

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 |
|----------------------|----------|-----|
| Front fork | FGR 256 | 1 |
| Spring, front fork | 04744-05 | 2 |
| Spring, front fork | 04744-95 | 2 |
| Screw | 01046-38 | 4 |
| Fender bracket | 21665-24 | 2 |
| Sticker set "ÖHLINS" | | 1 |
| Owner's Manual | 07280-27 | 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.

Front Fork Superbike

FGR 256

Mounting Instructions/Spare Parts List

SAFETY PRECAUTIONS

Warning!

The shock absorber/front fork/steering damper is an important part of the vehicle and will affect the stability.

Warning!

After installing the Öhlins product, take a test ride at low speed to make sure your vehicle has maintained stability.

Warning!

Some of Öhlins products contain pressurized nitrogen gas (N₂). Do not open, service or modify pressurized products without proper education (approved Öhlins dealer/distributor) and proper tools.

Note!

Read and ensure you understand the information in this manual and other technical documents provided by Öhlins, before you use the product.

Note!

Öhlins Racing AB can not be held responsible for any damage to the shock absorber/front fork/steering damper, vehicle, other property or injury to persons, if the instructions for mounting, usage and maintenance are not obeyed.

Warning!

If the suspension makes an abnormal noise, or the function is irregular, or if you notice any leakage from the product, stop the vehicle immediately and return the product to an Öhlins Service Centre.

Contents

| | |
|--|----|
| FGR 256 Technical information | 3 |
| FGR 256 Mounting instructions..... | 5 |
| Figure 1 - Top cap | 7 |
| Figure 2 - Shaft assembly | 8 |
| Figure 3 - Seal head and piston assembly ... | 9 |
| Figure 4 - Cylinder tube assembly | 10 |
| Figure 5 - External components | 11 |
| FGR 256 Setup data | 12 |

SAFETY SYMBOLS

In this manual, mounting instructions and other technical documents, important information concerning safety is distinguished by the following symbols:



The Safety Alert Symbol means: Warning! Your safety is involved.

Warning!

The Warning Symbol means: Failure to follow warning instructions can result in severe or fatal injury to anyone working with, inspecting or using the shock absorber, or to bystanders.

Caution!

The Caution Symbol means: Special precautions must be taken to avoid damage to the shock absorber.

Note!

The Note Symbol indicates information that is important regarding procedures.

Warning!

The product warranty shall only apply if the product has been operated and maintained in accordance with recommendations in this manual. If you have any questions regarding usage, service, inspection and/or maintenance contact Öhlins.

Note!

When working with the Öhlins product, read the Vehicle Service Manual.

Warning!

This product was developed and designed exclusively for a specific vehicle model and shall only be installed on the intended vehicle model in its original condition as delivered from the vehicle manufacturer.

© Öhlins Racing AB. All rights reserved.
Any reprinting or unauthorized use without the written permission of Öhlins Racing AB is prohibited.

FGR 256 TECHNICAL INFORMATION

FGR 256

| | |
|--------------------------|------------|
| Front fork length/stroke | 745/125 mm |
| Free spring length | 260 mm |

Adjustment Range

| | |
|----------------|-------------------------|
| Compression | ~30 clicks |
| Rebound | ~30 clicks |
| Spring preload | 0-18 mm (0-18 turns) |

The adjustment range from closed valve (clockwise) to maximum open valve (counter clockwise): approx. 30 clicks

Spring rate

| | |
|------------------------|----------|
| 10 N/mm (mark -10) STD | 04744-10 |
|------------------------|----------|

Supplied optional springs

| | |
|----------------------|----------|
| 9.5 N/mm (mark -95) | 04744-95 |
| 10.5 N/mm (mark -05) | 04744-05 |

Oil capacity

See specification card. Use Öhlins Front Fork fluid 01309 only.

