



Kit Contents

	Description	Part No	Pcs
1	Shock absorber front	FOS 1S00/ FOS 2S00	2
2	Dust boot	10216-01	2
3	Plastic spacer	25602-01	2
4	Spring		2
5	Elastic spacer	25601-01	2
6	Top pin spacer	24629-43	2
7	Upper spring seat	25618-27	2
8	Bearing	25602-03	2
9	Washer	24619-03	2
10	Nut M12	24627-02	2
11	Nut M6	24626-03	2
12	C-spanner	24639-01	1
13	C-spanner	24639-03	1
14	Öhlins sticker kit	10207-01	1
15	Öhlins emblem kit	10207-02	1
16	Öhlins owner manual		1

👁 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.

👁 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 Kit for Ford Focus RS, Gen3, 2016-

FOS MS00 front

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

Raise the vehicle and put it on jack stands.

2

Remove the front wheels.

3

Loosen the bolts for the lower strut attachments.

👋 Caution!

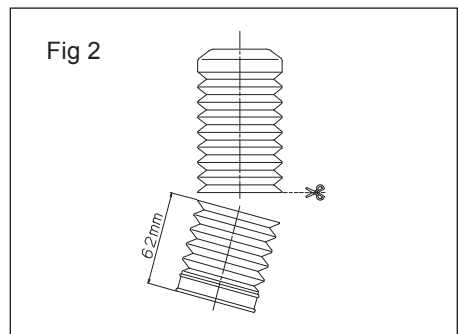
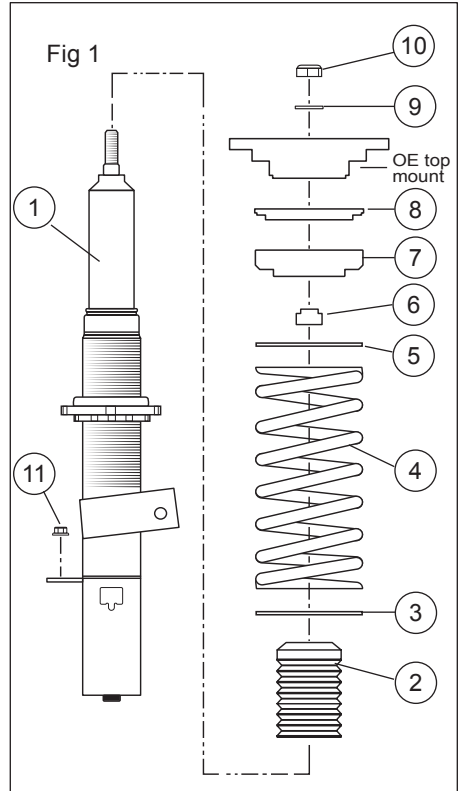
Support the wheel hubs in an appropriate way on each side of the vehicle so that the brake hoses can not be damaged.

4

Loosen the upper attachments. Remove the original struts from the car.

5

Cut the dust boot 62 mm from the lower end with a pair of scissors according to fig 2.



MOUNTING INSTRUCTIONS

👁 **Note!**

Remove the rubber spring isolator from the OE top mount according to fig 3.

6

Fit the dust boot (2), the plastic spacer (3), the spring (4), the elastic spacer (5), the spacer (6), the upper spring seat (7) the bearing (8), OE top mount, the washer (9) and the M12 lock nut (10) to the strut according to fig 1.

Tighten the lock nut to 35 - 40 Nm.

Adjust the spring seat and the lock ring according to fig 4 and tighten to 50 - 60 Nm.

👁 **Note!**

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

7

Fasten the upper attachments to the vehicle.

8

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

👁 **Note!**

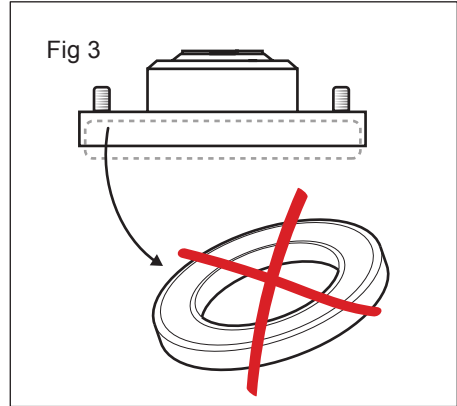
Make sure that all bolts are tightened to the correct torque and that nothing fouls or restricts movement of the strut when it is being fully compressed or extended. Test this over the whole steering range from lock to lock.

9

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

👁 **Note!**

If the vehicle is equipped with OEM active shock absorbers, use Öhlins cancellation kit 35020-18.



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.

The preload is 12 mm from a free length of 200 mm, giving 188 mm installed length, see fig 5.

