

👁 Note!

Please note that there can be small differences between your product and the images in these instructions.

👁 Note!

Please note that during storage and transport, especially at high ambient temperature, some of the oil and grease used for assembly may leak and stain the packaging. This will not cause damage to the product, wipe off the excessive oil or grease with a cloth.

Kit Contents

Description	Part No	Pcs
Shock absorber	YA570	1
C-spanner single	00710-02	1
Sticker Memo notes	01180-01	1
Sticker set Öhlins		1
Owner's manual	07241-02	1

👁 Note!

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

⚠ Warning!

Before you install this product, read the Öhlins Owner's manual. This product is an important part of the vehicle and the vehicle stability.

Shock absorber for Yamaha MT-09

YA 570

Mounting Instructions

MOUNTING INSTRUCTIONS

⚠ Warning!

We strongly recommend to let an Öhlins dealer install this product.

⚠ Warning!

If you work with a lifted vehicle, make sure that it is safely supported to prevent it from tipping over.

👁 Note!

When you work with this product, see the vehicle service manual for vehicle specific procedures and important data.

👁 Note!

Before you install this product clean the vehicle.

1

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

2

Remove the lower attachment screw for the rear suspension linkage rods.

3

Remove the front shock absorber attachment screw.

4

Push the shock absorber forward for to get access to the rear attachment screw.

5

Remove the rear shock absorber attachment screw at the shock-link and remove the original shock absorber.

6

Install the Öhlins shock absorber with the cylinder head gas valve down. Install the rear shock absorber attachment screw first.

7

Install the front shock absorber attachment screw and the linkage rods.

👁 Note!

Lower the vehicle so that the suspension is slightly compressed before you tighten the screws.

👋 Caution!

Make sure that you tighten all screws 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.

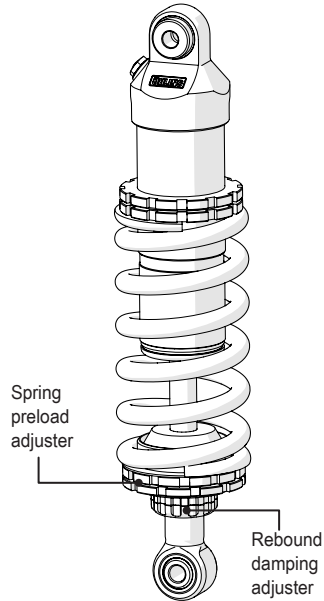
MOUNTING INSTRUCTIONS

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ADJUSTMENTS

⚠ Warning!

Before you ride/drive, always make sure that the setup is according to the recommended setup 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.



SETUP DATA

Length	326	mm
Stroke	65	mm
Rebound	18	clicks
Spring preload	16	mm
Spring	01092-29	
Spring rate	90	N/mm
Spring free length	170	mm

Recommended free sag and ride height		
R1-R2	7	mm
R1-R3	25	mm
F1-F2 (std spring)	35	mm
F1-F3	46	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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Öhlins Racing AB
Box 722
S-194 27 Upplands Väsby, Sweden
Phone +46 8 590 025 00
fax +46 8 590 025 80



www.ohlins.com