

Adjustments

Warning!

Before driving, 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 the shock absorber.

The standard preload is 2 mm from a free length of 200 mm, giving 198 mm installed length, see fig ④.

Set-up Data

Recommended set-up

Rebound 10 clicks
Spring preload 2 mm
Shock absorber length 379mm

Spring

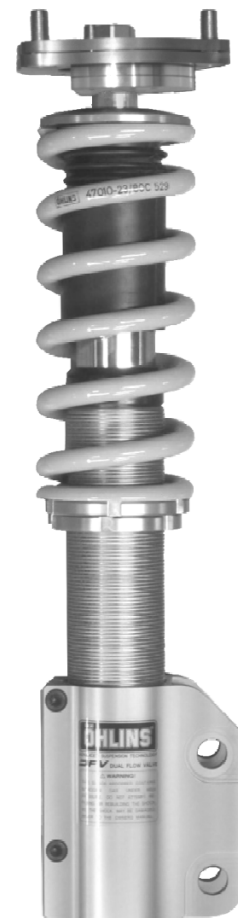
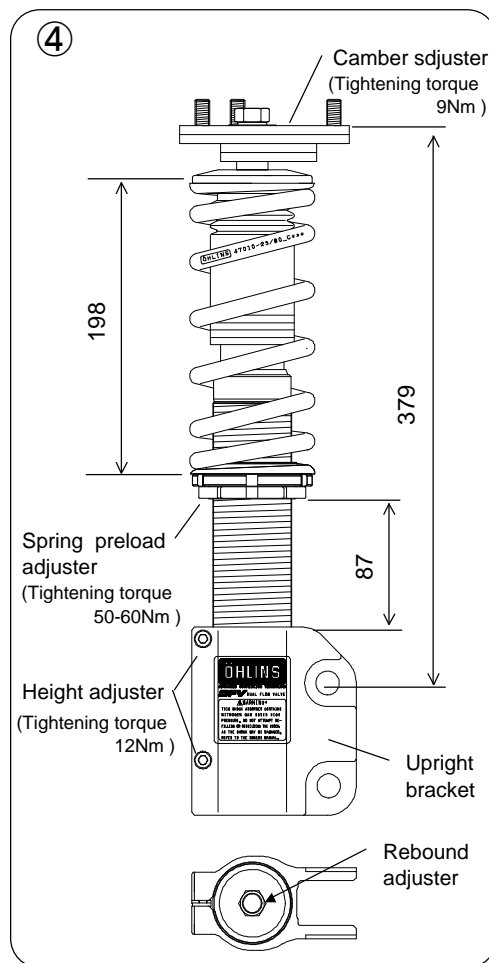
Spec H200, ID65, 80 N/mm

The actual vehicle height

With both the preload and height adjustments in their standard positions, the vehicle is lowered approximately 15 mm when compared to the original suspension. As the height adjuster is turned one rotation, the position moves 2.0 mm.

Warning!

The adjustment range is the standard position ± 15 mm. If the bracket is moved outside the adjustment range, it may come loose.



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

Kit Contents	Pcs.
Shock absorber	2
Upper spring seat	2
Dust boot	2
Top mount (Right and Left)	2
Bearing spacer (L=10mm)	(2)
Top nut (M12 L=22mm)	(2)
Spring	2
Bolt M6	4
Spacer t18	4

USED FOR BOTH FRONT AND REAR

C-spanner	1
C-spanner	1
Öhlins sticker	1
Öhlins Owner's Manual	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 excess oil/grease with a cloth.

Warning!

Before installing this product, read the Öhlins Owner's Manual. The shock absorber 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. HOSMI30 1
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Shock Absorber Kit for Honda Civic type R (FD2)

HOS MI30 front Mounting Instructions



How to install

⚠ Warning!

It is advisable to have an Öhlins dealer install the shock absorber.
When installing, read your Vehicle Service Manual.



- 1 Raise the vehicle and put it on jack stands.

⚠ Warning!

Ensure that it is securely supported.

- 2 Remove the front wheels.

- 3 Loosen the bolts for the lower strut attachments.

⚠ Caution!

