

## Kit Contents

Description	Part No	Pcs
Top Cap M41x1.5	60005-44	2
Screw MRT 4x8	01050-04	2
O-ring 4.5x1.5	00338-59	2
O-ring 37x2	00338-92	2
Spring 4.2 N/mm	68035-42	1
Spring 4.6 N/mm	68035-46	1
Sticker Öhlins	00192-01	2
Sticker Öhlins	01185-01	2
Sticker Öhlins	01185-04	2

### 👁 Note!

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After you have installed this product, take a test ride at low speed to be sure that your vehicle has maintained stability.

## Fork Spring Kit for Honda CRF 150L

# FSK 163

## Mounting Instructions

# MOUNTING INSTRUCTIONS

## Congratulations!

With this purchase you have made a clear statement. This high performance Front Fork spring kit from Öhlins is nothing but pure racing breed which means that you have taken one more step to eliminate luck on your motorcycle.

The balance between your Front Fork and rear suspension will sharpen up and the performance of your Front Fork will improve. Almost 40 years of racing experience is now a crucial part of your riding experience.

## Relief screw

After using your motorcycle for a certain amount of time, please remove the screw situated on the top cap in order to release the air accumulated inside the Front Fork. Screw No.01050-04 Tightening torque is 3 Nm.

## Recommended oil

For best performance we recommend to use a mix of Öhlins front fork fluid 01314 and 01316 at 1:1 mixing ratio (in a beaker unite 50% of 01314 and 50% of 01316). The final oil viscosity affects how the front fork will behave:

- Higher viscosity mix improves the feeling of control.
- Lower viscosity mix improves the comfort and traction. The oil mixing ratio can be tuned in order to match the rider preferences.

Oil number	01314-01	01316-01
Viscosity cSt @40°C	40,0	98,0
Oil mixing ratio	1	1

👁️ 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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## How to install

- 1.Put the motorcycle on the work stand so that the front wheel barely touch the ground. Make sure the motorcycle is in a stable position.
- 2.Loosen the screws of the triple clamp top mounting.
- 3.Loosen (do not remove) both fork top caps 1/2 turn.
- 4.Remove both fork legs as per vehicle service manual instructions.
- 5.Remove the original Top cap and spring.
- 6.Remove the circlip, washer and top out rubber from the original top cap.
- 7.Purge all the oil from both Fork Legs.
- 8.Install the Öhlins spring (in the RH leg only), then fill the Öhlins oil in both Fork Legs.
- 9.Re-install the top out rubber, washer and circlip onto the Öhlins top cap.
- 10.Install the Öhlins top cap. Torque the top cap to the damper rod as vehicle service manual instruction.
- 11.Re-install both fork legs as per vehicle service manual instructions.

## Recommended oil volume

Model	Damping Leg	Spring Leg
CRF150 L	410 ml	335 ml

### 👁️Note!

Honda CRF150 L has the Damping system in one Fork leg and the spring in the other Fork Leg.

## Recommended spring

Spring part No.	Spring rate	For rider weight
68035-42	4.2 N/mm	Below 80 kg
68035-52	5.2 N/mm	Above 80 kg

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. MI\_FSK163\_EN\_0  
Issued 2021-07-14

Öhlins Asia Co. Ltd  
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Amphur Phantong, Chonburi Province  
20160 Thailand



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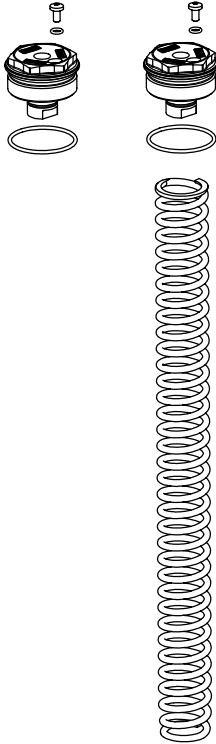
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