

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 180 mm, giving 178 mm installed length, see fig ③.

Set-up Data

Recommended set-up

Rebound setting

Track	0-7 clicks
Winding road	5-10 clicks
Street	10-20 clicks

Spring preload 2 mm

Shock absorber length 497mm

Spring

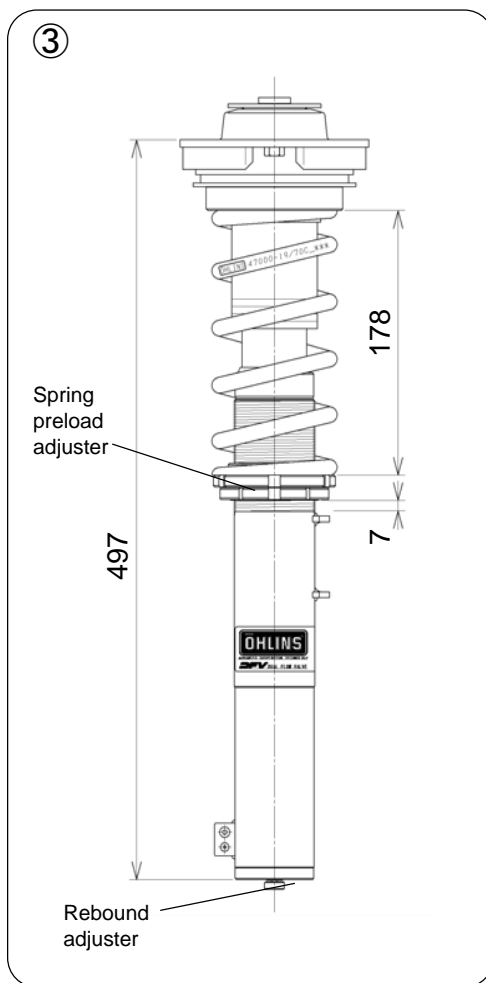
Spec H180, ID65, 70 N/mm

The actual vehicle height

With both the preload and height adjustments in their standard positions, the vehicle is lowered approximately 20mm 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 -7 to +15 mm.



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
Upper spring seat	2
Spring	2
Lock nut M14	2
Washer	2
Spacer	2

USED FOR BOTH FRONT AND REAR

C-spanner	2
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. VWS 5110_0
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Shock Absorber Kit for VW Golf VI, Scirocco (5K1,137)

VWS MI10 front

Mounting Instructions



⚠ 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.

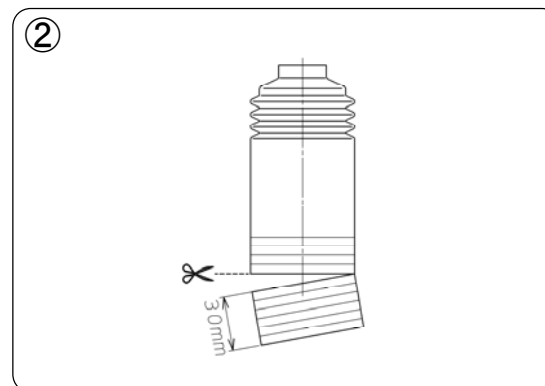
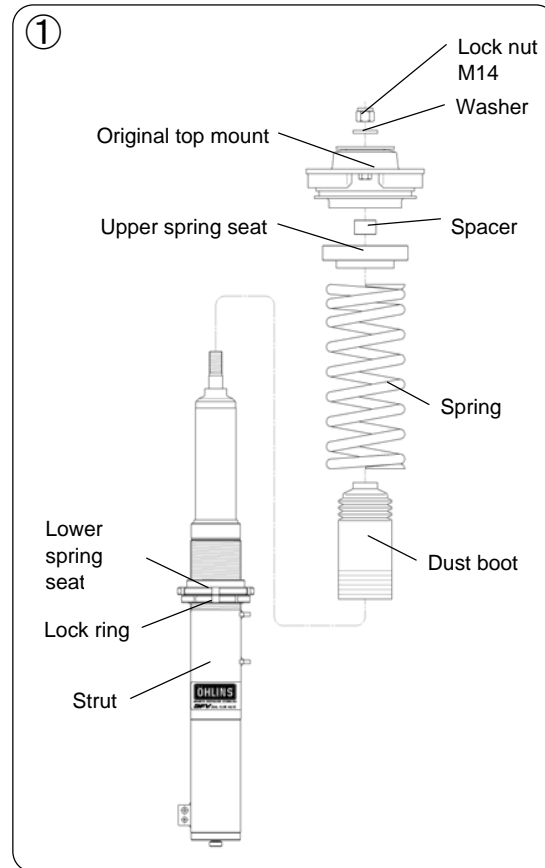
⚠ Caution!