Torque

| |
|--|
| Outer tube lower clamp Ø58 mm 0/-0.05 |
| Outer tube upper clamp Ø53 mm 0/-0.05 |
| Lower triple clamp bolt 8 Nm (1-2-3 / 2-1-3) |
| Upper triple clamp bolt 22 Nm, if 2 screws (1-2-1) |
| Wheel axle Clamp bolt 19 Nm (1-2-1) |

👁 **Note!**

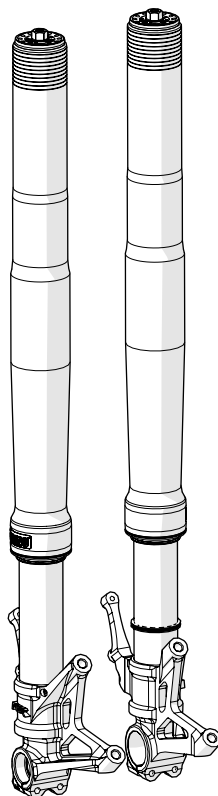
*If your vehicle also is equipped with an Öhlins Steering Damper Outer tube clamp;
Tighten to: 12-15Nm*

Service intervals

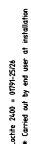
This product is designed for racing use only. Service and maintenance is recommended every 20 hours.

Disposal

Discarded products should be handed over to an authorized Öhlins Service Centre for proper disposal.



FGR 256



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!

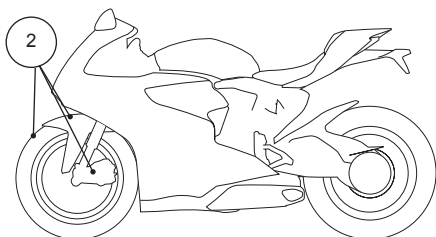
Before you install this product clean the vehicle.

1

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

2

Remove the front fender, brake caliper, ABS-sensor (if any), and the front wheel.



3

Loosen the upper and lower triple clamps by loosening the screws.

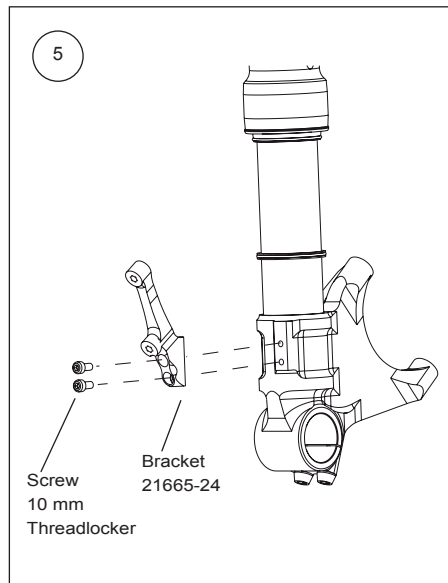
4

Remove the fork legs from the triple clamps.

5

Install the supplied fender brackets to the fork legs according to the figure.

Apply threadlocker (01791-03) or similar on the screws and tighten to 4 Nm.



MOUNTING INSTRUCTIONS

6

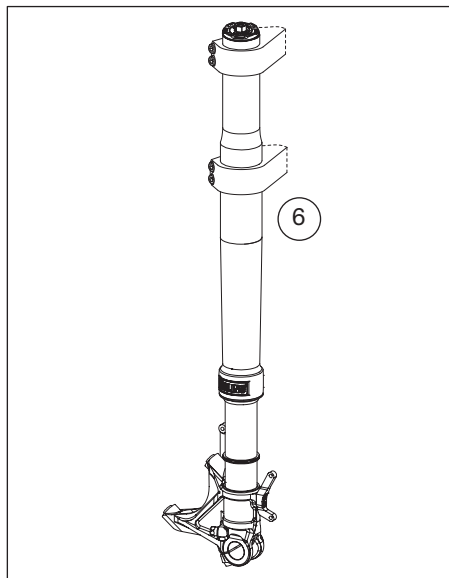
Install the fork legs into the triple clamps to the recommended fork leg position in the setup data.

Tighten the triple clamps:

Upper triple clamp 20 Nm

Lower triple clamp 10 Nm

Turn the handle bars fully from side to side to make sure that nothing restricts the movement, and that the throttle cable and wire harness run with soft bends.



7

Vehicle equipped with ABS; Install the ABS-sensor.

8

Install the front fender, front wheel, and the brake calipers.

Do not tighten yet.

9

Put the vehicle on the ground, apply the front brake and compress the front fork distinctly 3-4 times. This will put the legs in an exact parallel position.

10

Tighten the front wheel, brake calipers, and the front fender.

See the vehicle service manual for correct tightening torques.

11

Make sure that nothing restricts the fork movement when fully compressed.

