

YA 145

Yamaha XJ 400



Öhlins shock absorber 36 P

Your Öhlins shock absorber type 36 P features the following adjusters:

Spring preload adjuster

Adjustments are made by turning the rings on the shock absorber body. Clockwise for harder adjustment, counter clockwise too release the preload.

NOTE!

When delivered the Öhlins shock absorber is dialed to recommended settings for the specific brand and make of the motorcycle. If you have changed the setting check like this:

The adjusters have a normal right hand thread. Turn the damping adjusters clockwise to fully closed (pos. zero [0]). Turn counter clockwise to open and count the clicks until you reach the recommended number of clicks. See Setup data at last page.

CAUTION!

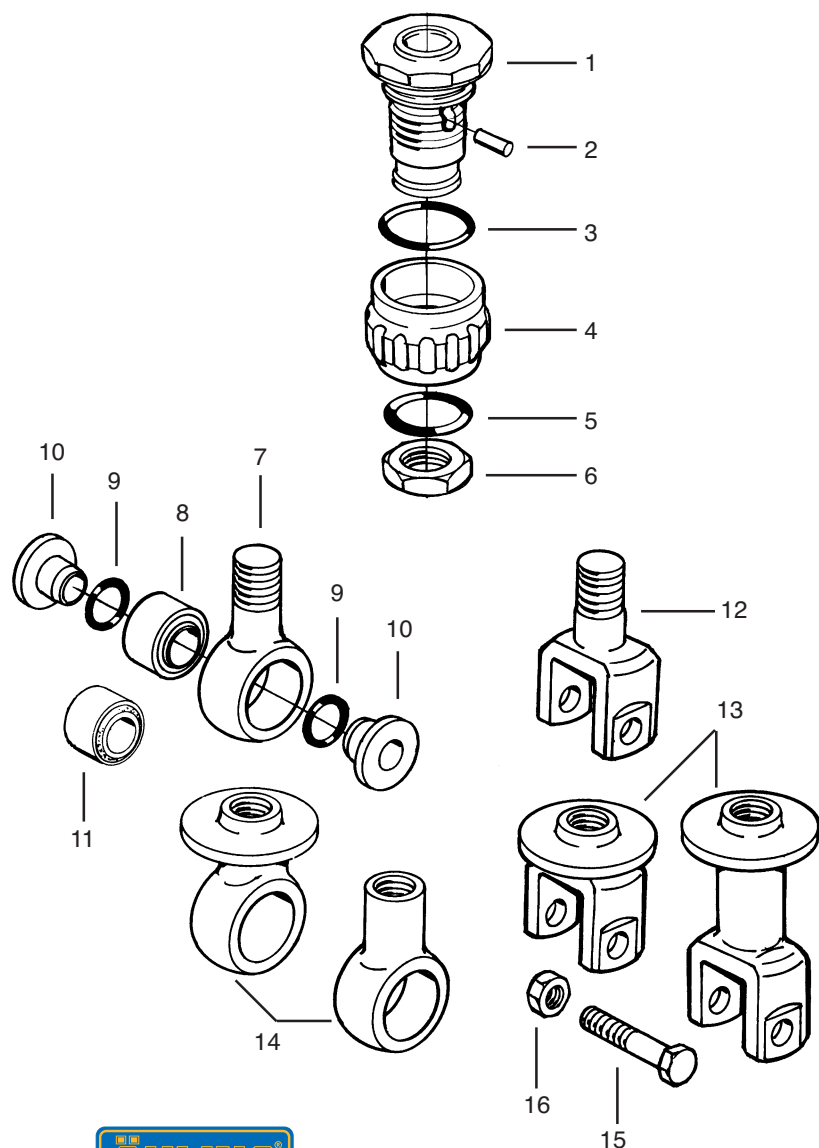
Do not use too much force, delicate sealing surfaces can be damaged.

