



Installation Instructions Fork Spring Kit BMW F650GS BMW F650GS Dakar BMW F700GS

ATTENTION

Statements in these instructions that are preceded by the following words are of special significance:

Warning

This means there is the possibility of injury to yourself or others.

Caution

This means there is the possibility of damage to the vehicle.

Note

Information of particular importance has been placed in italics.

Lifetime Limited Warranty

Progressive Suspension warrants to the original purchaser this Part to be free of manufacturing defects in materials and workmanship with a lifetime limited warranty. In the event warranty service is required, you must call Progressive Suspension immediately with a description of the problem.

If it is deemed necessary for Progressive Suspension to make an evaluation to determine whether the part is defective, a return authorization number will be given by Progressive Suspension. The parts must be packaged properly so as to not cause further damage and returned prepaid to Progressive Suspension with a copy of the original invoice of purchase and a detailed letter outlining the nature of the problem. If after the evaluation by Progressive Suspension the part was found to be defective it will be repaired or replaced at no cost to you. If we replace it, we may replace it with a reconditioned one of the same design.

Progressive Suspension shall not be held liable for any consequential or incidental damages resulting from the failure of a Progressive Suspension part. Progressive Suspension shall have no obligation if a part becomes defective as a result of improper installation or abuse.

Warning

Changing the chassis and/or suspension on any vehicle will change the handling characteristics of that vehicle. Care should be taken when operating the vehicle with such modifications while getting accustomed to the new handling characteristics.

IMPORTANT NOTICE

Caution: Removing and replacing fork springs must be performed by a qualified mechanic or according to steps outlined in a professional workshop manual that relates to your particular make, model and year motorcycle.

The vehicle must be securely blocked to prevent it from dropping or tipping when the fork springs are removed. Failure to do so can cause serious damage and/or injury.

Progressive Suspension Fork Springs are designed to work with the OEM (Original Equipment) forks. Use of this product on any forks other than OEM may produce an unsatisfactory ride and void the warranty.

Installation

- Read all the instructions carefully before installing this kit on your motorcycle. Use your factory authorized manual as a reference while installing this kit.
- Support and lift the motorcycle securely so the front wheel is off the ground. The balance point is toward the front of the engine.
- Remove fork springs according to instructions contained in your factory authorized shop manual.

Note

For maximum performance we highly recommend that the forks be disassembled and thoroughly cleaned, inspected and new fork oil installed - we recommend a 20wt. fork oil for the F650's and the OE viscosity for the F700GS. See fine tuning for more information. Fork oil level should be measured with the fork spring(s) removed and the fork completely compressed. The measurement from the top edge of the fork tube to the fluid level should be 165mm for the 1999-2007 standard F650GS & F700GS, 185mm for the F650 GS Dakar, & 155mm for the 2008-2012 standard GS.

- The Progressive Suspension fork spring kit is a direct replacement of your stock springs. You will reuse or shorten the stock spacers (see page 2).
- Before installing the new springs, it is crucial that you make sure you've installed the proper fluid and the fluid level is correct. We recommend a 20wt. fork fluid in all but the F700GS, which we recommend stock viscosity. To check the fluid level properly you must have the springs and spacers removed and the fork completely compressed. You then measure from the top of the fork tube to the fluid level - the recommend measurements are:

1999-2007 standard F650GS - 165mm (6.50")
1999-2007 GS Dakar - 185mm (7.83")
2008-2012 standard GS - 155mm (6.10")
2013-2014 F700GS - 165mm (6.50")

Add or remove fluid to achieve this measurement.

Caution

NEVER ADD TOO MUCH FLUID RESULTING IN A MEASUREMENT LESS THAN 165mm WHEN USING THIS SPRING KIT (155mm for 2008-2012 standard GS).