Note!

In storage or transport the oil in the front fork can be displaced and therefore temporarily loses some of its damping performance.

12

Close the rebound and compression adjusters.

13

Compress the front fork as much as possible several times to bleed out the air. Make sure that there is damping on the full stroke.

14

See the setup data to see the recommended setup for the rebound and compression adjusters.

15

Read more in the Öhlins Owner's manual - Chapter Setting up your front fork, Extended stroke.

Note!

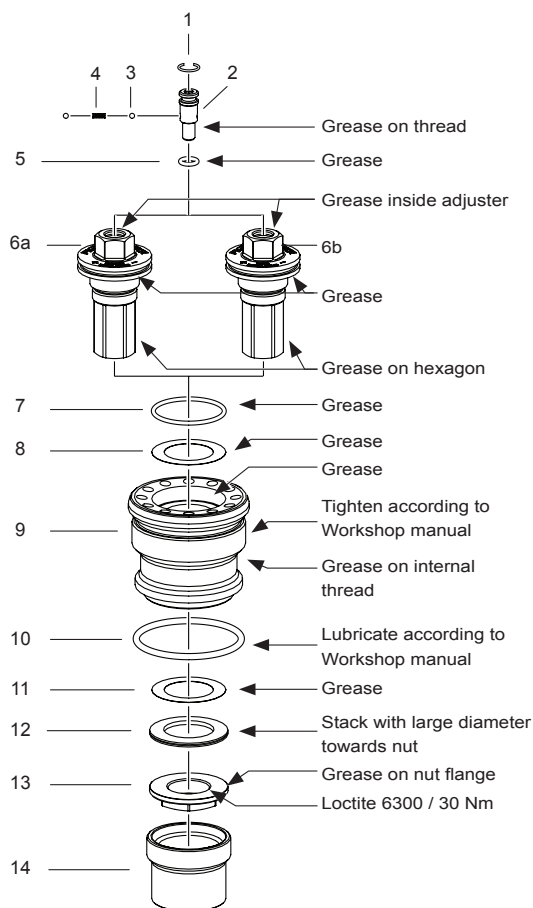
Lower the vehicle so that the suspension is slightly compressed before you tighten the screws.

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.

