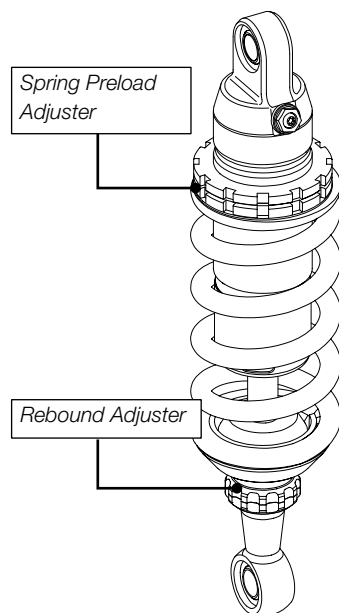


## Adjustments

### ⚠ 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


Rebound	14 clicks
Spring Preload	10 mm

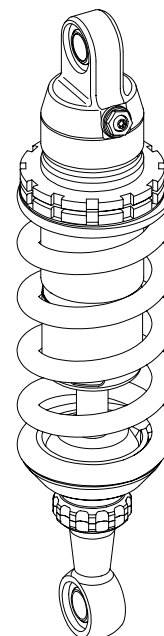
### Shock absorber data

Length	334 mm
Stroke	55 mm
Spring	01095-69
Spring, free length	180 mm
Spring rate	170 N/mm

### Recommended Sag and Ride Height

F1 - F2:	40-50 mm
F1 - F3:	55-65 mm
R1 - R2:	25-35 mm
R1 - R3=	50-60 mm

 Read more about sag and ride height in the Öhlins Owner's Manual.



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	HO 045	1
Öhlins Sticker	00192-01	2
C-spanner	00710-02	1
Memo Notes Sticker	01180-01	1
Owner's Manual	07241-02	1

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.

👁 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. HO045\_0  
Issued 2010-11-16



## Shock Absorber for Honda Varadero **HO 045**

### Mounting Instructions

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## ⚠ Warning!

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

When installing, read the Vehicle Service Manual.

## 1

Put the motorcycle on a workstand so that the rear wheel barely touches the ground. The swing arm must be free so that the suspension is unloaded.

## ⚠ Warning!

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

## 👁 Note!

Before installing the Öhlins shock absorber clean the vehicle thoroughly.

## 2

Remove the seats and the side covers.

## 3

Remove the adjustment wheel of the hydraulic preload adjuster.

## NOTE!

The indicator steel ball inside the hydraulic preload adjuster may fall out when the adjustment wheel is removed. Make sure you do not lose the steel ball when removing the adjuster.

## 4

Loosen the lower attachment of the original shock absorber.

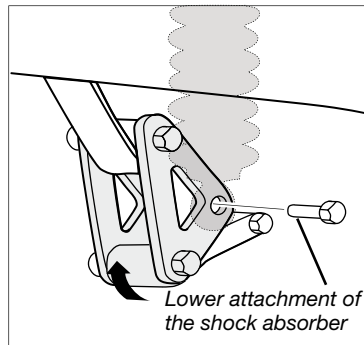
## 5

Loosen the triangle link and remove it.

## NOTE!

We recommend you to loosen the lower bolt of the triangle link last, angle it slightly upward to be able to remove the last bolt without interfering with the exhaust pipe.

Figure: Triangle link



## 6

Loosen the clamp that holds the hose of the original shock absorber, and remove the hose. Loosen the upper attachment of the shock absorber and lift the rear wheel slightly to be able to remove the shock absorber downwards.

## 7

To be able to fit the Öhlins shock absorber you may have to lift the battery box slightly, unscrew the 2 screws, lift the battery box slightly and put a screwdriver or other tool from each side to hold the battery box up while you install the Öhlins shock absorber.

## 8

Fit the Öhlins shock absorber by positioning it from underneath, fit the upper bracket.

## 9

Reassemble the triangle link and fit the lower attachment of the shock absorber.

## 👁 Note!

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

## 10

Make sure that all removed parts are reinstalled in the same way as they were before the installation.

## 👋 Caution!

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.