



FORD SUPER DUTY 4" & 6" SUSPENSION

INSTALLATION INSTRUCTIONS

INTRODUCTION

Installation requires two professional mechanics. Be sure the vehicle is in excellent working condition-repair or replace all worn parts. Read instructions several times prior to beginning installation. Check to make sure you have all needed parts and know where to install them. Read each step completely.

IMPORTANT

Prior to disassembly, identify each part and place the appropriate mounting hardware with it. Contact your Extreme Suspensions dealer if any components are missing before beginning any work on the vehicle.

FRONT:

- 1) Raise and support front end/block rear wheels.
- 2) Remove both front wheels.
- 3) Remove both front shocks.
- 4) Remove both front sway bar links. [Photo 1]
- 5) Disconnect trac-bar at upper mounting point. [Photo 2]
- 6) Remove upper trac-bar bracket. [Photo 3]
- 7) Install bump-stop extension bracket to frame using factory hardware. Install factory bump-stop to bracket using the supplied bolts.
- 8)
- 8) Disconnect drag Link at pitman arm. (6" kit only) [Photo 6]
- 9) **6" kit only** Remove pitman arm, install drop pitman arm and re-torque to factory specifications. (6" kit only) [Photo 7]
IMPORTANT: prior to installing the dropped pitman arm, compare the spline count and indexing lugs of the stock pitman arm with the supplied pitman arm to verify the correct arm has been applied for the vehicle. This can be accomplished by stacking the stock arm on the supplied arm (see DIAGRAM 1). The splines and indexing lugs must line up exactly. If a difference is noted (i.e. the pitman arms do not line up), Contact Extreme before proceeding.
- 10) Bend front brake line brackets down at frame to approximately a 45° angle. Drill 1/2" and 5/16" relocation holes 2 1/2" directly below the original ones and re-mount brackets. [Photo 8 & 9]
- 11) Lower one side of axle and remove leaf spring and shackle (removing the front bumper may make access a bit easier!). [Photo 10]
- 12) Install new spring, and U-bolts. Tighten U-bolts to factory specifications. **DO NOT TIGHTEN SPRING EYEBOLTS UNTIL VEHICLE WEIGHT IS ON THEM!** This will prevent binding the bushings. Repeat steps on other side of vehicle. [Photo 11]
- 13) Enlarge trac-bar mounting hole at engine crossmember to 5/8" with a drill or die grinder. [Photo 1 2A] Install new trac-bar bracket using factory bolts at frame and new 5/8" bolt at engine crossmember. **DO NOT RE-CONNECT THE TRAC-BAR UNTIL THE VEHICLE IS ON THE GROUND.** [Photo 12 & 13]
- 14) Install urethane bushings and steel sleeves in replacement front sway bar links. Install new extended sway bar links with 1/2" hardware provided. [Photo 14]

- 15) Install new longer front.
- 16) Install optional new heavy-duty stabilizer (factory equipped vehicles). [Photo 15 & 16]
- 17) Re-install front wheels and torque to factory specifications. Lower vehicle, tighten spring eyebolts to factory specifications, and connect trac-bar.
- 18) Check all clearances and tightness.

REAR:

With Rear Leaf Springs:

- 1) Remove rear shocks and on vehicles equipped with sway bar, disconnect links at bar. [Photo 17]
- 2) Block front wheels, raise rear of vehicle (high enough to remove wheels when drooped), and support frame.
- 3) Support axle with jack. Remove U-bolts and lower axle to remove block.
- 4) Install rear Springs.
- 5) Re-install block, U-bolts and torque to factory specifications.
- 6) Repeat steps on other side.
- 7) Loosen U-bolts on both factory lower shock mounts. Rotate shock mounts upward to a point just past the locator pin on axle and re-tighten. [Photo 25 & 26]
- 9) Install new longer rear shocks.

With Rear Blocks:

- 1) Raise rear of vehicle and place jackstands a few inches in the front of the rear spring front hanger. Lower vehicle onto stands keeping slight pressure in axle. Chalk front tires to prevent rolling.
- 2) Remove tires, U-bolts and shocks. Ease down jack being careful not to over extend vent or brake hoses.
- 3) Check the spring perches for signs of collapse or cracking and replace if necessary. Position the Dick Cepek blocks with the tall end facing rearward. Be sure block alignment pin fits properly into the hole in the spring perch.
- 4) Raise axle up to meet with spring (be sure head of alignment pin fits properly into the hole in the block. Position u-bolt plates and U-bolts. Torque U-bolts to factory specifications using an 'X' tightening pattern.
- 5) Install new Dick Cepek Race Series shock absorbers. Torque bottom bolts to 75 ft lbs and tighten top until bushing swells. Install tires and lower vehicle to ground.

