

👁 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.

Kit Contents		
Description	Part No	Pcs
Front fork	FGRT 236	1
Sticker set Öhlins		1
Owner's manual	07287-07	1

👁 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 Honda CBR1000RR-R

FGRT 236

Mounting Instructions

MOUNTING INSTRUCTIONS

⚠ Warning!

We strongly recommend to let an Öhlins dealer install this product.

⚠ Warning!

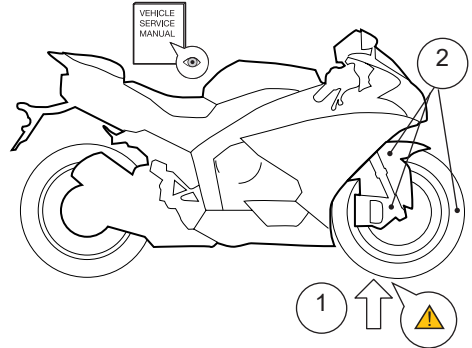
If you work with a lifted vehicle, make sure that it is safely supported to prevent it from tipping over.

👁 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 workstand so that the front wheel barely touches the ground.

⚠ Warning!

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

2

Remove the brake caliper, front wheel and front fender.

3

Remove the ABS-sensor from the standard front fork.

4

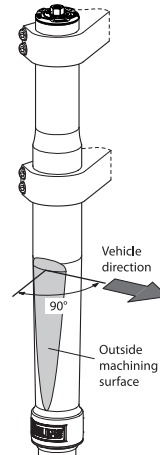
Loosen screws on the upper and lower triple clamp.

5

Remove the fork legs from the triple clamps

6

Install the fork legs into the triple clamps at the recommended position in the set-up data (Fork leg position). 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 runs in smooth bends.



⚠ Warning!

The surface of the outer machining must be 90° from the vehicle direction.

MOUNTING INSTRUCTIONS

7

Tighten the triple clamp screws to torque according to the vehicle service manual.

8

Install the ABS-sensor on the Öhlins front fork according to the vehicle service manual.

⚠ Caution!

Make sure that the ABS sensor cable runs in soft bends so that it does not get damaged.

9

Reinstall the front fender, front wheel and the brake calipers according to the vehicle service manual. Do not tighten the front wheel yet.

10

Put the bike on the ground, apply the front brake and compress the front fork distinctly 3-4 times. This will put the legs in an exact parallel position.

11

Tighten the front wheel according to the vehicle service manual for the correct tightening torques.

⚠ Caution!

Make sure that nothing restricts the fork movement when fully compressed.

👁 Note!

In storage or transport the oil in the front fork can be displaced and therefore temporarily loses some of its damping performance.

12

Close the rebound and compression adjusters.

13

Repeatedly compress the front fork as much as possible to bleed the air out. Ensure there is damping on the full stroke.

14

Set the rebound and compression adjusters according to recommended set-up.

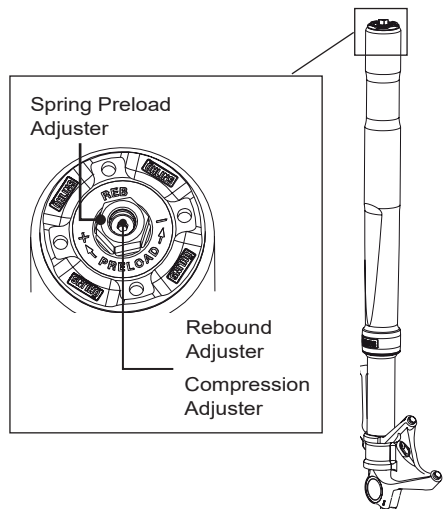
15

Read more in Öhlins Owners manual - Chapter Setting up your front fork, Extended stroke.

ADJUSTMENTS

⚠ Warning!

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

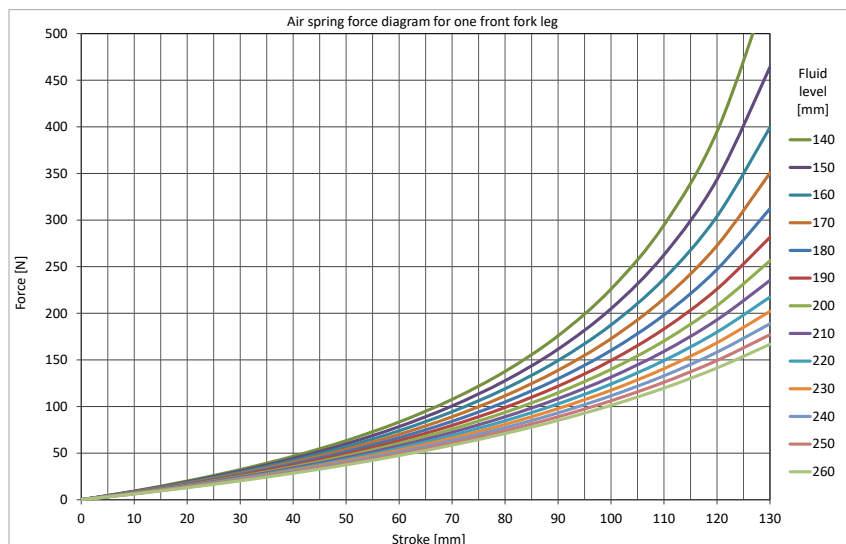


SETUP DATA

Recommended set-up

Compression adjustment	12	clicks
Rebound adjustment	12	clicks
Suspension fluid level	155	mm
Minimum suspension fluid level	310	mm
Suspension fluid part number	01309-xx	
Front fork leg position	Standard position	

Rider weight [kg]	50	60	70	80	90	100	110
Spring rate [N/mm]	9	9.5	9.5	10	10	10.5	10.5
Preload [turns]	6	6	7	7	8	8	9
Part number (pair)	08790-90	08790-95	08790-95	08790-10	08790-10	08790-05	08790-05
Part number (single)	04744-90	04744-95	04744-95	04744-10	04744-10	04744-05	04744-05



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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