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

4
Loosen the upper attachments. Remove the original struts from the car.

5
Cut the dust boot 30 mm from the lower end with a pair of scissors according to fig ②.

6
Tighten the lower spring seat and the lock ring to 50 - 60 Nm. Fit the dust boot, the spring, the upper spring seat and the spacer to the strut according to fig ①. Fit the standard top mount, the washer and the lock nut M14. Tighten the lock nut to 35 - 40 Nm.



7
Install the Öhlins McPherson struts on the vehicle.

8
Fasten the upper attachments.

👁 Note!

When tightening the top mount nut, the shock absorber shaft must be held in position with a 6 mm Allen key.

9
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.

10
Make sure that all removed parts are reinstalled in the same way as they were before the installation of the Öhlins shock absorber.

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.

Set-up Data

Recommended set-up

Rebound setting

Track	0-7 clicks
Winding road	5-10 clicks
Street	10-20 clicks

Spring preload adjuster height	35 mm
Shock absorber length	541 mm

Spring

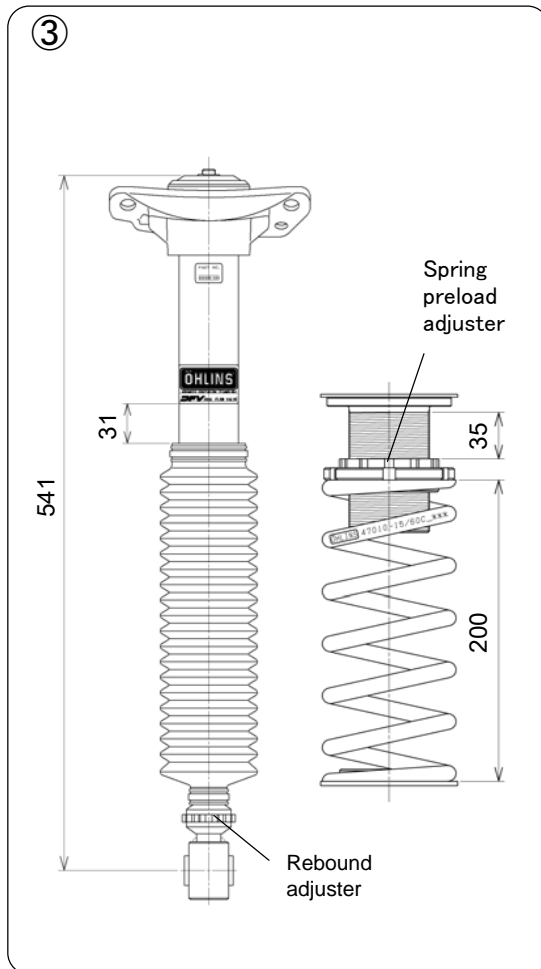
Spec H200, ID65, 60 N/mm

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.

⚠ 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
Lock nut M10	2
Bushing spacer	2
Dust boot	2
Band	4
Dust boot support	2
Spring	2
Spring preload adjuster	2
Rubber seat	2
Lower plastic seat	2

USED FOR BOTH FRONT AND REAR

C-spanner	2
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.

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Shock Absorber Kit for VW Golf VI, Scirocco (5K1,137)

VWS MI10 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.