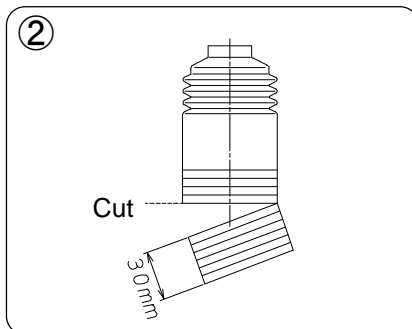
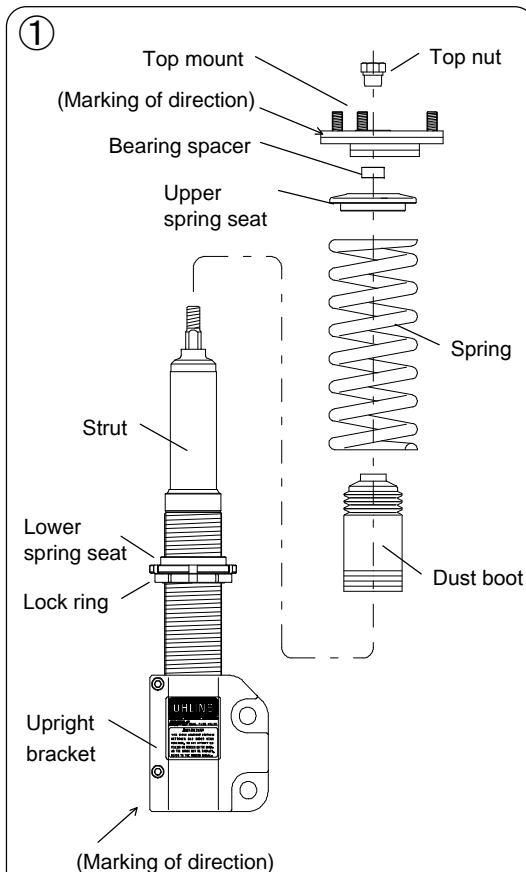
Support the wheel hubs in an appropriate way on each side of the vehicle so that the brake hose and/or drive shaft joint can not be damaged.

- 4 Loosen the upper attachment. Remove the original struts from the car.

- 5 Remove the brake hose brackets from the standard struts.

- 6 Cut the dust boot 30 mm from the lower end with a pair of scissors according to fig②.

- 7 Tighten the lower spring seat and the lock ring to 50 - 60 Nm.
Fit the dust boot, the spring and the upper spring seat to the strut according to fig①.
Fit the bearing spacer, the top mount and the top nut. Tighten the top nut to 35 - 40 Nm.



👁 Note!

Individual top mount is set for left and right.
Use correct top mount on each damper.
When tightening the top mount nut, the shock absorber shaft must be held in position with a 5 mm Allen key.

- 8 Install the Öhlins McPherson struts on the vehicle.

- 9 Mount the original brake hose brackets to the Öhlins struts according to fig③.
Tighten the bolts to 6 Nm.

- 10 Fasten the upper attachments.

- 11 Raise the wheel hub with a jack to remove the freeplay of the lower strut attachment bolts before tightening them.

- 12 Tighten the lower strut attachment bolts

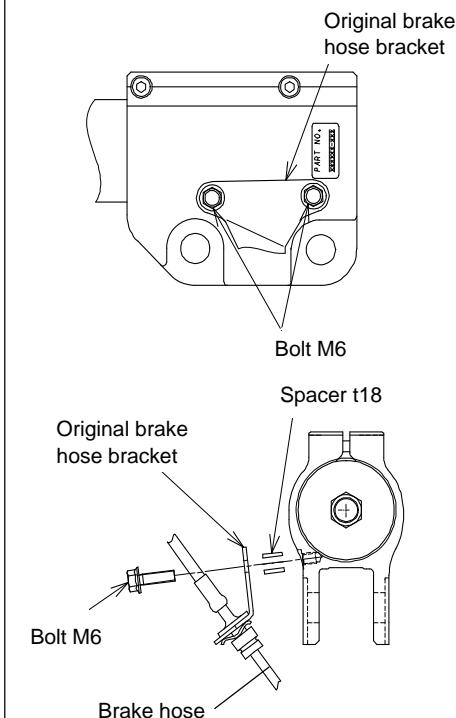
👁 Note!

Make sure that all bolts are tightened to the correct torque and that nothing fouls or restricts movement of the strut when it is being fully compressed or extended. Test this over the whole steering range from lock to lock.

- 13 Make sure that all removed parts are reinstalled in the same way as they were before the installation of the Öhlins shock absorber.

How to install

- ③ Left side
(Right side is same as left side.)



