

Kit Contents

Description	Part No	Pcs
Top cap assembly		2
Pre-load tube 31.8x1.5x180	60062-16	2
Spring 34.8/480/4.0	68032-40	2
Spring 34.8/480/4.5	68032-45	2
Sticker Öhlins	01185-01	2
Sticker Öhlins	01185-04	2
Sticker Öhlins	00192-01	2

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.

Note!

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

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 to install this kit.

Warning!

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

Fork Spring Kit for Yamaha WR155R

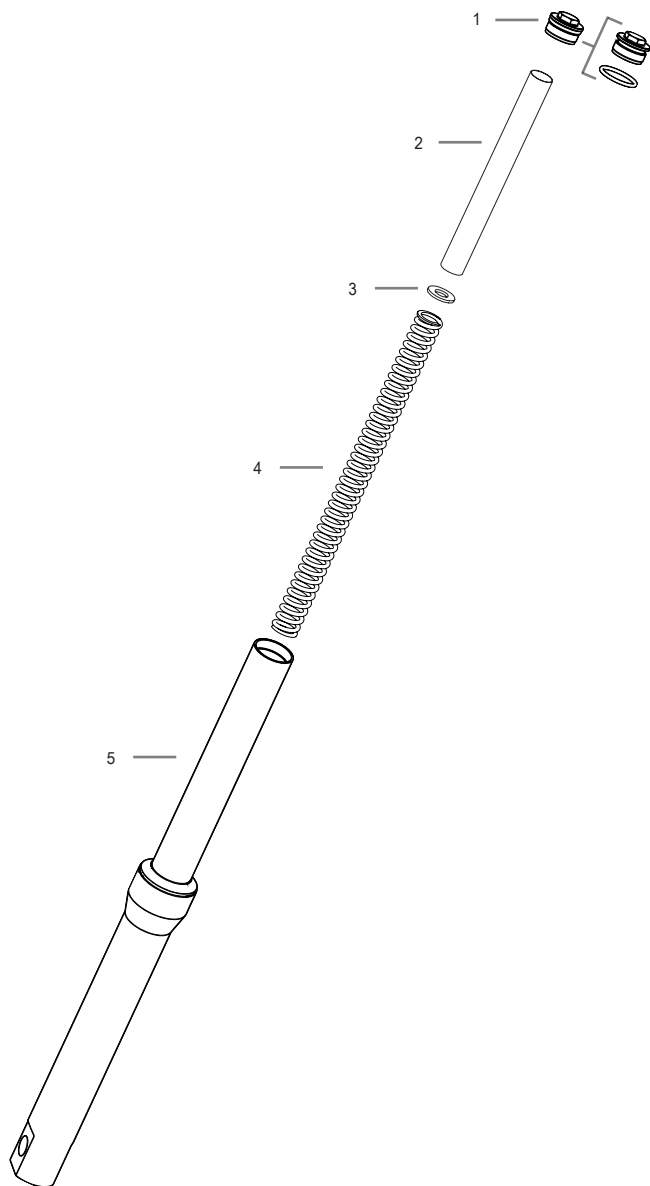
FSK 156

Mounting Instructions



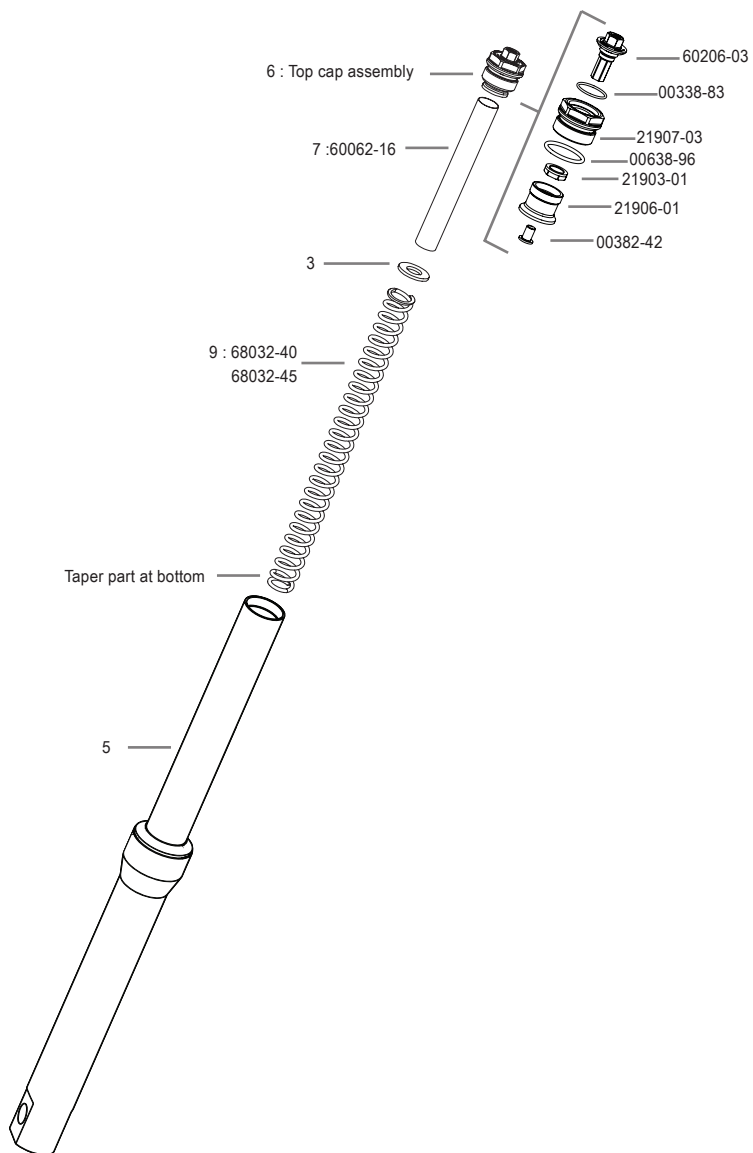
MOUNTING INSTRUCTIONS

Original Front Fork assembly



MOUNTING INSTRUCTIONS

Öhlins Front Fork kit assembly



MOUNTING INSTRUCTIONS

Congratulations!

With this purchase you have made a clear statement. This high performance Front Fork spring 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 Fork will improve. 40 years of racing experience is now a crucial part of your riding experience.

Note!

Öhlins FSK 156 gives the possibility to adjust the spring preload from 0 to 15 mm.

> Every complete turn equals 1mm adjustment

Recommended oil

For best performance we recommend to use a mix of Öhlins front fork fluid 01330 and 01314 at 1:1 mixing ratio (in a beaker unite 50% of 01330 and 50% of 01314). The final oil viscosity affects how the front fork will behave:

- Higher viscosity mix improves the feeling of control.