4

Remove the spring.

5

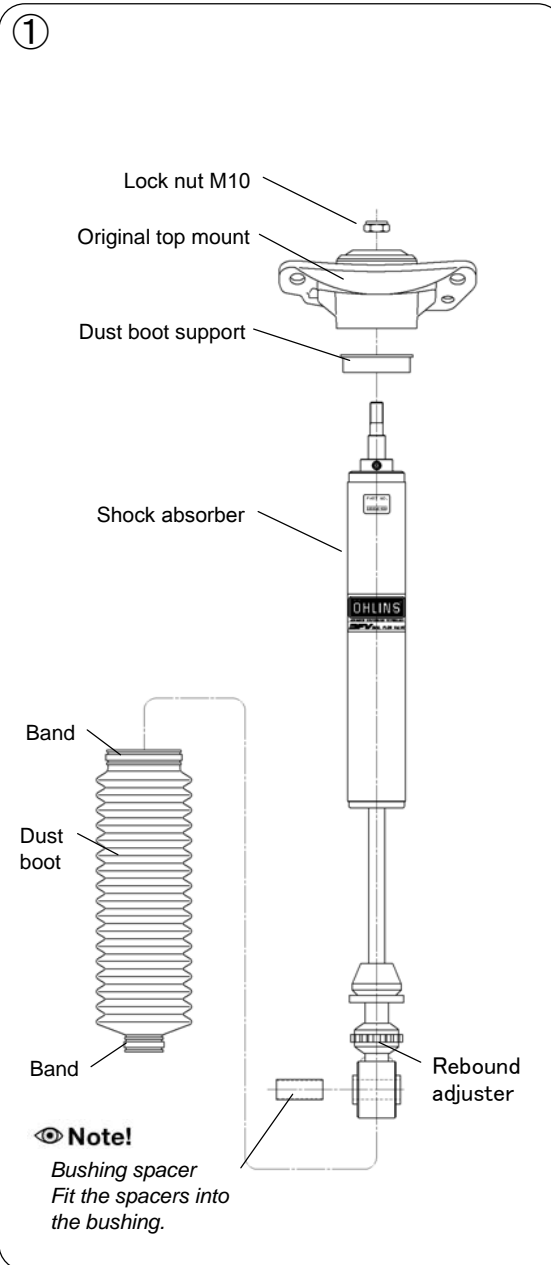
Set the spring seat of the spring preload adjuster to the position according to fig ②. Tighten the lock ring to 50 - 60 Nm.

6

Install the Öhlins spring and the spring preload adjuster on the vehicle according to fig ②.

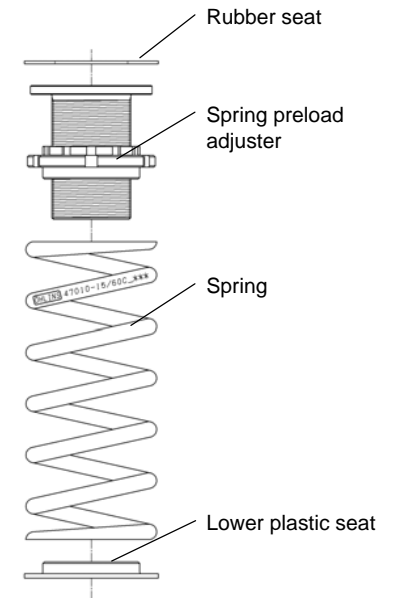
7

Mount the dust boot and the dust boot support on the Öhlins shock absorber. Tighten only the lower tie-rod. Mount the standard top mount on the shock absorber according to fig ①. Tighten the lock nut to 30 Nm. Install the bushing spacer in the lower shock absorber bushing.



How to install

②



👁 Note!

When tightening the lock nut, the shock absorber shaft must be held in position with a 4 mm Allen key.

8

Install the Öhlins shock absorbers on the vehicle.

9

Position the dust boot support and the top of the dust boot according to fig ③. Tighten the upper tie-rod.

👁 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.

10

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