

**SHOCK ABSORBER KIT FOR**  
**FORD Ranger P703**  
**VW Amarok Aventura**

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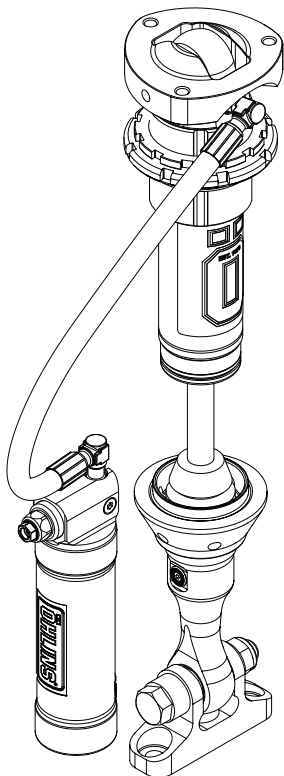
Front Shock Absorber Kit.....Page 1-10

Rear Shock Absorber Kit.....Page 11-18

Mounting Instructions







**Note!**

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

**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!**

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

**Kit Contents**

Description	Part No	Pcs
1.1 Shock absorber LH	FOV 1X10	1
1.2 Shock absorber RH	FOV 2X10	1
2 Washer	00543-12	2
3 Spring clip	62429-01	2
4 Lock ring	62427-01	4
5 Bracket, end eye	61125-20	2
6 Ball joint spacer	10410-18	4
7 Screw M16x89x2.0	62426-06	2
8 Screw M12x70x1.75	62426-07	4
9 Washer	63118-13	2
10 Washer	60426-07	2
11 Lock nut M16	00430-10	2
12 Screw M10x25x1.5	00429-34	6
13 Washer	00426-08	6
14 Bracket, reservoir	60006-60	2
15 Spacer	61125-18	2
16 U-bolt	62426-04	2
17 Washer	00426-06	4
18 Lock nut M8	00430-05	4
19 Reservoir clamp	05378-20	4
20 Screw M5x22	01046-26	4
21 Screw M5x16	00382-55	8
22 Lock nut M5	00430-04	12
23 Cable tie edge clip	60231-04	2
24 C-Spanner	60710-03	1
25 R&T C-Spanner	01796-01	1

**Warning!**

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

**Front Shock Absorber Kit**

**FOV 1X10**

**FOV 2X10**

**Mounting Instructions**



# MOUNTING INSTRUCTIONS

**⚠ Warning!**

*It is advisable to have an Öhlins dealer install the shock absorber.*

**⚠ Warning!**

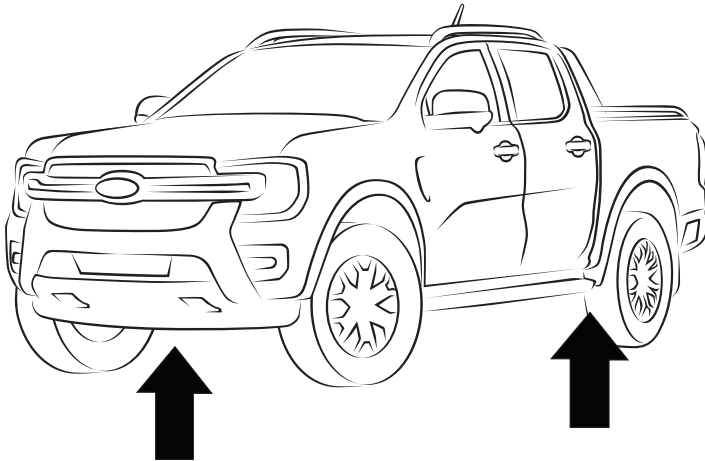
*If working on a raised vehicle, ensure it is securely supported so that it will not tip over.*

**👁 Note!**

*Before mounting this product clean the vehicle thoroughly.*

**👁 Note!**

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



1

Lift the vehicle by using a suitable car lift.

