

# Set-up Data

## Recommended set-up

Rebound	12 clicks
Compression	14 clicks
Spring Preload	7 mm
Oil Level	150 mm
Öhlins Front Fork Fluid	Part no 01309-01
Fork leg position	5 mm

## Recommended Sag and Ride Height

### No rider (Free sag)

Rear	19 mm (R1-R2)
Front	33 mm (F1-F2)

### With Rider (Ride height)

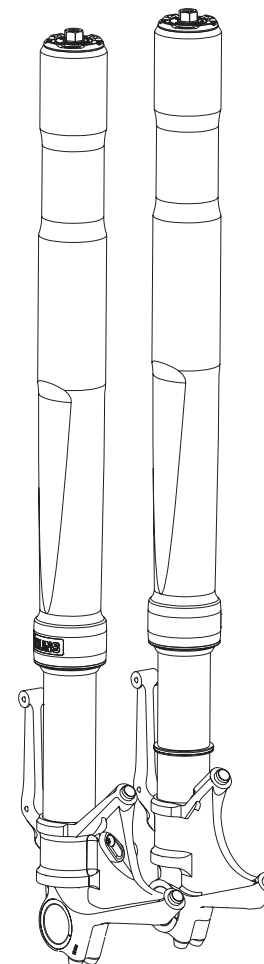
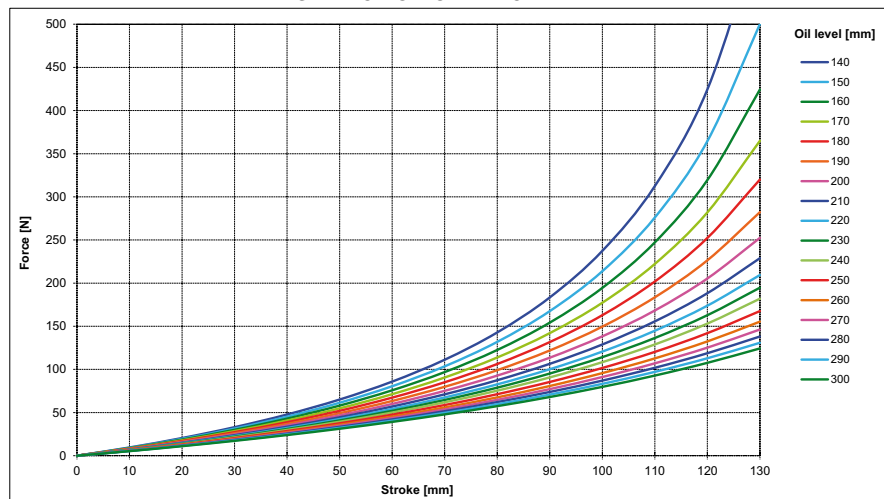
Rear	28 mm (R1-R3)
Front	41 mm (F1-F3)

### Spring Part No.

04744-10 (standard)	10,0 N/mm
04744-90 (optional)	9,0 N/mm
04744-95 (optional)	9,5 N/mm
04744-05 (optional)	10,5 N/mm
04744-11 (optional)	11 N/mm

### Rate

AIR SPRING FOR ONE LEG



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

## Kit Contents

	Part No.	Pcs.
Front fork	FGRT212	1 set
Fender bracket	21665-02	2
Screw MC6S 5x10	01046-38	4
Sticker Öhlins	01196-02	1
Owner's Manual	07282-07	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 front fork 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. FGRT\_212\_0  
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# Front Fork for BMW S1000RR and HP 4 FGRT 212

## Mounting Instructions

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## ⚠ Warning!

It is advisable to have an Öhlins dealer install the front fork.

When installing, consult your Vehicle Service Manual.

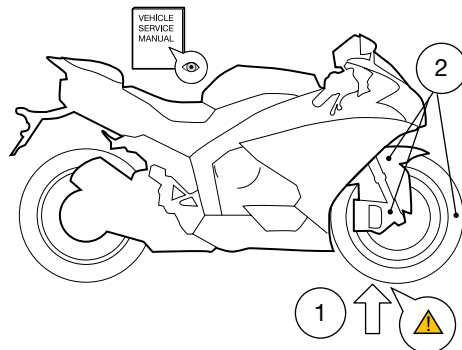
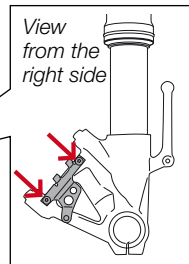
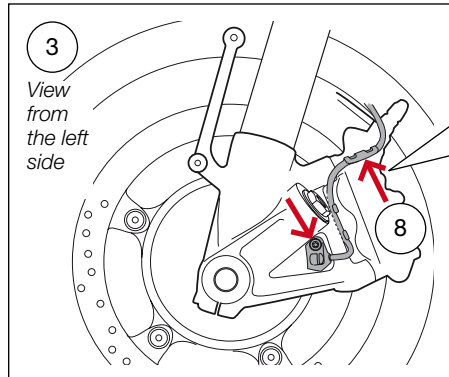
**1**  
Put the motorcycle on a workstand so that the front wheel barely touches the ground.

## ⚠ 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.



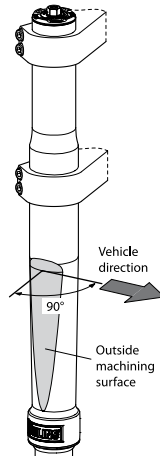
**4**  
Loosen screws on the upper and lower triple clamp.

**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.



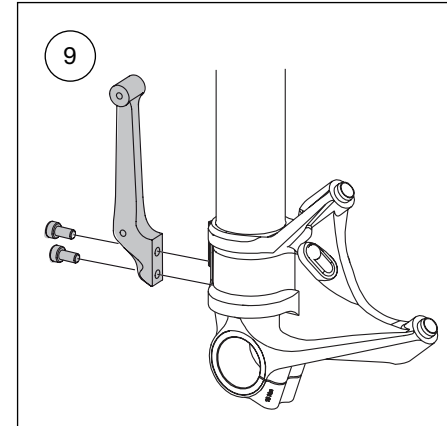
**7**  
Tighten the triple clamp screws to torque according to the vehicle service manual.

**8**  
Install the ABS-sensor on the Öhlins front fork. Use the standard bracket on the brake calliper to clamp the cable.

## ⚠ Caution!

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

**9**  
Install the supplied fender brackets to the fork legs according to figure. Apply Loctite 243 or similar to the screws (01046-38).



**10**  
Reinstall the front fender, front wheel and the brake calipers. Do not tighten the front wheel yet.

**11**  
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 parallell position.

## 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.

**12**  
Tighten the front wheel. Consult your 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.

**13**  
Close the rebound and compression adjusters.

**14**  
Repeatedly compress the front fork as much as possible to bleed the air out. Ensure there is damping on the full stroke.

**15**  
Set the rebound and compression adjusters according to recommended set-up.

**16**  
Read more in Öhlins Owners manual - Chapter Setting up your front fork, Extended stroke.