FGR 256

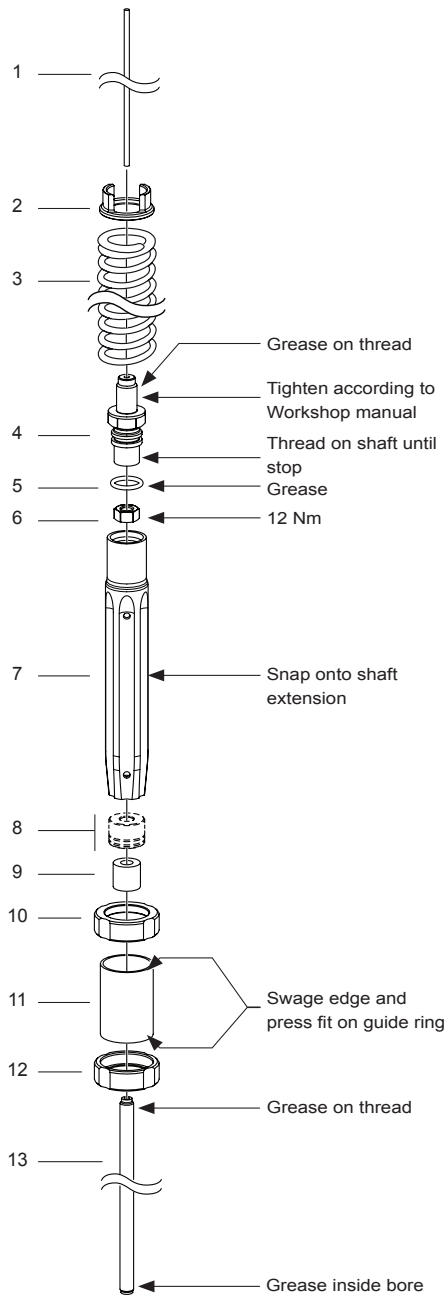
Figure 1 - Top cap



| Pos | Part No | Pcs | Description | Notes |
|------|----------|-----|--------------------|-------------|
| 1-1 | 01473-01 | 2 | Circlip | |
| 1-2 | 21819-01 | 2 | Adjustment screw | |
| 1-3 | 00884-04 | 4 | Ball | |
| 1-4 | 01474-01 | 2 | Spring | |
| 1-5 | 00577-01 | 2 | O-ring | |
| 1-6a | 21928-03 | 1 | Adjuster | Compression |
| 1-6b | 21928-04 | 1 | Adjuster | Rebound |
| 1-7 | 00338-72 | 2 | O-ring | |
| 1-8 | 03309-01 | 2 | Shim | |
| 1-9 | 21932-16 | 2 | Adjustment housing | |
| 1-10 | 00338-02 | 2 | O-ring | |
| 1-11 | 03309-01 | 2 | Shim | |
| 1-12 | 03317-01 | 8 | Spring washer | |
| 1-13 | 03313-01 | 2 | Nut | |
| 1-14 | 03315-01 | 2 | Preload socket | |

The number of components is intended for one right hand side fork leg and one left hand side fork leg.

Figure 2 - Shaft assembly



| Pos | Part No | Pcs | Description | Notes |
|------|----------|-----|--------------------|------------------------|
| 2-1 | 15412-22 | 2 | Adjustment rod | |
| 2-2 | 03316-02 | 2 | Spring support | |
| 2-3 | 04744-95 | 2 | Main spring | 9.5 N/mm |
| 2-3 | 04744-10 | 2 | Main spring | 10 N/mm * |
| 2-3 | 04744-05 | 2 | Main spring | 10.5 N/mm |
| 2-4 | 01901-09 | 2 | Shaft extension | |
| 2-5 | 00338-76 | 2 | O-ring | |
| 2-6 | 00437-09 | 2 | Nut | |
| 2-7 | 21925-02 | 2 | Guide sleeve | |
| 2-8 | 01582-23 | 4 | Spacer 10 mm | |
| | 01582-22 | 6 | Spacer 3 mm | |
| 2-9 | 01580-04 | 2 | Bump rubber | |
| 2-10 | 01438-04 | 2 | Guide ring | |
| 2-11 | 01460-51 | 2 | Preload tube 73 mm | Standard stroke 125 mm |
| 2-12 | 01438-04 | 2 | Guide ring | |
| 2-13 | 21812-20 | 2 | Shaft | |

