

Additional applications for the DAMPER ZZ-R have been confirmed ABARTH695 (31214T)

# DAMPER ZZ-R

Suspension Kit equipped with Full Length Adjustability and 32 Levels of Damping Force Adjustments. Wide range adjustability can finely balance driving performance and ride quality to meet your needs from the street to the circuit

[Click here for further details on DAMPER ZZ-R](#)



Front : 13mm Down / Rear : 27mm Down

(Vehicle)	(Model Year)	(Model)	(E/G Model)	(Code No.)	(JAN Code)
ABARTH					
ABARTH695	2022/05-	31214T	312A3	92604	4959094926047

## Product Description

- Mono-tube adjustable coil over suspension kit.
- Employs 32 levels of damping force adjustability.
- Compatible with a wide range a circumstance from the street to the circuit.
- Aluminum upper mount, lock seat, and brackets have been utilized to maximize strength while minimizing weight.
- φ44 Mono-tube structure allows a fine balance of structural rigidity and smooth ride quality.

[Click here for price and availability](#)

Product Specification		
	Front	Rear
Damping Force Adjustability	32 Levels	32 Levels
Length Adjustment	○	○
Shock Absorber Structure	Coilovers	Separate
Upright or Inverted	Upright	Upright
Upper Mount	Stock	Reinforced Rubber
Spring Rate kgf/mm	5.0	5.0
Free Length of Spring mm	180	180
Spring Type※	ST	BS
Ride Height Adjustability mm	-40 ~ 0	-45 ~ -15



■Remarks : Rear damping force adjustment dials are located inside the wheel well. AT/MT Compatible.

AT/MT Compatible. Compatibly only tested with vehicles sold in Japan.

695 TURISMO · COMPETIZIONE · Pelle, 695 esse only. Unchecked with other grades.

※Abbreviation for Spring Types 「ST:ID62 Straight Spring」, 「BS:Barrel or Tapered, Vehicle Specific Springs」

※Adjustability in ride height may vary between vehicles.

# DAMPER ZZ-R Spec & Vehicle Information



Data taken from in house measurements. Measurements for the vehicle height may differ depending on the vehicle's grade and options. The distance from the ground to fender may differ even when your vehicle is set at the same measurements as the test vehicle. Please use the following data as a reference and adjust your vehicle height accordingly.

メーカー (Manufacturer)	車名 (Vehicle Name)	型式 (Model)	年式 (Model Year)	グレード (Grade)
ABARTH	ABARTH695	31214T	2022年5月	esse esse

確認車両情報		フロント (Front)	リア (Rear)	備考 (Remarks)
車両情報 (Vehicle Information)	車重(kg) (Vehicle Weight)	1120		
	軸重(kg) (Axle Weight)	730	390	
	タイヤサイズ (Tire Size)	205/40 R17	205/40 R17	
	ホイールサイズ (Wheel Size)	17inch 7.0J Inset35	17inch 7.0J Inset35	
	レバー比 (Lever Ratio)	1.0	1.1	
アライメントデータ (Alignment Data)	トー (Toe)	+0°01'	+0°17'	
	キャンバー (Camber)	-1°09'	-1°09'	
	キャスター (Caster)	+3°17'	-	

DAMPER ZZ-R Spec.		フロント (Front)	リア (Rear)	備考 (Remarks)
DAMPER ZZ-R 仕様(Spec.)	スプリングレート(kgf/mm) (Spring Rate)	5.0	5.0	
	スプリング自由長(mm) (Free Length of Spring)	180	180	
	スプリング内径(mm) (Spring Inner Diameter)	φ62	φ104 - (φ130) - φ96.5	
	減衰力調整段数 (Damping force Adjustment)	1段 ~ 32段 (HARD) (SOFT)	1段 ~ 32段 (HARD) (SOFT)	
	地面〜フェンダー(mm) (Ground~Fender)	605	616	
	基準車高(mm) (Difference from Stock)	-13	-27	
	車高調整範囲(mm) (Height Adjustment Range)	-40 ~ 0	-45 ~ -15	
	最低地上高(mm) (Minimum Ground Clearance)	102mm (フロントメンバー取り付けボルト頭)		

初めてご使用される際の推奨減衰力 (Recommended Damping force)	16段	16段	左記に記載の減衰に合わせて てからご使用ください
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※Product shipped at damping force of 16. Turn the dial all the way to the right for level 1 which is the hardest.  
 ※During installation turn the dial all the way to the right and then make adjustment towards the left accordingly

## Product Description

- Setting specifically for the ABARTH695
- The rear has been lowered slightly more than the front to make the vehicle silhouette flatter to the ground.
- Vehicle specific rear bump rubber and cover for the front upper mount are included.
- Vehicle specific front upper mount cover is included to prevent water from getting in.
- Lower your vehicle for a stylish look.
- Increasing the damping force will improve stability during high speeds.
- Make adjustments to the damping force to optimize ride quality depending on number of passenger and road condition.
- The suspension has been made to allow sufficient bump and rebound stroke for optimal ride comfort.