

102010 LIFT/LEVEL KIT



Ford Explorer and Sport Trac Leveling Kit



THIS KIT CONTAINS

- Strut Caps (front) (x2)
- Strut Caps (rear) (x2)
- Hardware Pack (x1)

Instructions
Stickers

Front Installation

1) Disconnect sway bar link from control arm and separate tie rod end. On 4x4 models remove axle nut at hub. support spindle assembly. Use caution with any ABS wiring to prevent damage. Separate upper ball joint. remove lower strut mounting bolt and upper strut mount nuts and remove strut.

2) Install TRAXDA spacer on the strut as shown in Figure A. Note the twisted shape of the TRAXDA cap, the strut will be rotated 180 degrees when reinstalled in the truck.

3) Reinstall the strut assembly in reverse of disassembly. It may be necessary to use a pry bar to aid in the reinstallation of the strut assembly. Use a pit jack to raise the lower control arm and reconnect ball joint. NOTE: a tall jack may be needed under the rear bumper to steady the truck on the lift. Verify that all hardware has been tightened to the proper torque specs.

Rear Installation

4) Use caution with any ABS wiring to prevent damage. Disconnect tie rod end from spindle assembly, and loosen control arm bolts at frame so spindle assembly can swing down and out of the way. Remove lower strut mounting bolt and upper strut mount nuts and remove strut.

5) Install TRAXDA spacer on the strut. Reinstall the strut assembly in reverse or disassembly. A pry bar may aid in installation of the strut. A pit jack may be needed to raise the lower control arm and reconnect ball joint. Verify that all hardware has been tightened to the proper torque specs.

SAFETY WARNING

Always use the correct tools and wear safety goggles. We strongly recommend installation by a licensed mechanic on a properly secured locking lift.

VEHICLE RIDE WARNING

Trucks with lift or level kits installed will have higher centers of gravity than stock. Aggressive driving and sudden direction changes can cause an unexpected rollover.

TIRE FITMENT ADVICE

The best way to ensure proper tire fitment is to install the kit before purchasing your wheels and tires. Always test fit tires and wheels before purchasing.

INSTALLATION TIPS:

Trucks are often not level side to side from the factory. Always measure before installation.

Always re-torque all hardware to the manufacturer's original specifications.

In order to get the best tire wear, use our supplied alignment specifications. OEM specifications are for trucks with stock wheels and tires. Larger tires will wear differently.

All instructions are written for vehicle on a two-post lift with tires removed.

Always use caution when handling ABS or wheel sensor wiring. Avoid tension of any kind on wiring harness as this may cause damage or failure.

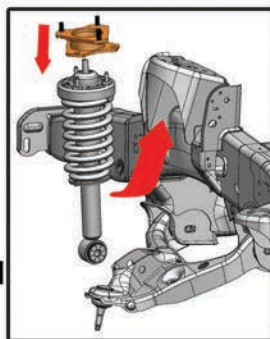


Figure A: Illustration is for reference only. Part dimensions will vary.

	Left	Right
Caster (degrees)	3	3.5
Camber (degrees)	0	-1/4 or -.25
Toe	1/32" or .03125 inch toe in	
Special Tools	none	

Alignment Notes:

We recommend that a technician with experience doing alignments on lifted trucks perform the alignment. Large tires wear differently than OEM sized tires. Always do an alignment after changing tires on a vehicle.