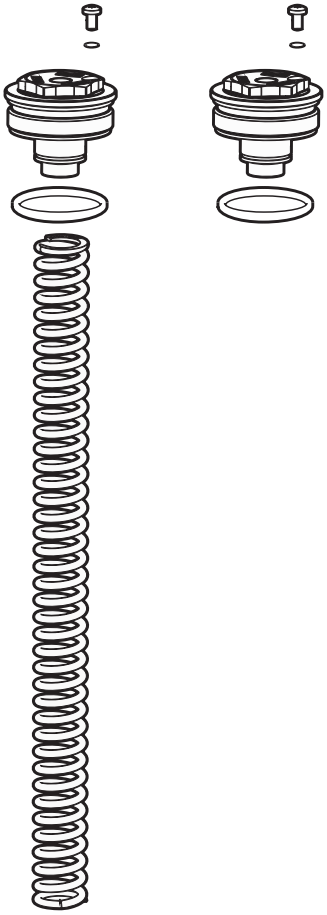


Kit Contents

Description	Part No	Pcs
Screw M4x8	01050-04	2
O-ring 4.5x1.5	00338-59	2
Top Cap M50x1	60005-01	2
O-ring 46x2.5	00576-03	2
Sleeve 24/38-16	61123-12	1
(For CRF250L-2017 only)		
Spring 8.5 N/mm	68003-85	1
Spring 7.5 N/mm	68003-75	1
Sticker Öhlins	00192-01	2
Sticker Öhlins	01185-04	2

⚠Warning!

Öhlins cannot be held responsible for any personal injury or damage that may occur after installing the Öhlins spring kit. We strongly recommend to let an Öhlins authorized service center install this kit.

⚠Warning!

After you have installed this product, taken a test ride at low speed to make sure that you vehicle has maintained stability.

Note!

Please note that this image is a general representation of the product and may differ slightly from your product.

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.

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Fork Spring Kit for Honda CRF250L-2013/2017
CRF250Rally 2017

FSK 123

Mounting Instructions

ÖHLINS
ADVANCED SUSPENSION TECHNOLOGY

MOUNTING INSTRUCTIONS

Congratulations!

With this purchase you have made a clear statement. This high performance Front Fork kit from Öhlins is nothing but pure racing breed which means that you have taken one more step to eliminate luck on your motorcycle.

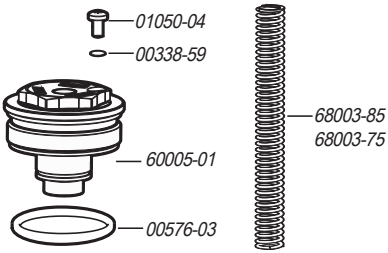
The balance between your Front Fork and rear suspension will sharpen up and the performance of your Front Folk will improve. Almost 40 years of racing experience is now a crucial part of your riding experience.

Relief screw

After using your motorcycle for a certain amount of time, please remove the screw situated on the top cap in order to release the air accumulated inside the Front Fork. Screw No.01050-04 Tightening torque is 3 Nm.

Recommended oil

Model	Öhlins oil
CRF250 L.....	01316-01
CRF250 Rally.....	01314-01



How to install

1.Put the motorcycle on the work stand so that the front wheel barely touch the ground. Make sure the motorcycle is in a stable position.
2.Loosen the screws of the triple clamp top mounting.
3.Loosen (do not remove) both fork top caps 1/2 turn.
4.Remove both fork legs as per vehicle service manual instructions.
5.Remove the original Top cap and spring.
6.Remove the circlip washer and top out rubber.
7.Purge all the oil from both Fork Legs.
8.Install the Öhlins spring (in the required leg only) and sleeve for CRF250L-2017only, then fill the Öhlins oil in both Fork Legs.
9.Re-install the top out rubber washer and circlip onto the Öhlins top cap.
10.Install the Öhlins top cap. Torque top cap to damper rod as per manufactors specs.
11.Re-install both fork legs as per vehicle service manual instructions.

Recommended oil volume

Model	Damping Leg	Spring Leg
CRF250 L.....	680 ml	650 ml
CRF250 Rally.....	670 ml	600 ml

Note!

Honda CRF250L/Rally has the Damping system in one Fork leg and the spring in the other Fork Leg.

Recommended spring

Spring part No.	Spring rate	For rider weight
68003-75	7.5 N/mm	Below 80 kg
68003-85	8.5 N/mm	Above 80 kg

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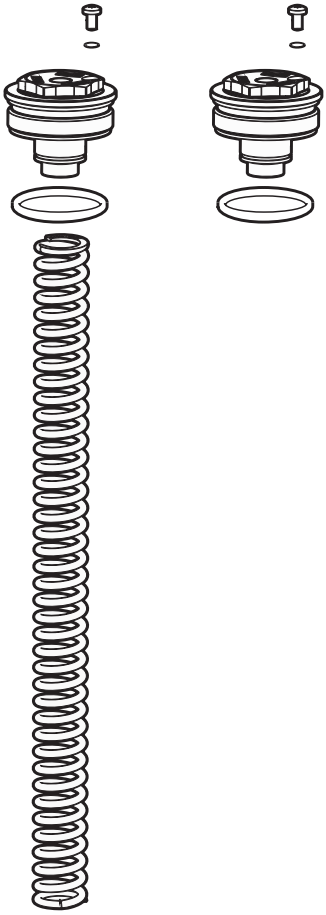
To find the latest information contact an Öhlins distributor. Please contact Öhlins if you have any questions regarding the contents in this document.

Part no. MI_FSK 123_EN_01
Issued 2017-09-29

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Öhlins Asia Co. Ltd
700/937 Moo5, Tambol Nongkhaka,
Amphur Phantong, Chonburi Province
20160 Thailand

ÖHLINS
ADVANCED SUSPENSION TECHNOLOGY



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Fork Spring Kit for Honda CRF250L-2013/2017 CRF250Rally 2017

FSK 123

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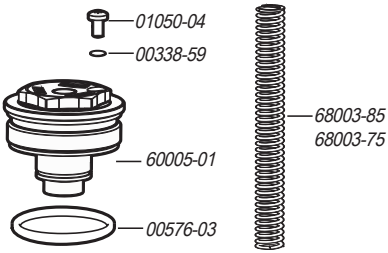
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