

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

Kit Contents

	Part No.	Pcs.
Shock absorber	YA 056	1
Sticker set Öhlins		1
Screw M12x55	00439-16	1
Nut M12	01501-01	1
C-spanner	00710-02	1
Memo Notes Sticker	01180-01	1
Owner's Manual	07241-02	1

👁 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.

⚠ 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.

Shock Absorber for Yamaha FJR 1300 ABS

YA 056

Mounting Instructions



How to install

⚠ Warning!

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

When installing, consult your Vehicle Service Manual.

👁 Note!

Before installing the Öhlins shock absorber clean the vehicle thoroughly.

1

Put the motorcycle on a workstand, so that the rear wheel is clear of the ground.

👁 Note!

In order to create enough space between the swing arm and the rear sub frame it is necessary to raise the motorcycle higher than what is achieved by using the central stand

⚠ Warning!

Make sure the vehicle is securely supported so that it will not tip.

2

Loosen the original spring preload adjuster by first removing the bracket and then remove the preload adjuster from the bracket.

3

Loosen the link arms from the triangle link.

4

Loosen first the lower shock absorber attachment, then the upper shock absorber attachment.

5

Remove the shock absorber downwards.

6

Install the Öhlins shock absorber in reversed order, use the provided screw and nut for the lower attachment.

👁 Note!

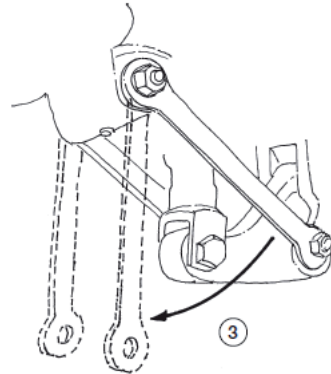
Lower the motorcycle so that the shock absorber is slightly compressed, before tightening the screws.

8

Reinstall all removed parts to the motorcycle.

⚠ Warning!

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



Adjustments

⚠ Warning!

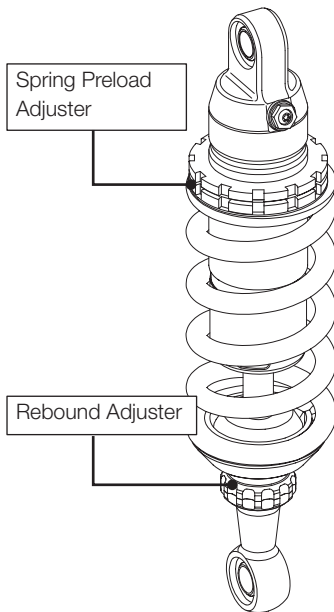
Before riding, always make sure that the basic settings made by Öhlins are according to recommended Set-up Data. Read about adjustments and setting up in the Öhlins Owner's Manual before you make any adjustments. Contact an Öhlins dealer if you have any questions about setting up the shock absorber.

Set-up Data

Recommended set-up

Spring Preload	16 mm
Rebound	14 clicks
Total length	325 mm
Stroke	61 mm
Spring	01092-34
Spring rate	100Nm
Spring; Free length	170 mm

👁 Read about Free Sag and Ride height in the Öhlins Owner's Manual.



👁 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. YA 056_1
Issued 2017-01-01

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