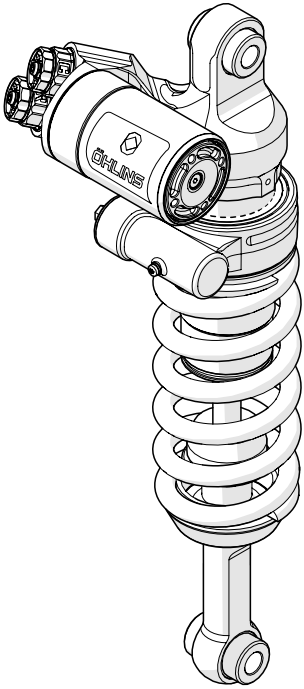


Kit Contents		
Description	**Part No**	**Pcs**
Shock absorber	BM 1569	1
Sticker Memo notes	01180-01	1
Sticker set Öhlins		1
Owner´s manual	07242-08	1

Note!

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

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!

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 for

BMW M1000RR

Mounting Instructions

BM 1569 0

ÖHLINS

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.

1

Put the motorcycle on a work stand so that the rear wheel barely touches the ground.

2

Remove the upper and the lower attachments of the original shock absorber.

3

Lift the original shock absorber above the rear wheel to remove it.

4

Use the original attachment screws and install the Öhlins shock absorber in the same position as the original shock absorber.

5

Install all removed parts in the same positions as they were before removal.

👁 Note!

Lower the vehicle so that the suspension is slightly compressed before you tighten the screws.

✋ Caution!

Make sure that you tighten all screws to the correct torque and that nothing fouls or restricts movement of the shock absorber/front fork/steering damper when the suspension is fully compressed or extended.

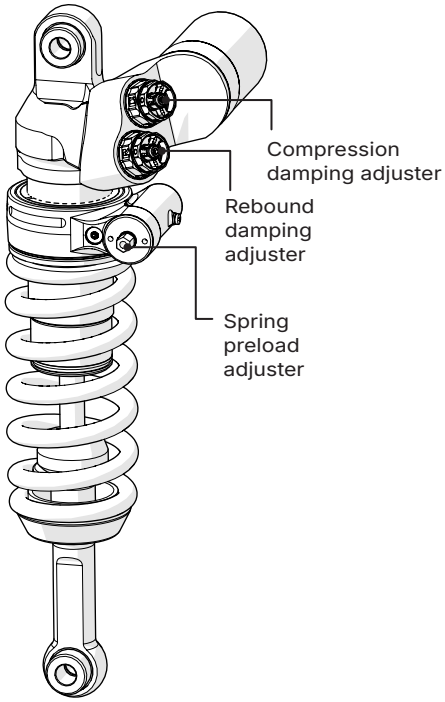
MOUNTING INSTRUCTIONS

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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

Length	369	mm
Stroke	60	mm
Rebound	19	clicks
Compression	17	clicks
Spring preload	12	mm
Spring	21040-26	
Spring rate	85	N/mm
Spring free length	160	mm

Recommended free sag and ride height		
R1-R3	35	mm
F1-F3 (120 vs 130 stroke)	35 vs 41	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. MI_BM 1569_0
Issued 2026-10-05

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