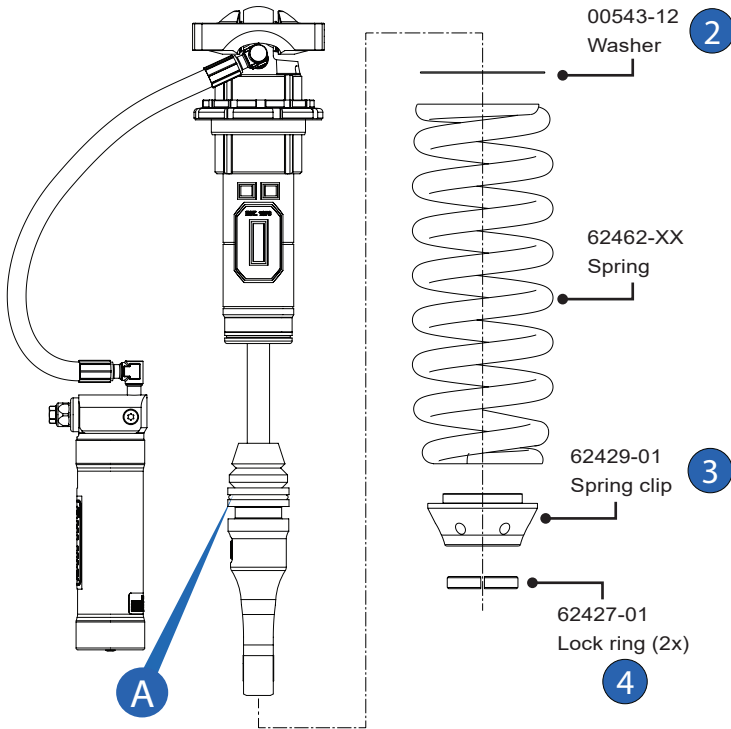
**👁 Note!**

*Refer to the vehicle service manual for the recommended lift points.*

2

Remove the front wheels.

# MOUNTING INSTRUCTIONS



3

## Spring Installation :

3.1 Pre-compress the spring by using a spring compressor.

3.2 Install the washer (2) underneath the pre-load adjuster nuts.

3.3 Install the spring onto the damper body.

3.4 Apply penetrating oil (WD-40 or similar) to the O-ring ④ then install the spring clip (3) thru the end-eye and lock it in place by using the 2 lock rings (4)

3.5 Release the spring from the spring compressor making sure the spring clip and the lock rings are seated properly.

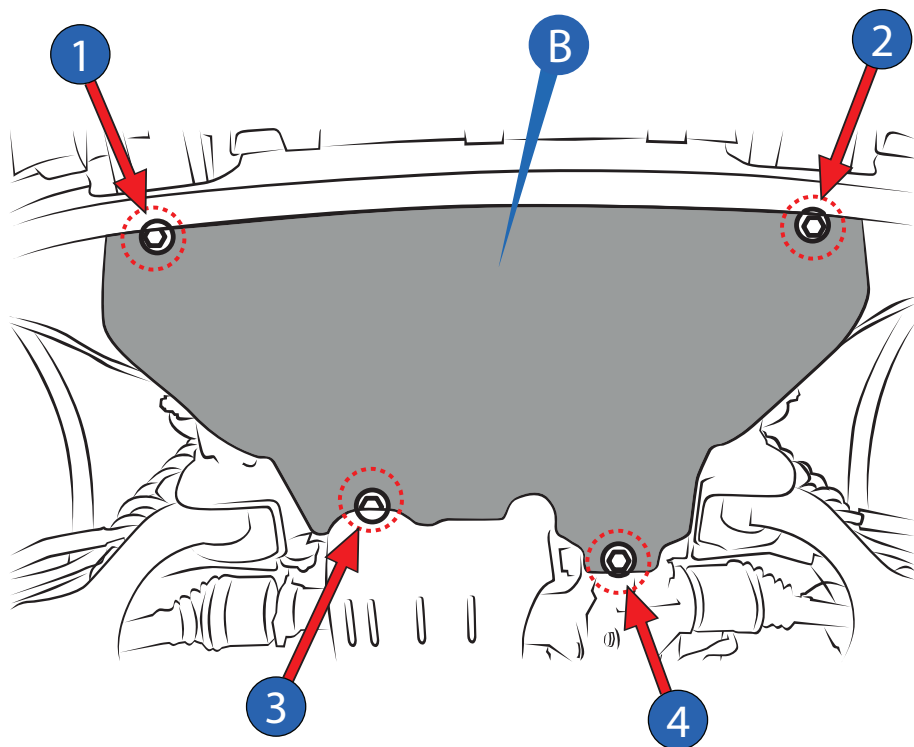
## 👁 Note!