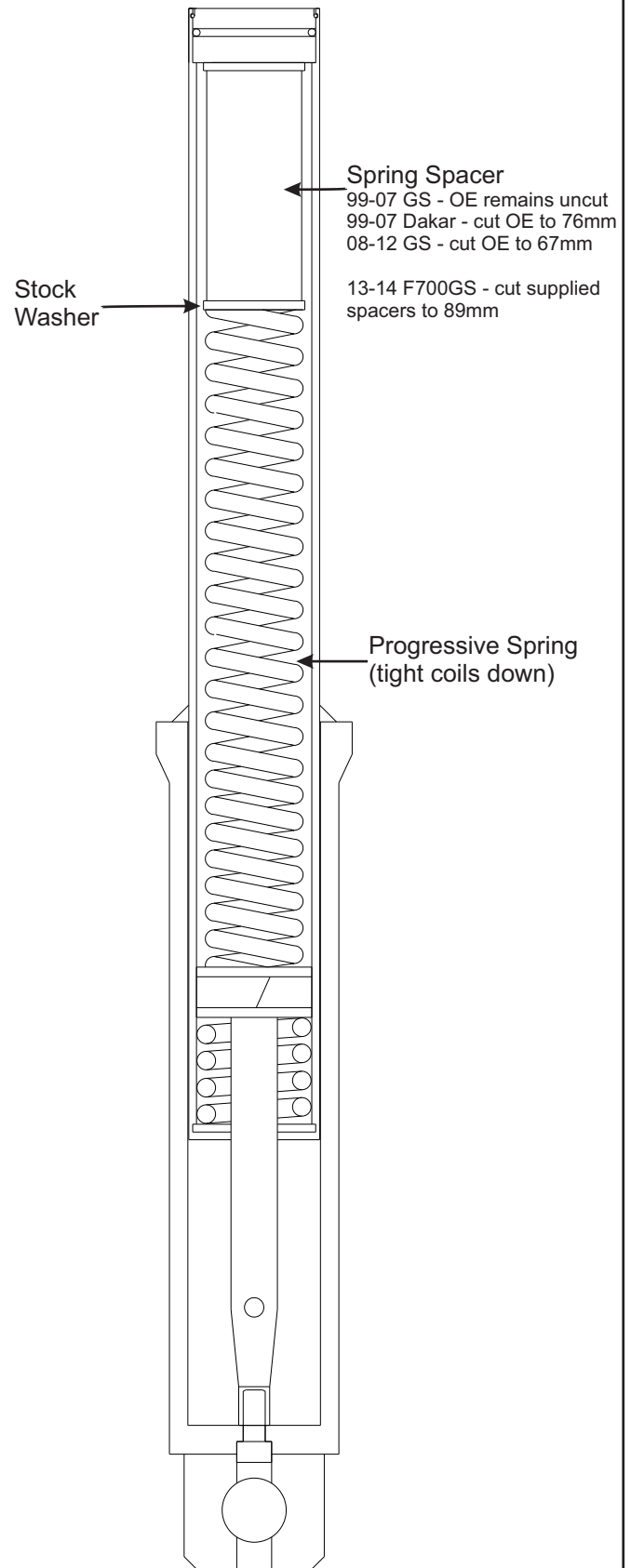
- In each fork leg, install one of the Progressive Suspension fork springs - tighter coils down - into the fork. Then install one of the stock washers followed by one of the stock or supplied spacers (depending on the year/model, spacers may need to be cut - see below), and all other stock components in the reverse order they came apart - essentially replacing only the stock springs with the supplied Progressive Suspension ones (see illustration).

1999-2007 standard GS - use stock uncut spacers
1999-2007 GS Dakar - cut stock spacers to 76mm (3.00")
2008-2012 standard GS - cut stock spacers to 67mm (2.64")
2013-2014 F700GS - cut supplied spacers to 89mm (3.50")

- Reinstall the fork cap being certain the retaining ring is properly seated. Reinstall fork, fender, wheel, and all other components per a factory authorized shop manual. Remove motorcycle from lift and re-check all fasteners for proper tightness per your factory authorized manual.
- Technical info: Our technical staff will assist you if you have any problems or questions. Call (714) 523-8700 from 8 am to 4 PM Pacific time.
- The operator must use extreme caution when operating a modified motorcycle, particularly while getting familiar with its altered handling characteristics and ground clearance.

FINE TUNING

- Fork Oil: Though we recommend using a 20wt. fork fluid (except in the F700GS), oil viscosity can be changed to alter damping. Heavier oil to increase damping. Lighter oil to decrease damping. Increase in 2.5 weight increments (i.e. from 2.5 weight to 5 weight.) Oil viscosity will have more effect on rebound damping than compression damping, too high a viscosity can create harshness on sharp edge bumps. The oil level also affects the ride, too high an oil level and the forks will feel too stiff, too low an oil height and the bike will bottom and feel soft or dive excessively. As stated previously, when using this spring kit **NEVER adjust the fork oil level to produce a measurement of less than 165mm (155mm for 2008-2012 standard GS) - measured fork springs removed, fork compressed, from the top of the fork tube - or damage will occur.**



(Illustration NOT to scale)

