

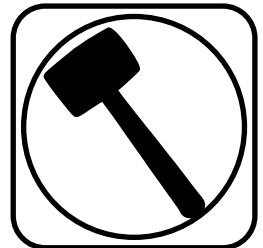


**Part # 11012899**

**1955-1957 GM B-Body Front Lower ShockWave/CoilOver StrongArms**



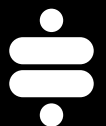
Recommended Tools



## 1955-1957 GM B-Body Lower StrongArms Installation Instructions

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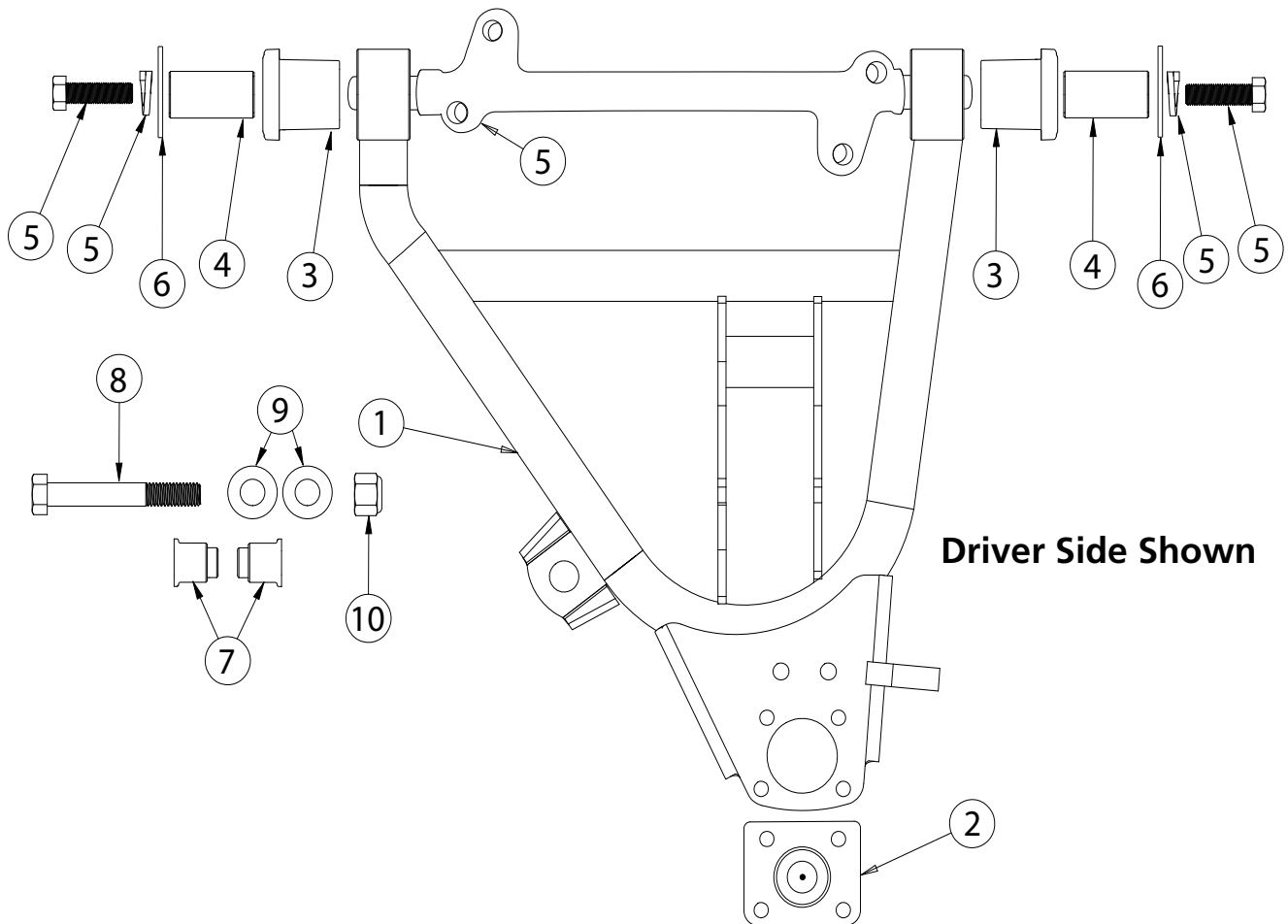
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### Upper Control Arm Components .....In the box

