



Kit Contents		
Description	Part No	Pcs
Shock absorber		2
Dust boot		2
Top mount		2
Spring		2
Self lock nut M12		2
Adjustment tool		1
Washer (for std top mount)		4
Bushing spacer (for std top mount)		2
MOUNTED ON SHOCK ABSORBER		
Adjuster		2
USED FOR BOTH FRONT AND REAR		
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.

**⚠ 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 Mazda Roadster / MX / Miata (NC)

# MAS MI30S1 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.

## **⚠ Warning!**

*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 top mount and the adjuster according to fig ①. Tighten the Self lock nut to 30 Nm.

**5**

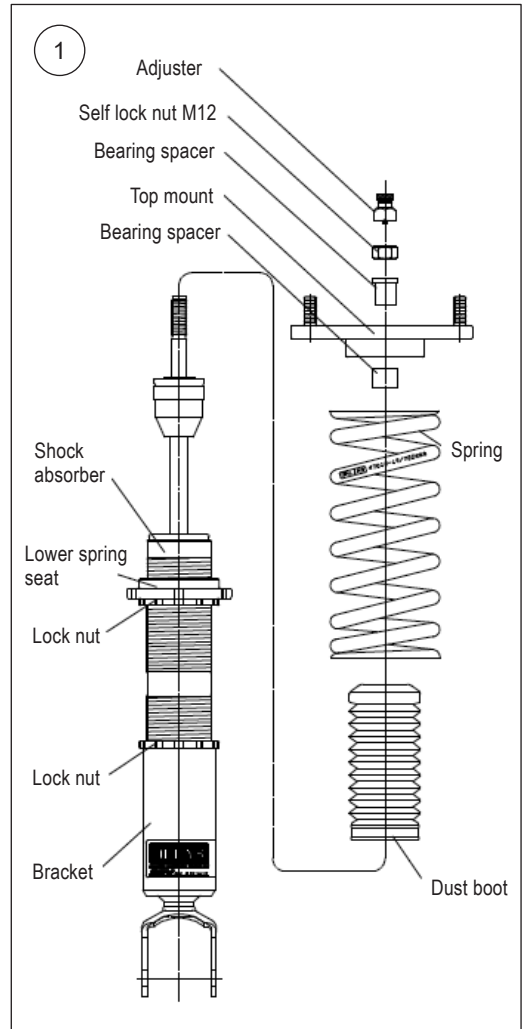
Install the Öhlins McPherson struts on the vehicle.

**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 strut when it is being fully compressed or extended. Test this over the whole steering range from lock to lock.*



# MOUNTING INSTRUCTIONS

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

## ⚠ 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 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 length	335	mm

### Spring

Spec .....H200, ID65, 70N/mm

### The actual vehicle height

With both the preload and height adjustments in their standard positions, the vehicle is lowered approximately 35 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 to ±10 mm. If the bracket is moved outside the adjustment range, it may come loose.

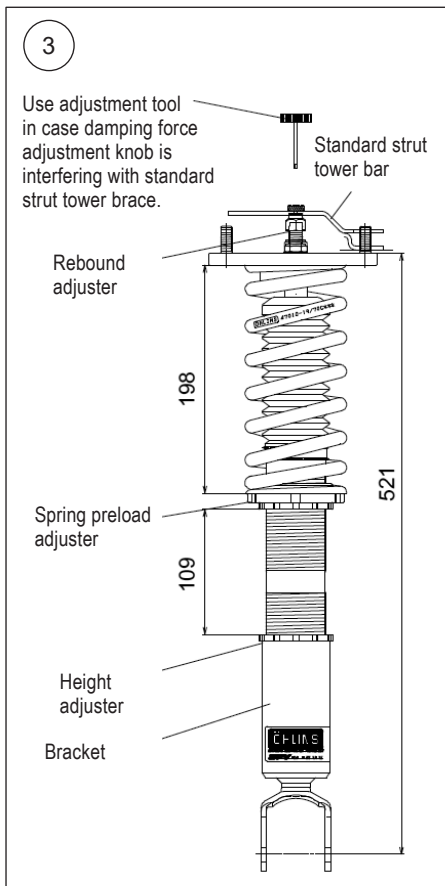
Öhlins products are subject to continuous improvement and development, therefore, although these instructions include the most up-to-date information available at the time of printing, minor updates may occur.

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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 M30S1\_1  
Issued 2022-10-20



[www.ohlins.com](http://www.ohlins.com)



Kit Contents		
Description	Part No	Pcs
Shock absorber		2
Spring		2
Nylon nut M10		2
Washer (t3,2)		2
Bushing spacer (t35)		2
Washer (t4,5)		2
Bushing spacer (t14)		2
MOUNTED ON SHOCK ABSORBER		
Adjuster		2
USED FOR BOTH FRONT AND REAR		
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.

