustments in their specified position, ride height should be 13" (approximately 330mm) when measured from the center of the wheel vertically to the fender. As the height adjuster is turned one rotation the position moves 1.5mm

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.

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⚠ Warning!

The adjustment range is the standard position -11 to +14 mm. If the bracket is moved outside the adjustment range, it may come loose.

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Part no. U00250-01_1
Issued 2022-08-24

Öhlins USA
703 South Grove St
Hendersonville NC, 28792
Phone 1-800-336-9029
fax 828-692-0595



www.ohlinsusa.com