*When installing the springs, reservoir hose and rebound adjuster must be pointing toward front of the vehicle.*

## 👁 Note!

*For spring recommendation and preload see page 10.*

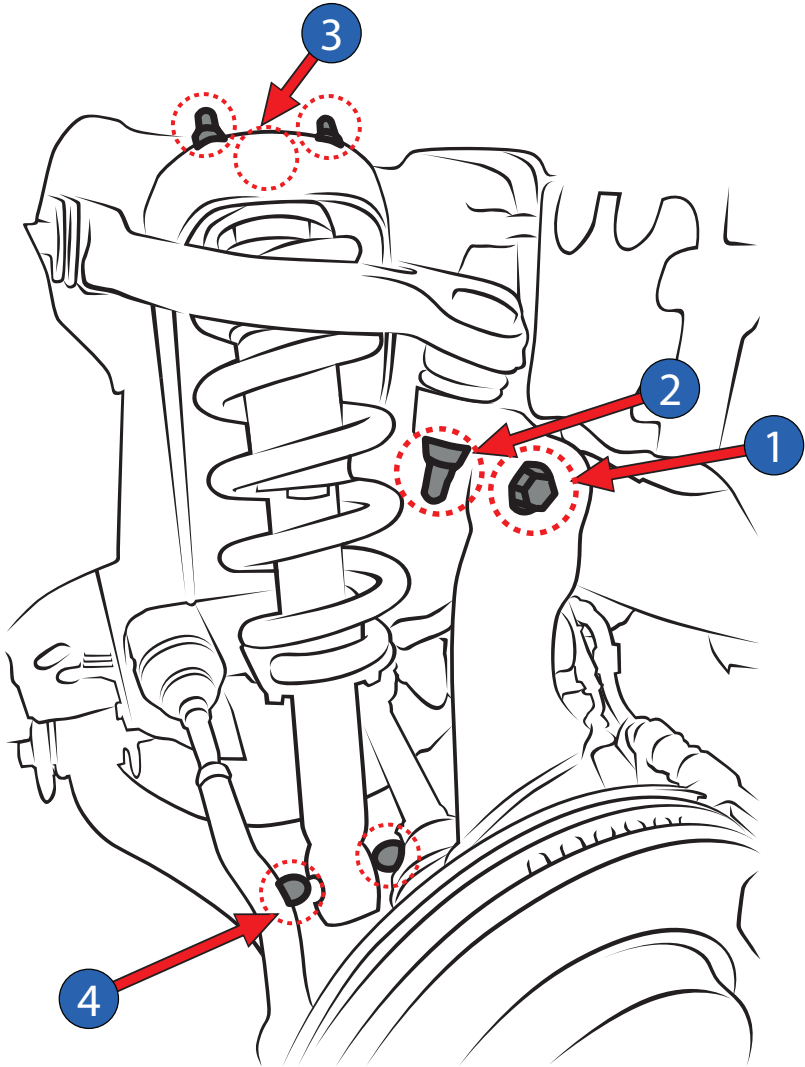
# MOUNTING INSTRUCTIONS



4

Remove the skid plate <sup>ⓑ</sup> by loosening the 4 screws ①②③④.