SETUP DATA

Recommended set-up

Rebound setting		
Track	2-7	clicks
Winding road	5-10	clicks
Street	10-20	clicks
Spring preload	12	mm

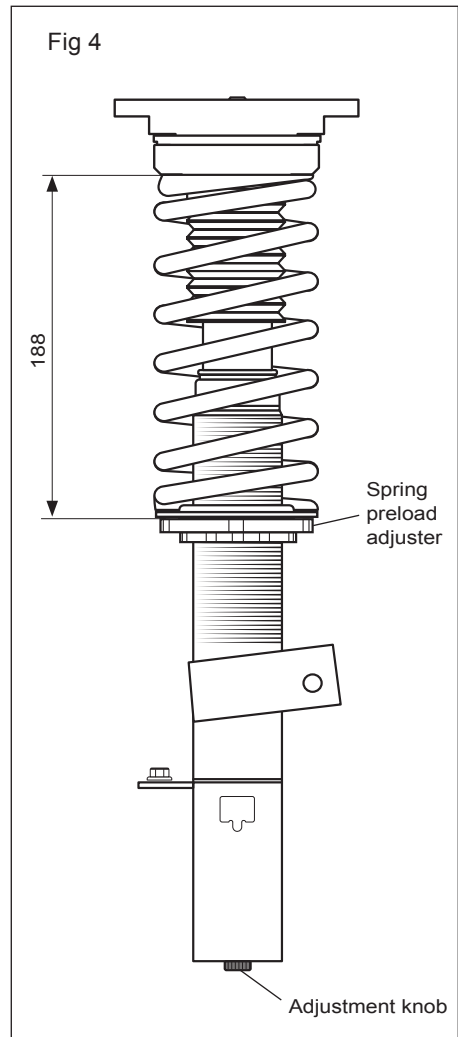
Recommended spring

48010-23 (80 Nm/mm)

Vehicle height adjustment range

With the preload in its recommended position, the vehicle is lowered approximately 15 mm when compared to the original suspension.

The spring preload adjustment range is 2-15 mm. Giving approximately 10-30 mm lower ride height of the car.



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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Kit Contents			
	Description	Part No	Pcs
1	Shock absorber rear	FOS 6S00	2
2	Top pin spacer	24629-44	2
3	Dust boot	10216-01	2
4	Washer	24629-45	2
5	Lock nut M10	24618-02	2
6	Adjustment knob	24631-04	2
7	End eye spacer	24629-46	2
8	Spring seat adjuster	24651-04	2
9	Lock nut M52	24636-03	2
10	Spring platform M52	24635-03	2
11	Plastic spacer	25602-01	2
12	Spring		2

Note!

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Note!

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Note!

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Warning!

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Shock absorber Kit for Ford Focus RS, Gen3, 2016-

FOS MS00 rear

Mounting Instructions



MOUNTING INSTRUCTIONS

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👁 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

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 and springs.

4

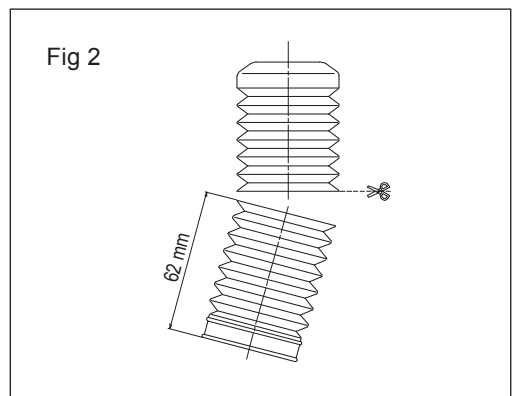
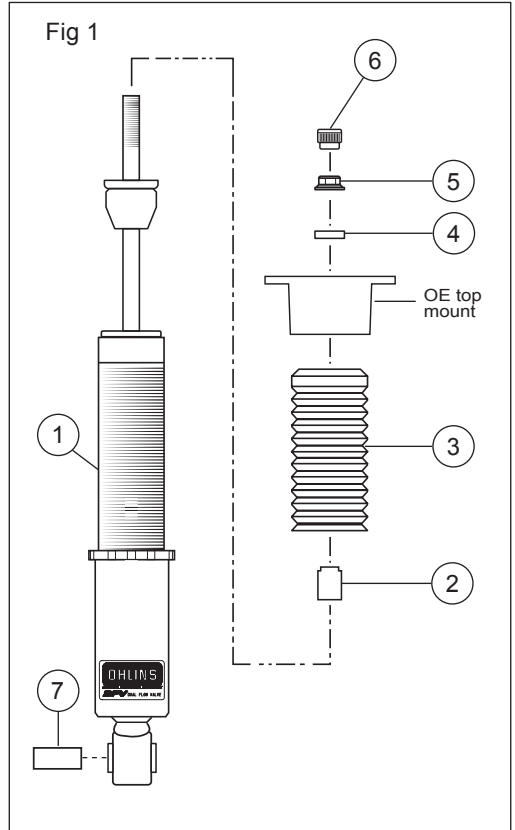
Cut the dust boot 62 mm from the lower end with a pair of scissors according to fig 2.