Adjustments

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Set-up Data

Recommended set-up

Rebound 10 clicks
Shock absorber length 529 mm

Spring

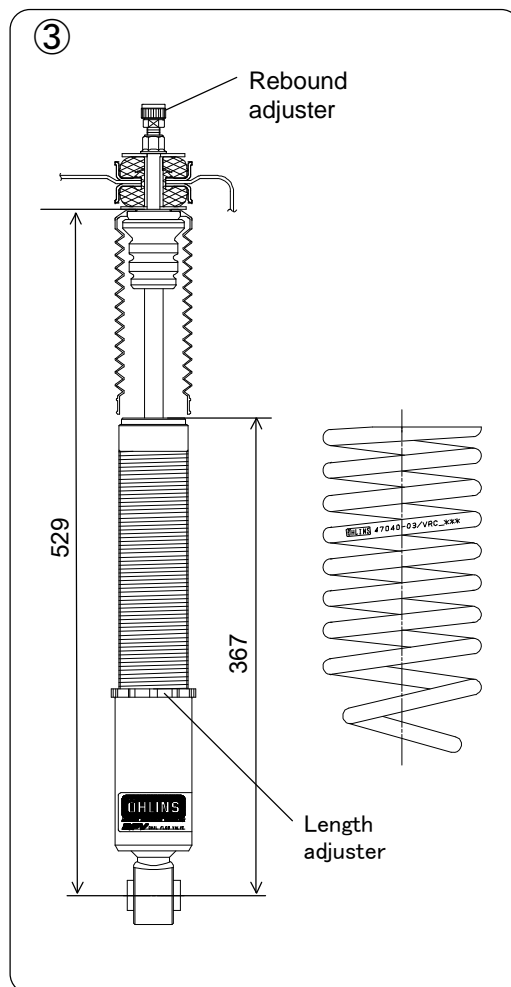
Spec H250, ID65-95, 24-65 N/mm

The actual vehicle height

The vehicle is lowered approximately 30 mm when compared to the original suspensor
As the length adjuster is turned one rotation, the position moves 1.5 mm.

⚠ Warning!

The adjustment range is the standard position ± 15 mm. If the bracket is moved outside the adjustment range, it may come loose.



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

Kit Contents	Pcs.
Shock absorber	2
Dust boot	2
Spring	2
Washer	2
Bushing spacer ID12	2
Spacer ID10	2

MOUNTED ON SHOCK ABSORBER
Adjuster 2

USED FOR BOTH FRONT AND REAR
C-spanner 1
C-spanner 1
Öhlins sticker 1
Öhlins Owner's Manual 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 excess oil/grease with a cloth.

⚠ Warning!

Before installing this product, read the Öhlins Owner's Manual. The shock absorber 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.

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Shock Absorber Kit for Honda Civic type R (FD2)

HOS MI30 rear

Mounting Instructions

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How to install

⚠ Warning!

*It is advisable to have an Öhlins dealer install the shock absorber.
When installing, read your Vehicle Service Manual.*



- 1**
Raise the vehicle and put it on jack stands.

⚠ Warning!

Ensure that it is securely supported.

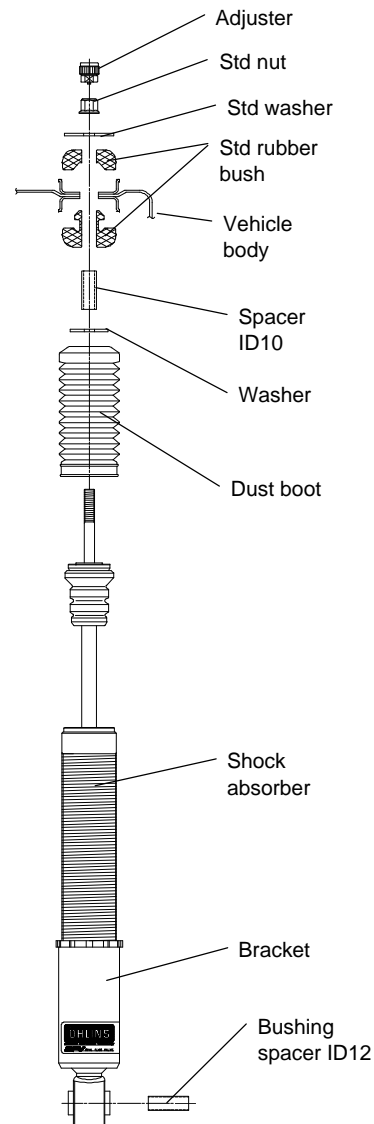
- 2**
Remove the rear wheels.
- 3**
Remove the lower and the upper attachments and remove the original shock absorbers.

⚠ Caution!

Support the lower arm with the jack before removing the damper. Otherwise, when the damper is removed, the lower arm rapidly falls.

- 4**
Remove the springs.
- 5**
Install the Öhlins springs on the vehicle.
- 6**
Fit the dust boot, the washer, the std rubber bushes and the spacer according to fig①.
- 7**
Install the Öhlins shock absorbers on the vehicle according to fig②.
Tighten the std nut to 20 Nm.

①



👁 Note!

When tightening the top mount nut, the shock absorber shaft must be held in position with a 5 mm Allen key.

👁 Note!

Make sure that all bolts are tightened to the correct torque and that nothing fouls or restricts movement of the shock absorber when it is being fully compressed or extended.

- 8**
Make sure that all removed parts are reinstalled in the same way as they were before the installation of the Öhlins shock absorber.

②