# MOUNTING INSTRUCTIONS

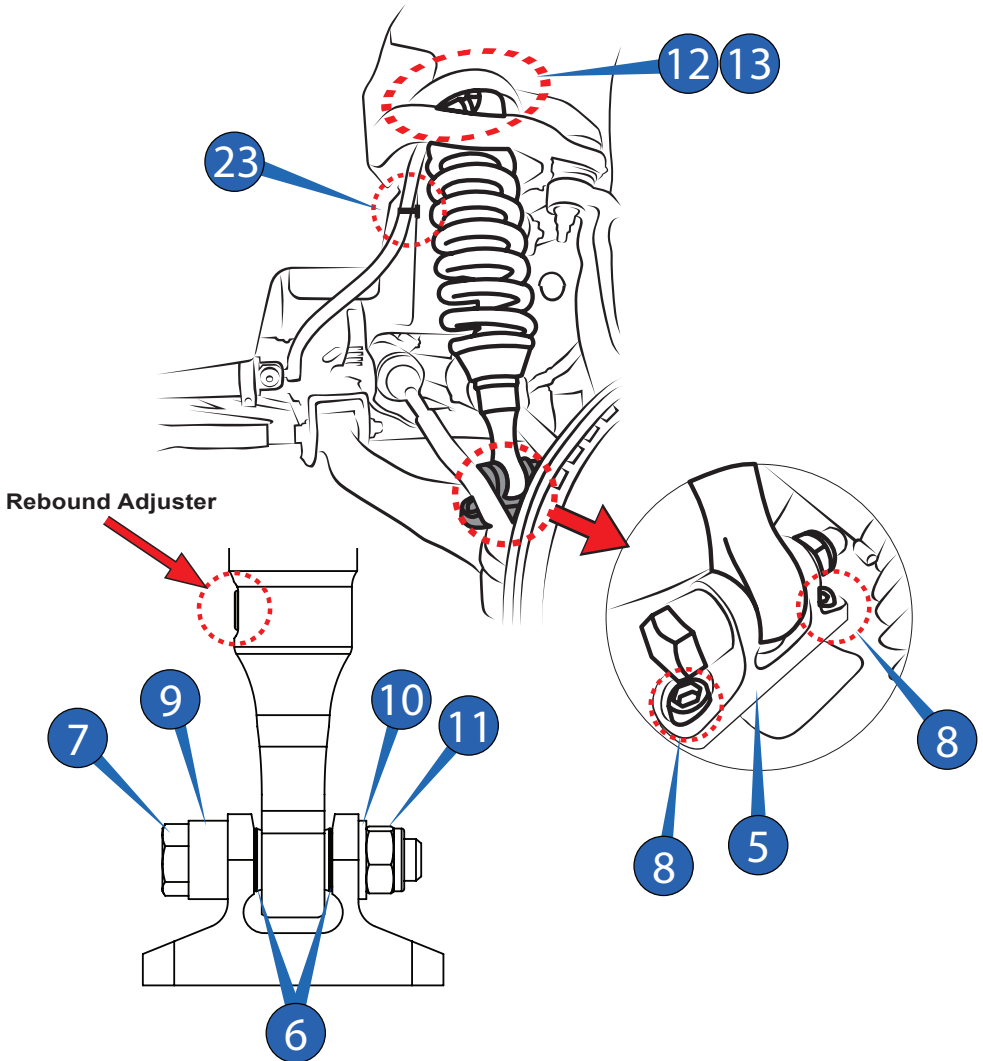


5

OEM shock absorber removal :

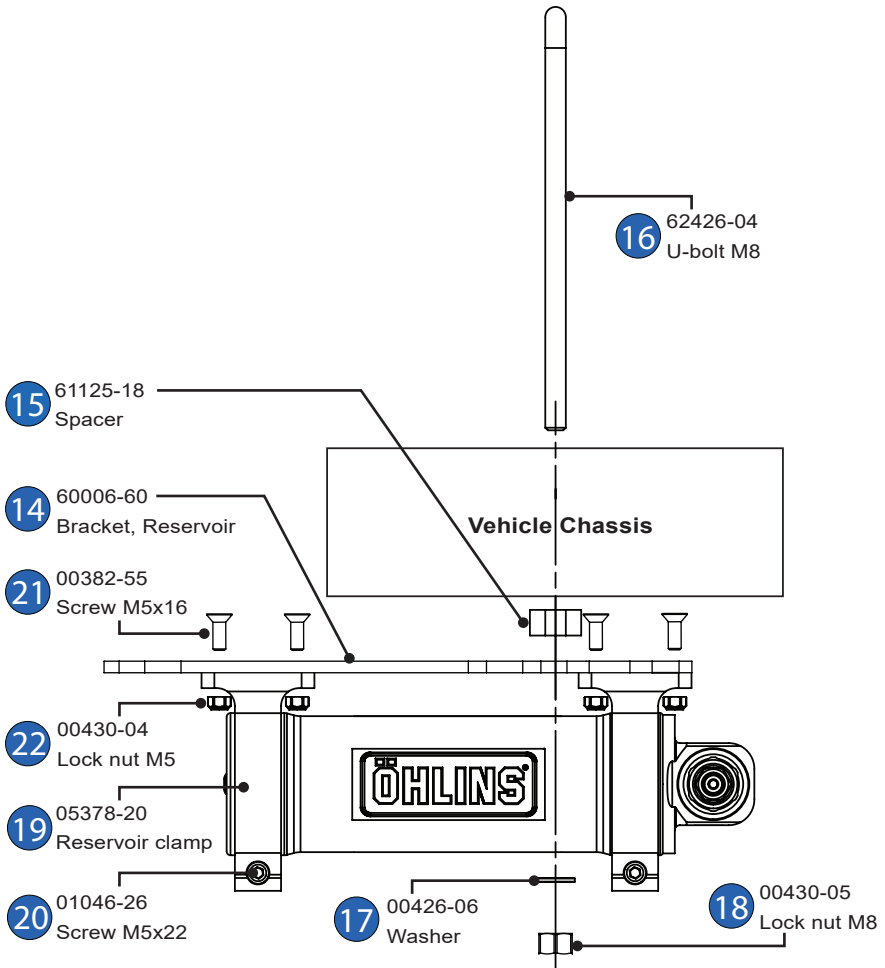
Loosen the anti-rollbar link nut ① and the upper control arm balljoint ②. Then remove the OEM front shock absorbers by loosening the top plate nuts ③ and the lower mount nuts ④.