* Installed at delivery

Figure 3 - Seal head and piston assembly

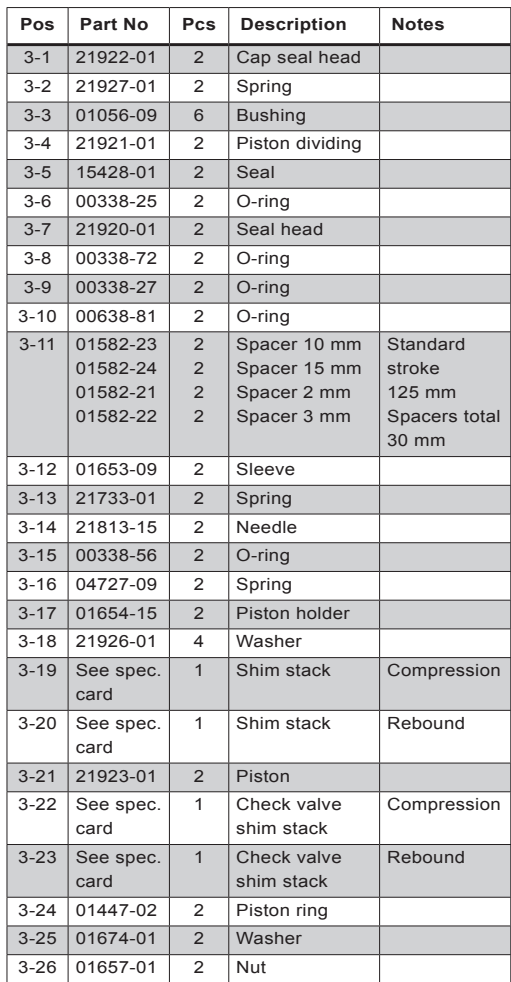
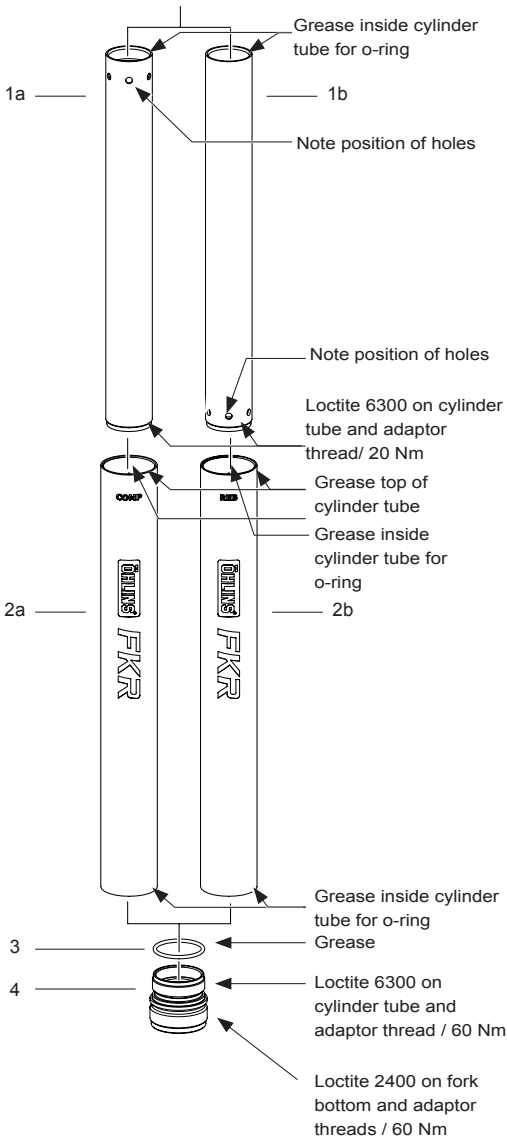
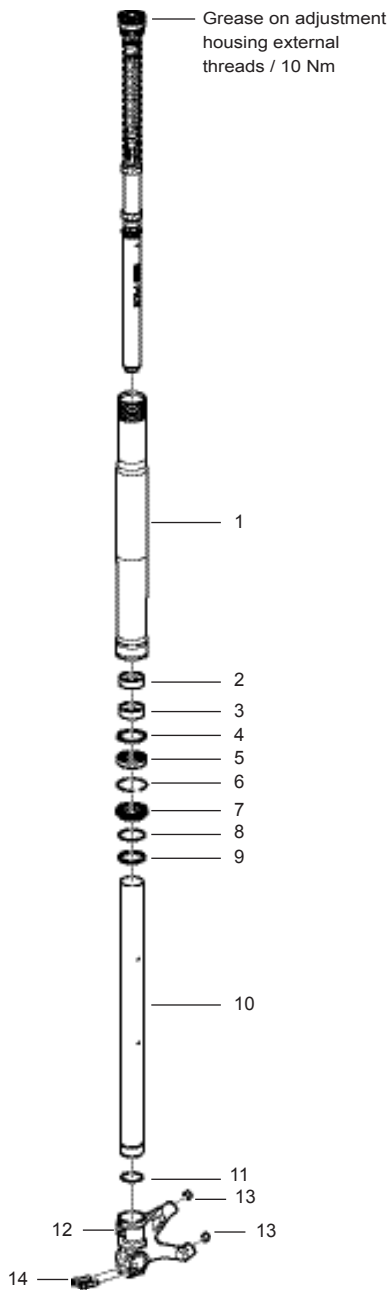


Figure 4 - Cylinder tube assembly



| Pos | Part No | Pcs | Description | Notes |
|------|----------|-----|---------------|-------------|
| 4-1a | 21929-01 | 1 | Cylinder tube | Compression |
| 4-1b | 21929-02 | 1 | Cylinder tube | Rebound |
| 4-2a | 21930-01 | 1 | Cylinder tube | Compression |
| 4-2b | 21930-02 | 1 | Cylinder tube | Rebound |
| 4-3 | 00576-07 | 2 | O-ring | |
| 4-4 | 21924-06 | 2 | Adaptor | |