STEERING WHEEL RE-POSITIONING:

- 1) After thoroughly checking the installation, road test the vehicle and mark the steering wheel position (top) while driving straight (a piece of masking tape works great for this!). [Photo 27]
- 2) Park vehicle with your mark facing the top. Leave steering wheel in the "unlocked" position.
- 3) Loosen the bolts on the drag link adjusting sleeve and rotate (to lengthen) while an assistant watches the steering wheel position. When the wheel reaches the correct center position, re-tighten the adjusting sleeve. [Photo 28]
- 4) Drive the vehicle again to check your adjustment.

Be sure to re-torque all components to factory specification after 100 miles of driving and as needed thereafter.

NOTE: READ THESE INSTRUCTIONS THOROUGHLY BEFORE STARTING THE INSTALLATION.

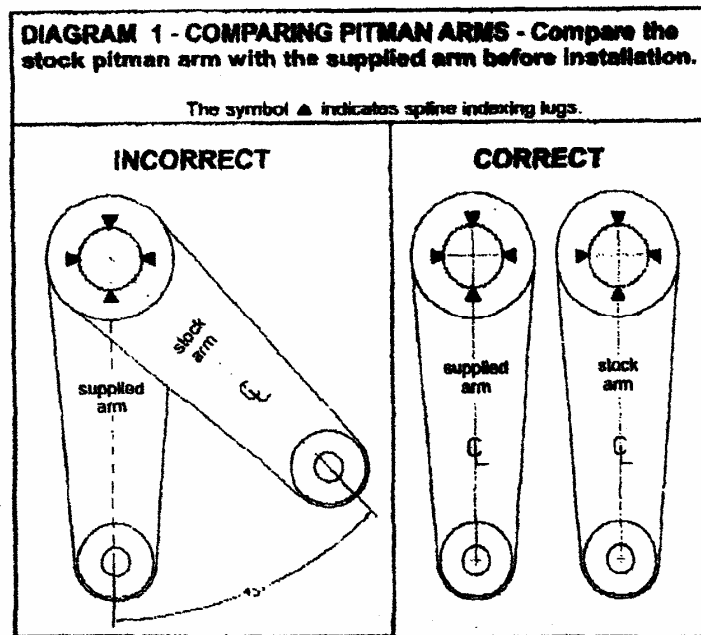
- A professional mechanic should install these parts.
- Check the parts list against the contents prior to installation.
- All steps of this installation must be accomplished with all parts provided.
- Failure to complete these instructions will void all warranties.
- Extreme Suspensions reserves the right to make changes on all products and the installation of them without notice.

Installation of these parts will modify the height of the vehicle and may raise the center of gravity. Altered height modification and off-road operation may increase your vehicle's susceptibility to roll over conditions and may cause serious injury or death. Many states regulate the height modification to each vehicle. Check the laws in your state for exact specifications. Height modifications may effect the reaction, ride, handling and wear factor of your vehicle's components. Height modifications may require other adjustments to the vehicle. A professional mechanic should install all Extreme Suspensions suspension components.

All vehicles must be aligned within 100 miles after installation of these parts.

Always use extreme caution when operating your vehicle in conditions, which may cause loss of balance or control. Avoid sharp turns and abrupt maneuvers, which may cause a vehicle to roll over or have an accident.

Always wear a seat belt. Never drink uses drugs and drive!
DRIVE RESPONSIBLY!!



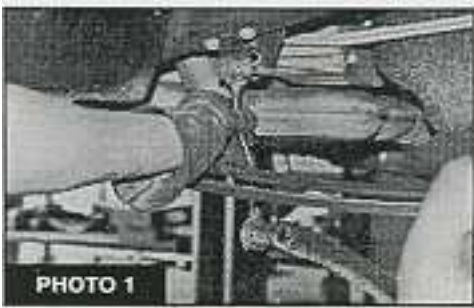


PHOTO 1



PHOTO 2



PHOTO 3



PHOTO 6



PHOTO 7



PHOTO 8



PHOTO 9

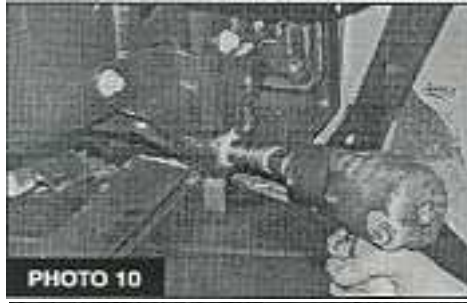


PHOTO 10



PHOTO 12



PHOTO 12A



PHOTO 13



PHOTO 14



PHOTO 15



PHOTO 16



PHOTO 17

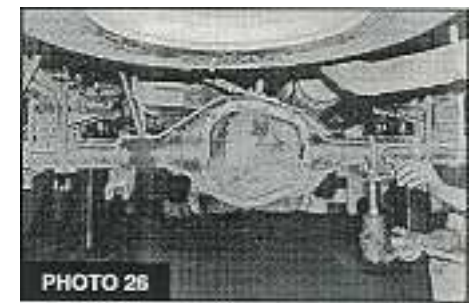


PHOTO 26



PHOTO 27



PHOTO 28