# MOUNTING INSTRUCTIONS



- 6  
Öhlins shock absorber installation :
- 6.1 Install the lower bracket (5) by tightening the screws (8) and the OEM nuts at torque 90 Nm.
  - 6.2 Install the Öhlins shock absorber by tightening the upper mount screws (12) and washers (13) at torque 44 Nm.
  - 6.3 Install the end eye into the lower mount bracket following the diagram above. Then tighten the screw (7) and nut (11) at torque 96 Nm.

# MOUNTING INSTRUCTIONS



7

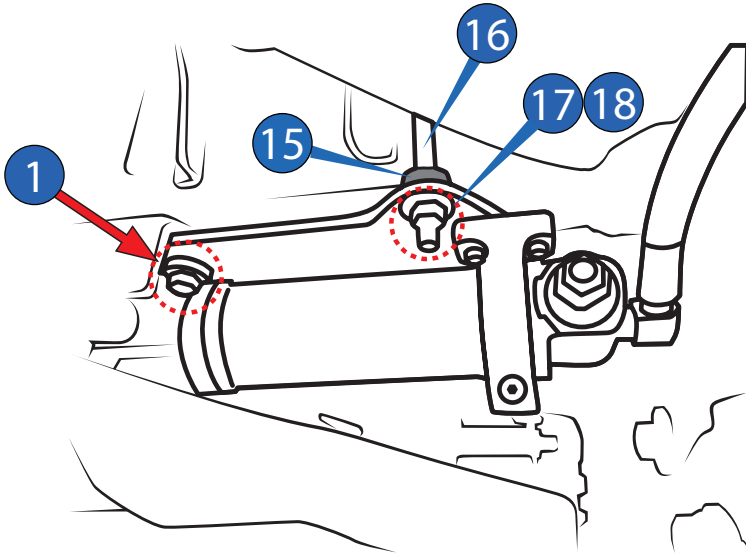
Reservoir assembly :

7.1 Assemble the reservoir clamp (19) to the bracket (14) with screws (21) and nuts (22).

Tighten at torque 10 Nm.

7.2 Assemble the reservoir into the clamp, then tight the screws (20) and nuts with torque value at 10 Nm.

# MOUNTING INSTRUCTIONS



8

Assembled reservoir installation :

8.1 Loosen the front tow hook screw ①.

8.2 Install the assembled reservoir and tighten back the front tow hook screw with torque value as specified in the vehicle service manual.

8.3 Install the spacer (15) in between the chassis and the reservoir bracket. Then install the u-bolt (16) crossing the chassis. Tighten the nuts (18) and washers (17) at torque 20 Nm.

8.4 Tighten the cable tie edge clip (23) to hold the hose in place with the chassis according to position shown on page 6.