5

Adjust the length adjuster and tighten the lock nut according to fig 4.

6

Fit the top pin spacer (2), the dust boot (3), the OE top mount, the washer (4) and the M10 lock nut (5) and tighten to 30Nm. Install the adjustment knob (6) and tighten to 13Nm according to fig 1.



MOUNTING INSTRUCTIONS

7

Install the Öhlins shock absorbers on the vehicle and fasten the upper attachments.

8

Mount the spring adjuster assembly in the control arm and install the upper OE spring seat on top of the spring.

9

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

10

Adjust the height adjuster according to fig 4 and tighten the lock ring with the c-spanners.

11

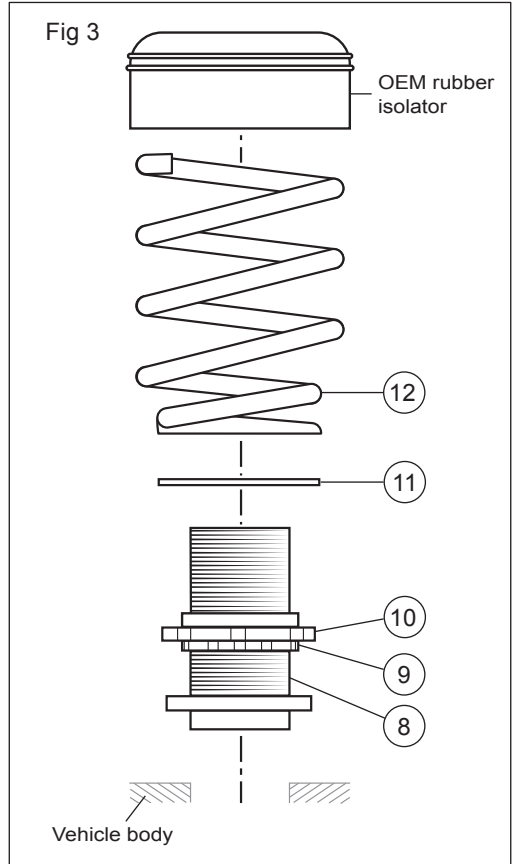
Make sure that all removed parts are reinstalled in the same way as they were before the installation of the Öhlins shock absorber.

👁 **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.

👁 **Note!**

If the vehicle is equipped with OEM active shock absorbers, use Öhlins cancellation kit 35020-18.



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

Recommended set-up

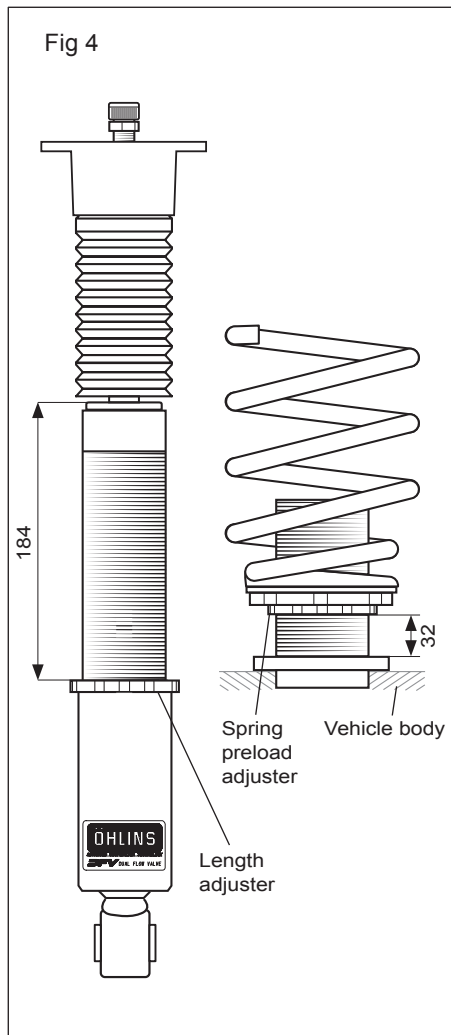
Rebound setting		
Track	2-7	clicks
Winding road	5-10	clicks
Street	10-20	clicks
Spring preload adjuster height	32	mm

Recommended spring

47040-19 (70N/mm)

Vehicle height adjustment range

With the preload in its recommended position, the vehicle is lowered approximately 15 mm when compared to the original suspension. The spring preload adjustment range is 25-35 mm. Giving approximately 10-30 mm lower ride height of the car. Make sure that the spring is always preloaded.



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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