

Description	Part No	Pcs
Shock absorber		2
Dust boot		2
Top mount		2
Rubber seat		2
Spring		2
Self-locking nut M10		2
MOUNTED ON SHOCK	ABSORBER	
Adjuster		2
USED FOR BOTH FRO	NT AND REA	R
C-spanner		1
C-spanner		1
Öhlins sticker		1
Öhlins Owner's 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.

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 Mazda RX-7 (FD3S)

MAS MI10S1 FRONT

Mounting Instructions



MOUNTING INSTRUCTIONS

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

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.

Ensure that it is securely supported.

2

Remove the front wheels.

3

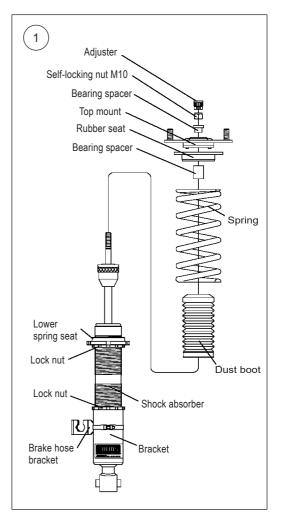
Remove the lower and the upper attachments and remove the original shock absorbers.

4

Tighten the lower spring seat and the lock nut to 50 - 60 Nm. Fit the bushing spacers, the dust boot, the spring, the rubber seat, the top mount and the adjuster according to fig (1). Tighten the self-locking nut to 20 Nm.

5

Install the Öhlins shock absorber on the vehicle.



MOUNTING INSTRUCTIONS

6

Fasten the upper attachments.

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.

7

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

ADJUSTMENTS

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

SETUP DATA

Rebound		10	clicks
Spring preload		2	mm
Shock absorber lengt	h	513	mm

Spring

47010-35, 110 N/mm

The actual vehicle height

With both the preload and height adjustments in their standard positions, the vehicle is lowered approximately 25 mm when compared to the original suspension. As the height adjuster is turned one rotation, the position moves 1.5 mm.

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

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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Part no. MI_MAS MI10S1_0 Issued 2022-07-05

Rebound

adjuster

Spring preload

Height adjuster

Bracket

adjuster

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Spring		2
Self-locking nut M10		2
MOUNTED ON SHOCK	ABSORBER	
Adjuster		2
USED FOR BOTH FRO	NT AND REAL	₹
C-spanner		1
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Öhlins sticker		1
Öhlins Owner's Manual		1

Note!

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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.

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 Mazda RX-7 (FD3S)

MAS MI10S1 REAR

Mounting Instructions



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

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.

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.

4

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

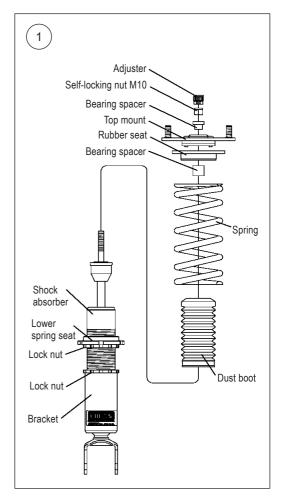
5

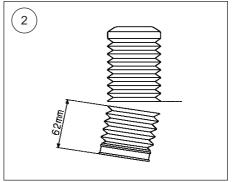
Tighten the lower spring seat and the lock nut to 50 - 60 Nm.

Fit the the bushing spacers, the dust boot, the spring, the rubber seat, the top mount and the adjuster according to fig 1. Tighten the lock nut to 20 Nm.

6

Install the Öhlins shock absorbers on the vehicle.





7

Fasten the upper attachments.

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.

ADJUSTMENTS

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 standard preload is 2 mm from a free length of 180 mm, giving 178 mm installed length, see fig 3.

SETUP DATA

Rebound	10	clicks
Spring preload	2	mm
Shock absorber length	436	mm

Spring

47000-35, 110 N/mm

The actual vehicle height

With both the preload and height adjustments in their standard positions, the vehicle is lowered approximately 20 mm when compared to the original suspension. As the height adjuster is turned one rotation, the position moves 1.5 mm.

may occur.

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

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Part no. MI_MAS MI10S1_0 Issued 2022-07-05

Rebound adjuster

Spring preload

Height adjuster

adjuster

Bracket

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