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# 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.

## 👁 Note!

Apply penetrating oil (WD-40 or similar) to preload adjuster when preload adjustment needed.

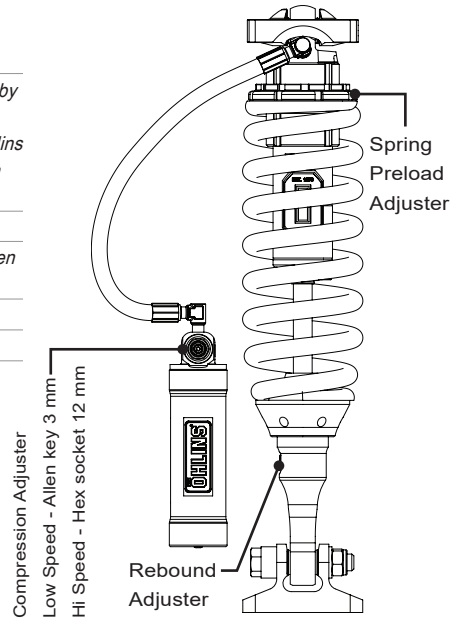
## 👁 Note!

Recheck the vehicle wheel alignment after installation.

# SET-UP DATA

## Recommended set-up

Paved roads/highway:	
Low-speed Compression Adjuster	15 Clicks
Hi-speed Compression Adjuster	25 Clicks
Rebound Adjuster	20 Clicks
Gravel roads/offroad:	
Low-speed Compression Adjuster	18 Clicks
Hi-speed Compression Adjuster	20 Clicks
Rebound Adjuster	25 Clicks



## Shock absorber data

Length .....	568.5 mm
Stroke .....	116.5 mm

## Spring options

Part No.	62462-10	62462-04	62462-08
Free spring length	315 mm	325 mm	335 mm
Spring rate	110 N/mm	120 N/mm	130 N/mm
Preload adj.range	[7-43] mm	[17-43] mm	[27-48] mm
Recommended preload (0" Lift)	18 mm	Not allowed	Not allowed
Recommended preload (1" Lift)	31 mm	25 mm	Not allowed
Recommended preload (2" Lift)	Not allowed	38 mm	33 mm
Vehicle equipment	Standard	Light bull bar Up to 50 kg.	Heavy bull bar + Winch Up to 100 kg.

👁 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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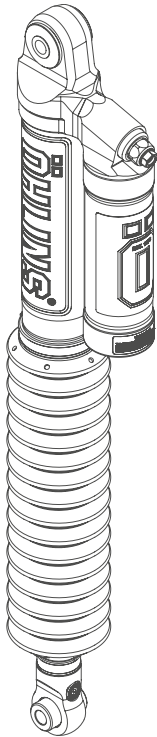
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**👁 Note!**

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

**Kit Contents**

	<b>Description</b>	<b>Part No</b>	<b>Pcs</b>	<b>Remark</b>
1.1	Shock absorber LH	FOV 3X10	1	Ford
1.2	Shock absorber RH	FOV 4X10	1	Ranger
1.1	Shock absorber LH	FOV 4X10	2	VW
1.2	Shock absorber RH			Amarok
2	Lift block	62417-10	2	
3	Screw M8x10	01046-71	4	
4	Sticker set "ÖHLINS"	10207-01	1	
5	Owners manual	07440-06	1	