Figure 5 - External components



| Pos | Part No | Pcs | Description | Notes |
|------|----------|-----|-------------------|-------|
| 5-1 | 01900-23 | 2 | Outer tube | |
| 5-2 | 01683-04 | 2 | Bushing, upper | |
| 5-3 | 01684-04 | 2 | Bushing, Lower | |
| 5-4 | 04758-01 | 2 | Washer | |
| 5-5 | 04720-02 | 2 | Seal | |
| 5-6 | 04759-01 | 2 | Circlip | |
| 5-7 | 04721-03 | 2 | Scraper | |
| 5-8 | 00338-54 | 1 | O-ring | Right |
| 5-9 | 01565-04 | 1 | Stroke Indicator | Right |
| 5-10 | 21634-12 | 2 | Fork leg inner | |
| 5-11 | 00338-63 | 2 | O-ring | |
| 5-12 | 21664-61 | 1 | Fork bottom right | |
| 5-12 | 21664-62 | 1 | Fork bottom left | |
| 5-14 | 01240-09 | 4 | Screw | |

FGR 256 SETUP DATA

SETUP DATA

Recommended setup

| | | |
|--------------------------------|----------|--------|
| Compression adjustment | 14 | clicks |
| Rebound adjustment | 14 | clicks |
| Suspension fluid level | 160 | mm |
| Minimum suspension fluid level | 230 | mm |
| Suspension fluid part number | 01309-xx | |
| Front fork leg position | Standard | |

MAIN SPRING GUIDE

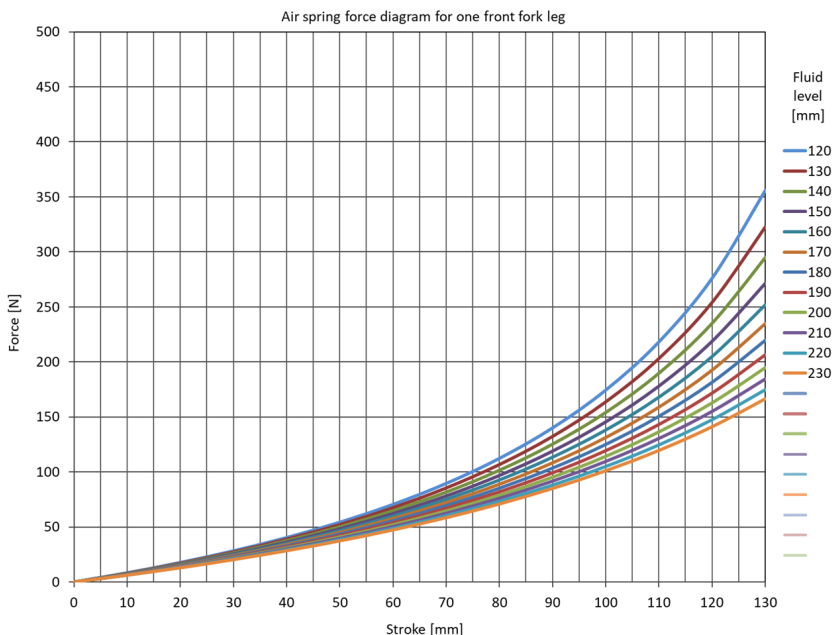
Make sure you choose the correct main spring for your rider weight, driving style and preferences. Below you find a general recommendation of main spring rate for your weight. Contact an authorized Öhlins service center for advice.

FGR 256 Ducati Panigale V4

| | | | | | | | |
|----------------------|----------|----------|----------|----------|----------|----------|----------|
| Rider weight [kg] | 50 | 60 | 70 | 80 | 90 | 100 | 110 |
| Spring rate [N/mm] | 9 | 9,5 | 9,5 | 10 | 10 | 10,5 | 10,5 |
| Preload [mm] | 4 | 4 | 5 | 5 | 7 | 6 | 5 |
| Part number (single) | 04744-90 | 04744-95 | 04744-95 | 04744-10 | 04744-10 | 04744-05 | 04744-05 |
| Part number (pair) | 08790-90 | 08790-95 | 08790-95 | 08790-10 | 08790-10 | 08790-05 | 08790-05 |

👁 Note!

Only 08790-xx main springs are packed in pairs.



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.

Part no. MI_FGR256_0
Issued 2025-03-31

© Öhlins Racing AB. All rights reserved. Any reprinting or unauthorized use without the written permission of Öhlins Racing AB is prohibited.

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