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End eye

FigNo.	Part No	Description	Qty
02-11	00124-14	Rubber bushing 10/26-20	2
02-14	00220-02	End eye 12/29.5/26	2

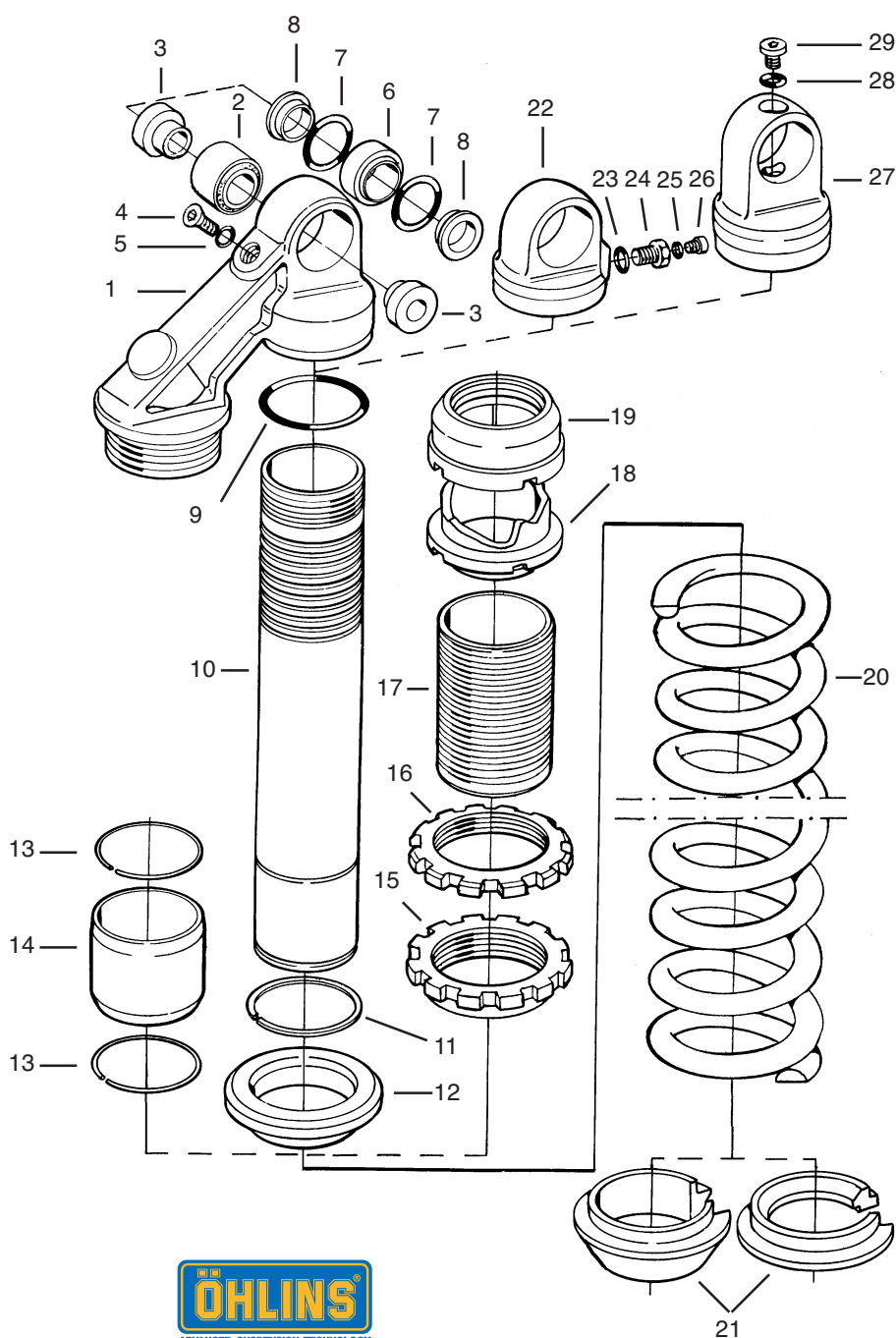


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Body tube

Fig No.	Part No	Description	Qty
03-01	00303-13	Cylinder head pb K36/26	2
03-02	00124-15	Rubber bushing 14/26-20	2
03-04	00382-07	Screw MFT (DIN965) A2 M5x8	£ 2
03-05	00438-33	O-ring 5.6x1.6 NBR 70	2
03-09	00338-02	O-ring 38x2.5 NBR70	2
03-10	00300-01	Cylinder tube 36/177	2
03-11	00131-01	Circlip SW 40	2
03-13	00428-01	Circlip 36/1.5	4
03-14	00417-01	Support sleeve, spring 40.15/44/35	2
03-18	00415-04	Adjustment ring 36 silver	2
03-19	00416-04	Cam adjuster 36 silver	2
03-20	00480-02	Spring 46/230/Prog 16-26 N/mm	2
03-21	00116-04	Spring clip silver	2

