

### Kit Contents

Description	Part No	Pcs
Shock absorber	HO142	2
Washer	03118-11	2
C-spanner	00710-01	2
Sticker Öhlins	00192-01	2
Owner's manual	07241-02	1

#### **Note!**

*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.*

#### **Note!**

*Before installing this product, check the contents of the kit. If anything is missing, please contact an Öhlins dealer.*

#### **Warning!**

*Before installing this product, read the Öhlins Owner's Manual. The shock absorber/front fork/steering damper is an important part of your vehicle and will affect the stability.*

## Shock absorber for Honda CB 400 Super Four

# HO 142

## Mounting Instructions



# MOUNTING INSTRUCTIONS

## **Warning!**

*It is advisable to have an Öhlins dealer install the shock absorber/front fork/steering damper.*

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## **Warning!**

*If working on a raised vehicle, ensure it is securely supported so that it will not tip.*

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## **Note!**

*Before mounting this product clean the vehicle thoroughly.*

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## **Note!**

*When working on this product, always see the Vehicle Service Manual for vehicle specific procedures and important data.*

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**1**

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

**2**

Loosen and remove the original shock absorbers.

**3**

Install the Öhlins shock absorbers in the same position as the original units. Cylinder head up and reservoir towards the rear. Use supplied washers and sleeves to fit the shock absorber on your vehicle.

## **Note!**

*Lower the vehicle so that the suspension is slightly compressed before tightening the screws.*

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## **Caution!**

*Ensure that all screws are tightened 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.*

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# MOUNTING INSTRUCTIONS


# 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.*

## SET-UP DATA

Length	330	mm
Stroke	88	mm
Spring preload	12	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.

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