- Lower viscosity mix improves the comfort and traction. The oil mixing ratio can be tuned in order to match the rider preferences.

Recommended oil level

130 mm.

Oil number	01330-01	01314-01
Viscosity cSt @40°C	20,0	40,0
Oil mixing ratio	1	1

Note!

The measurement of oil level is taken from the top of the inner tube (3) to the oil surface.

> The fork leg need to be in vertical position

> The fork need to be fully compressed

> The fork must be without the spring and the preload tube

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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How to install

1. Put the motorcycle on the work stand so that the front wheel barely touches the ground. Make sure the motorcycle is in a stable position.
2. Release the top tripleclamp screws.
 - 2.1 Loosen but don't remove, the front fork top caps.
 - 2.2 Uninstall both fork legs from the motorcycle.
3. Remove the original top cap (1), pre-load tube (2), washer(3) and spring (4).
4. Purge all the oil from both fork legs.
5. Fill the Öhlins oil at the recommended oil level.
6. Insert the Öhlins spring (9), washer (3) and Öhlins pre-load tube (7)
7. Install the Öhlins top cap assembly. Tighten the top cap at torque value - 10N/mm.
8. Reinstall both fork legs as per vehicle service manual instructions.

Note!

Öhlins FSK 156 spring 68032-40 rate is 4.0 N/mm

Öhlins FSK 156 spring 68032-45 rate is 4.5 N/mm

Feeling	Recommended spring		
	Soft	Medium	Hard
RH Leg	68032-40	68032-40	68032-45
LH Leg	68032-40	68032-45	68032-45