**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 Mazda Roadster / MX / Miata (NC)

# MAS MI30S1 REAR

## 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.

**⚠ 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.

**5**

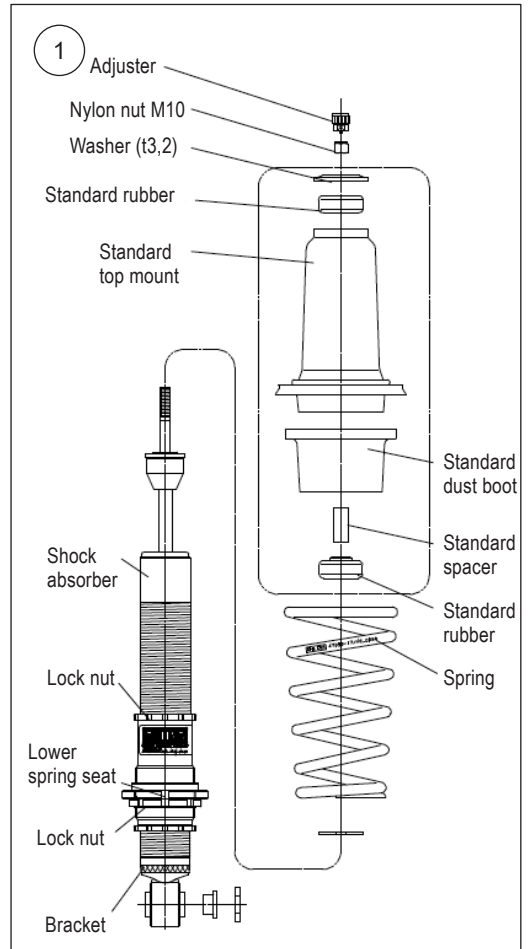
Tighten the lower spring seat and the lock nut to 50-60 Nm. Fit the the bushing spacers, the spring, the OE top mount and the adjuster according to fig 1. Tighten the nut to 20 Nm.

**👁 Note!**

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

**6**

Install the Öhlins shock absorbers on the vehicle according to fig 2.



7

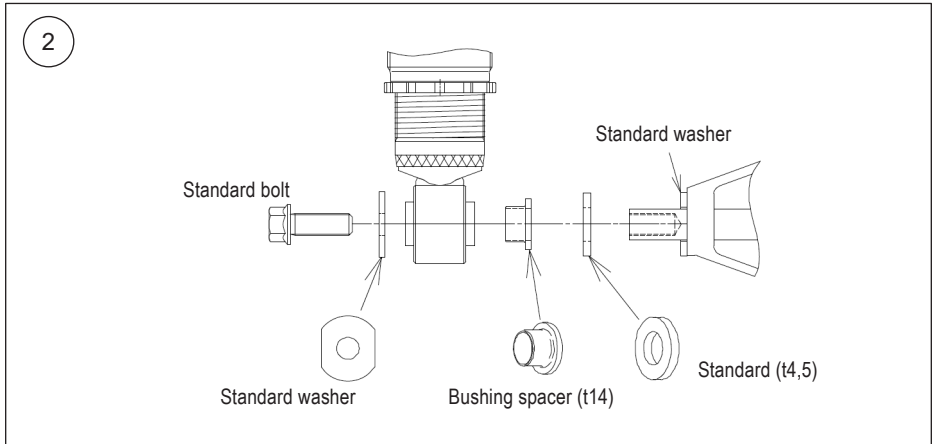
Fasten the upper attachments.

**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

## ⚠ 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 standard preload is 2 mm from a free length of 200 mm, giving 198 mm installed length, see fig 3.

## SETUP DATA

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

### Spring

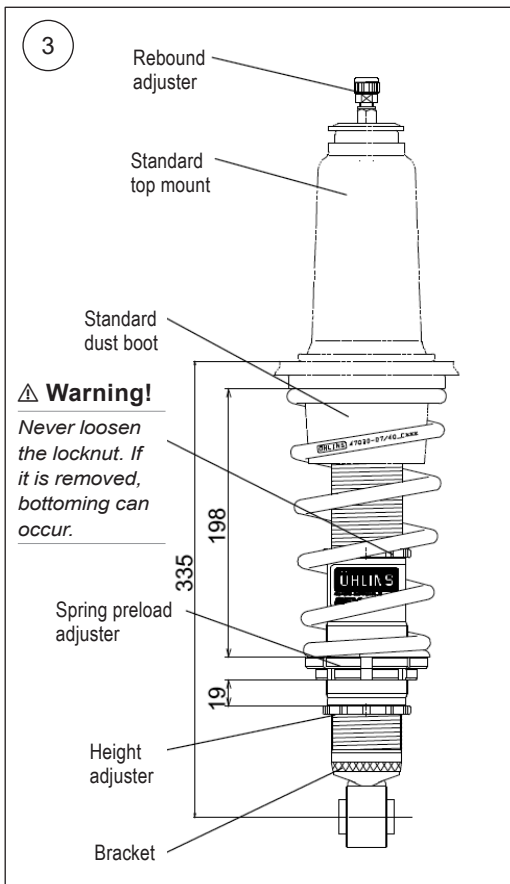
Spec .....H200, ID70\_100, 40N/mm

### The actual vehicle height

With both the preload and height adjustments in their standard positions, the vehicle is lowered approximately 35 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  $\pm 15$  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.

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