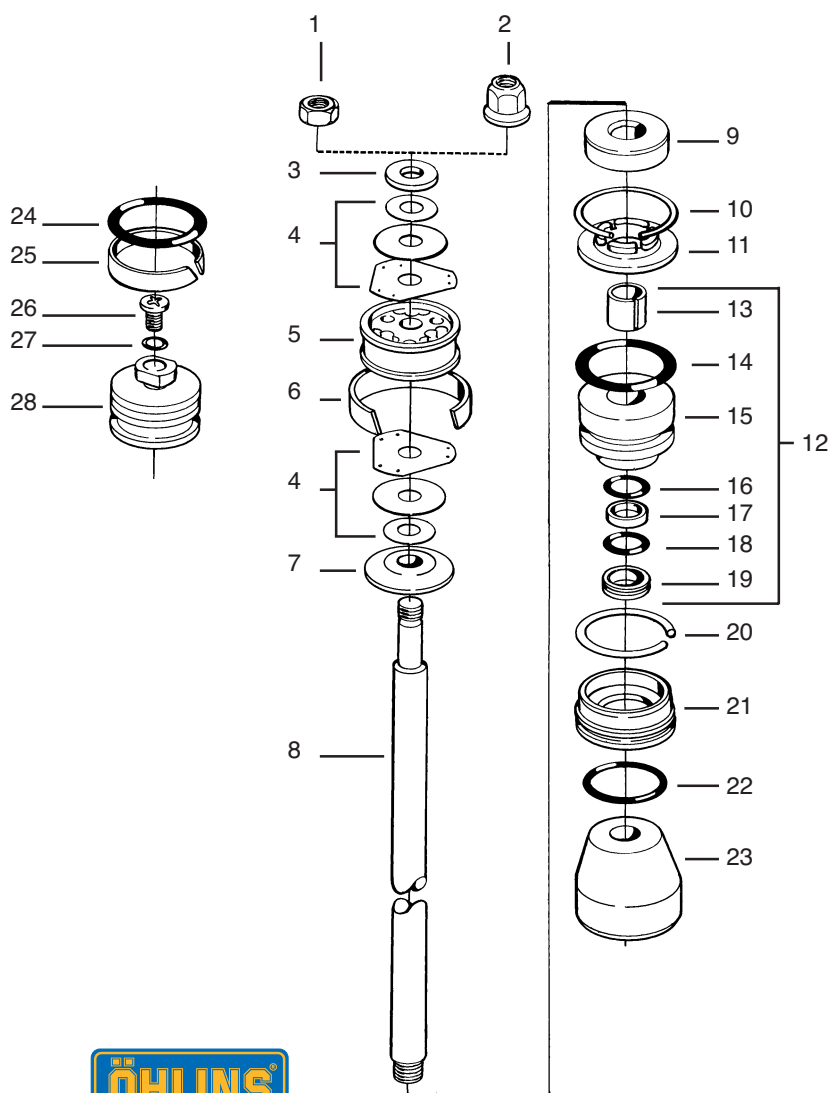


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Shaft

Fig No.	Part No	Description	Qty
04-01	00139-02	Lock nut M8	2
04-03	00120-03	Washer 8/12.9/1.5	6
04-05	00104-11	Piston 8/36 0.0-0.0	2
04-06	03078-01	Piston ring 36/6	2
04-07	00119-07	Stop washer 8/30/2 flat	2
04-08	00102-02	Shaft 12/171	2
04-09	00338-02	O-ring 38x2.5 NBR70	2
04-10	03144-02	Spacer 12/30/2	4
04-10	03144-03	Spacer 12/30/3	10
04-11	00133-01	Stop rubber 15/36.7/6 HNBR 38097	2
04-12	00121-01	Seal head assy 36/12	2
04-14	00338-09	O-ring 29.74x3.53 NBR70	2
04-19	00122-01	Scraper 12/25	2
04-20	00128-01	Circlip 40/1.5	4
04-21	00166-02	End cap 36/12 gold	2
04-22	00338-05	O-ring 15.1x1.6 NBR70	2
