

Kit Contents		
Description	**Part No**	**Pcs**
Front fork	FFBM 101	1
Sticker set Öhlins	-	-
Owner´s manual	07292-01	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.

Front Fork for
BMW R12 G/S
Mounting Instructions

FFBM101 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 front wheel barely touches the ground.

⚠ Warning!

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

2

Remove front fork protectors, brake hose clamps, brake calipers, speed sensor and front wheel.

3

Note front fork leg position.

4

Loosen upper and lower triple clamps.

5

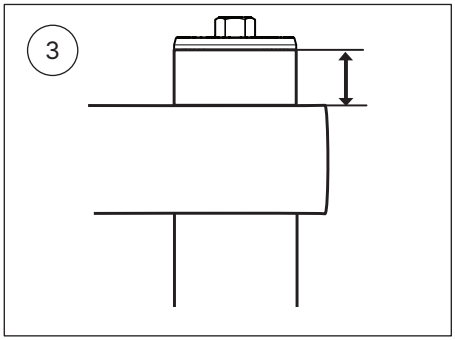
Remove front fork legs from vehicle.

6

Install Öhlins front fork legs on vehicle at recommended front fork leg position, according to chapter “Setup data”. Turn the handle bars fully from side to side to make sure that nothing restricts the movement, and that the throttle cable and wire harness run in smooth bends.

7

Tighten triple clamps pinch bolts according instructions in the vehicle service manual.



MOUNTING INSTRUCTIONS

8

Install speed sensor, tighten according to instructions in the vehicle service manual.

9

Install front fork protectors, brake hose clamps, front wheel and brake calipers. Do not tighten yet.

⚠ Warning!

Ensure that the speed sensor cable does not touch the wheel at full lock turns and when the suspension is fully compressed or extended.

10

Put the vehicle on the ground, apply the front brake and compress the front fork distinctly 3-4 times. This will position the front fork legs parallell.

11

Tighten front wheel axle, brake calipers, brake hose clamps and front fork protectors according to instructions in the vehicle service manual.
[Front wheel axle pinch bolts torque 15 Nm]

12

Close compression and rebound adjusters.

13

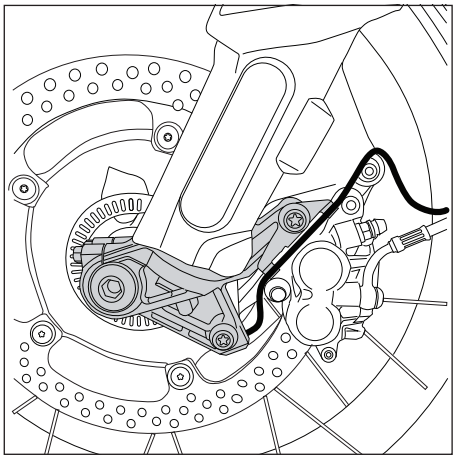
Compress front fork as much as possible several times to release air trapped inside the damping systems. Ensure that there is damping on the full stroke.

14

Set compression and rebound adjusters according to chapter “Setup data”.

✋ Caution!

Make sure that you tighten all bolts to the correct torque and that nothing fouls or restricts movement of the front fork when the suspension is fully compressed or extended.



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 setup.

SETUP DATA

Recommended setup		
Compression adjustment	14	clicks
Rebound adjustment	14	clicks
Main spring preload adjustment	1	turns
Main spring rate	6.5	N/mm
Suspension fluid level	110	mm
Suspension fluid	Part no	01309-xx
Fork fork leg position	Standard	

Spring part no.		Rate [N/mm]
08433-60	Optional	6.0
	Included	6.5
08433-70	Optional	7.0
08433-75	Optional	7.5

Main springs 08433-xx are packed in pairs.

MAIN SPRING RECOMMENDATION

Make sure you choose the correct spring for your rider weight, driving style and preferences. Below you find a general recommendation of main spring rate for your weight. Contact an authorized Öhlins serice center for advice.

Rider weight [kg]	60	70	80	90	100	110	120	130
Spring rate [N/mm]	6	6	6.5	6.5	6.5	7	7	7
Preload [turns]	2	5	1	3	5	2	4	6
Part number [pair]	08433-60	08433-60	08433-65	08433-65	08433-65	08433-70	08433-70	08433-70

Spring are packed in pairs.

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.

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