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**👁 Note!**

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**⚠ Warning!**

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

**Rear Shock Absorber Kit**

***FOV 3X10***

***FOV 4X10***

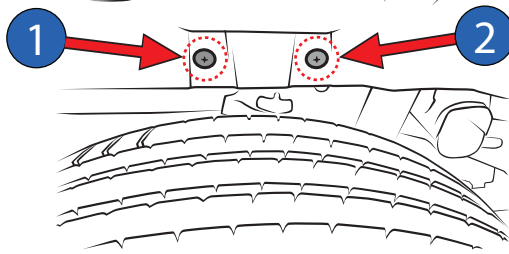
**Mounting Instructions**



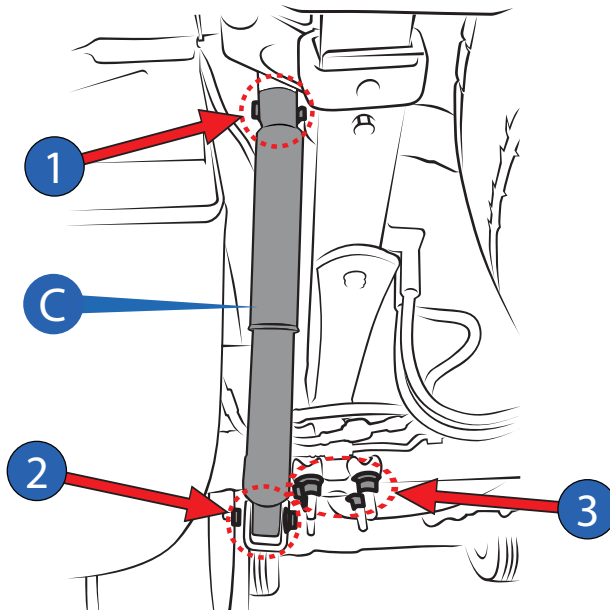
# MOUNTING INSTRUCTIONS

## ⚠ Caution!

Secure the rear axle before removing the rear shock absorbers.

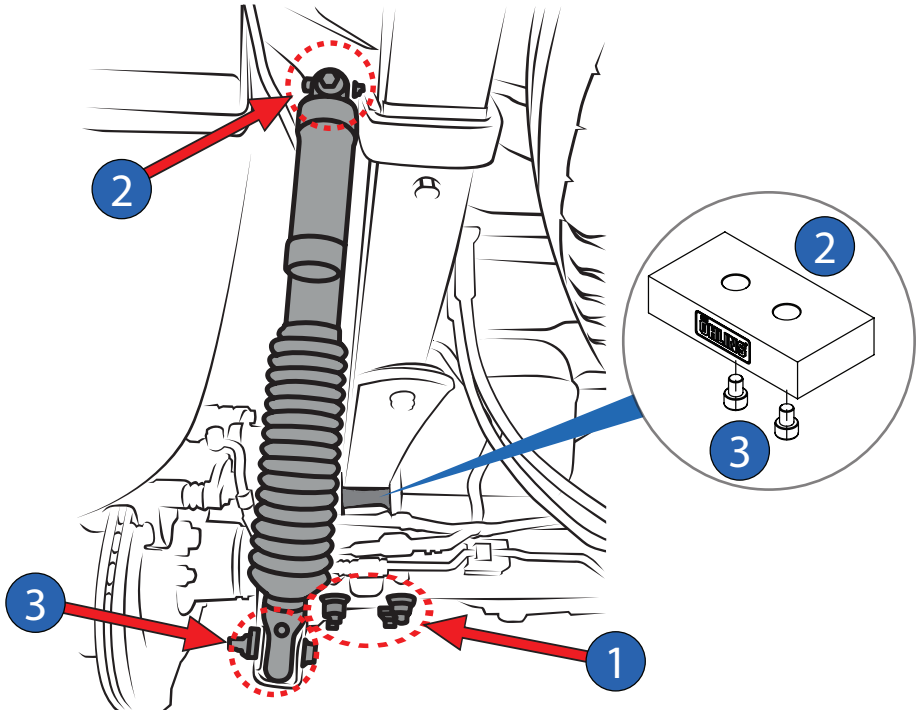


- 1  
Remove the clips ① and ② for both left and right side of the vehicle.



- 2  
OEM shock absorber removal :  
2.1 Remove the OEM shock absorbers © by loosening the upper mount screw ① and the lower mount screw ②.  
2.2 Remove the U-bolt clamp bracket loosening 4 nuts ③ underneath then remove 2 U-bolts.