04-23	00163-10	Bump rubber 12.1/40/30 PUR 450	2

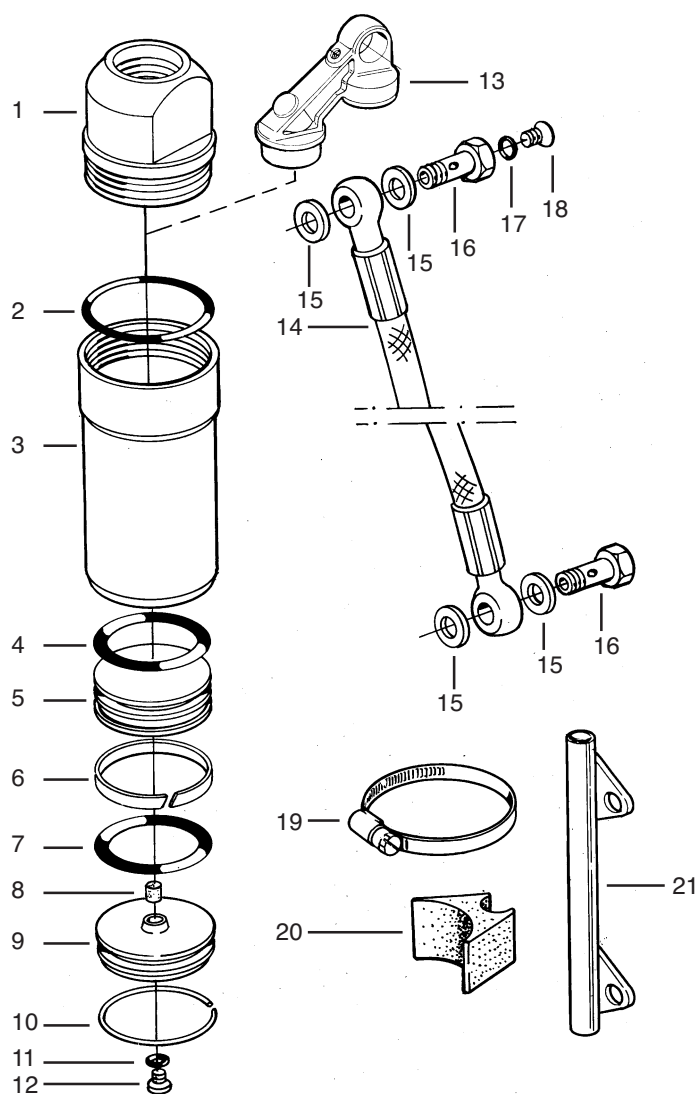


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External reservoir

Fig No.	Part No	Description	Qty
07-00	00191-01	Sticker "ÖHLINS" black/transp31x150	2
07-00	00196-01	Sticker "Warning"black/transp 17x53	2
07-02	00338-24	O-ring 40.87x3.53 NBR70	2
07-03	00302-02	Reservoir 44/ 90	2
07-04	00338-04	O-ring 33x5 NBR70	2
07-05	00305-01	Reservoir piston 44	2
07-06	00340-01	Teflon band dia 44/5 55-60d shore D	2
07-07	00338-04	O-ring 33x5 NBR70	2
07-09	00161-03	Reservoir top assy 44	2
07-10	00329-01	Circlip 48/1.5	2
07-11	00338-59	O-ring 4.5x1.5 NBR70	2
07-12	01050-01	Screw DIN 7985 Torx A2 M4x6	£ 2



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