# MOUNTING INSTRUCTIONS



3

Öhlins shock absorber installation :

3.1 Install the Öhlins 1" lift block assembled with 2 screws (2) and (3) in between the leaf spring and the rear axle.

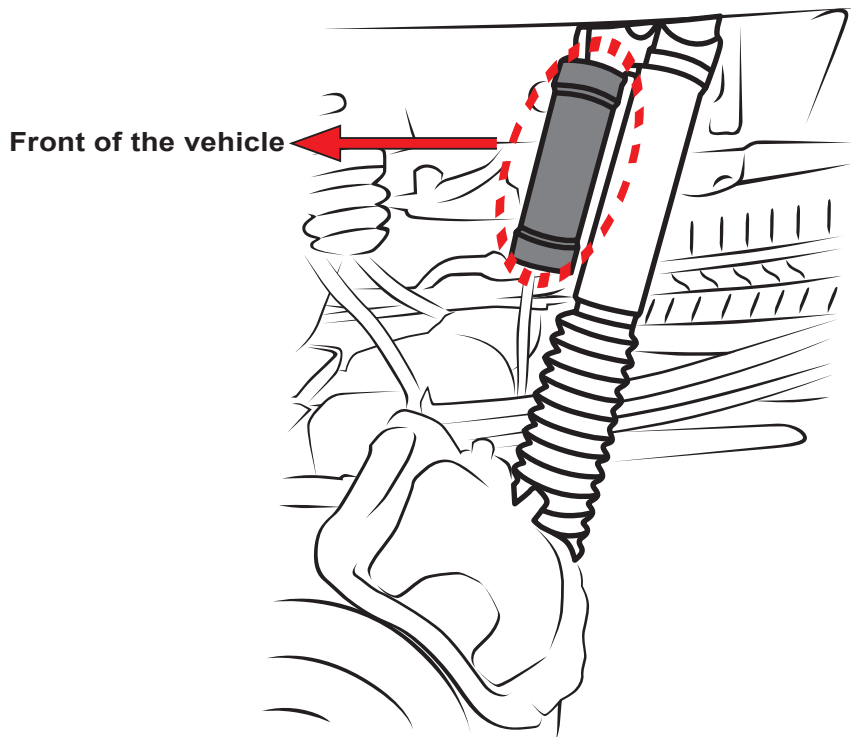
3.2 Reinstall 2 U-bolts then tighten 4 nuts underneath ① with torque value as specified in the vehicle service manual.

3.3 Install the Öhlins rear shock absorbers. Tighten the upper mount ② and the lower mount ③ with torque value as specified in the vehicle service manual.

# MOUNTING INSTRUCTIONS

## 👁 **Note! Volkswagen Amarok**

*Please see the specific installation instruction below.*



Volkswagen Amarok :

On the left side, install the Öhlins rear shock absorber (FOV 4X10) by facing the reservoir frontward of the vehicle as shown in the figure above.

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# 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.

## 👁 Note!

Recheck the vehicle wheel alignment after installation.

# SET-UP DATA

## Recommended set-up

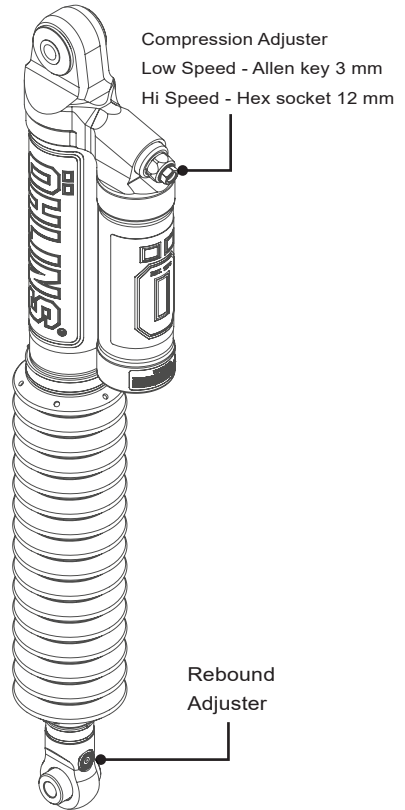
Paved roads/highway:	
Low-speed Compression Adjuster	15 Clicks
Hi-speed Compression Adjuster	25 Clicks
Rebound Adjuster	15 Clicks
Gravel roads/offroad:	
Low-speed Compression Adjuster	18 Clicks
Hi-speed Compression Adjuster	20 Clicks
Rebound Adjuster	20 Clicks

## Shock absorber data

Length ..... 640 mm  
 Stroke ..... 238 mm

## Lift information

0" Lift	Do not install Öhlins lift block
1" Lift	Install Öhlins lift block
2" Lift	Use aftermarket 2" lift leaf springs



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