Item #	Part Number	Description	QTY
1	90001294	Driver Lower Control Arm ( <b>Shown</b> )	1
1	90001295	Passenger Lower Control Arm	1
2	90000916 kit	Lower Ball Joint Kit - Proforged # 101-10080	2
3	90001442	Delrin Bushing	4
4	90001289	Delrin Bushing Inner Sleeve	4
5	90002694	Lower Cross Shaft Kit	1 pr
6	99433001	Outer Washer - Cross Shaft	4
7	90002062	Shock Bearing Spacers	4
8	99501005	1/2"-13 x 3 1/2" Hex Bolt GR8	2
9	99503014	1/2" SAE Flat Washer	4
10	99502009	1/2"-13 Nylok Nut	2
11	99313001	5/16" SAE Flat Washer GR8	8



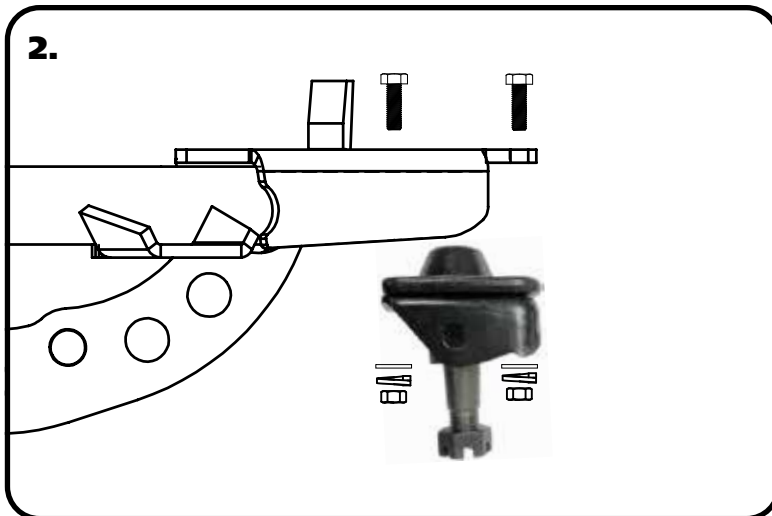


### Getting Started.....

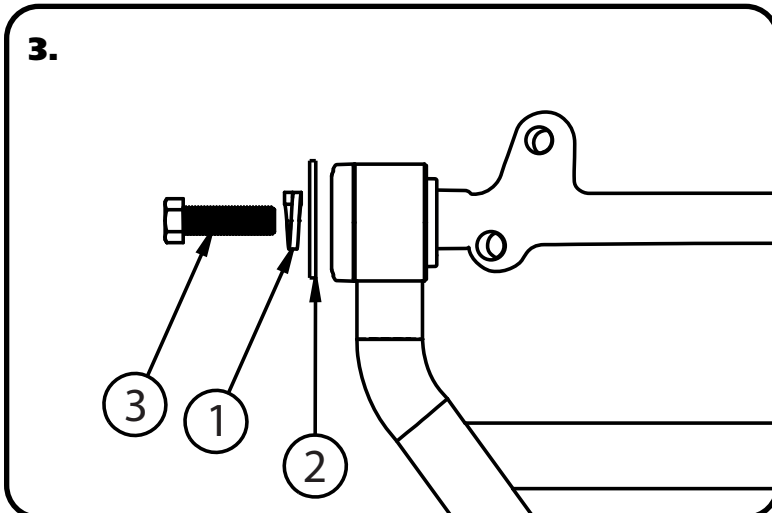
When assembling the Control Arms, tighten the cross shaft bolts enough to create drag on the delrin bushings, the arm should still move through its travel by hand.

### Installation

1.



2. Insert the Ball Joint into the Control Arm from the bottom side with the Stud pointing downward. Insert the supplied Bolts from the top side. Install a 5/16" Flat Washer, Lock Washer and Hex Nut on the threads of each bolt. Torque the hardware to **20 ftlbs**.

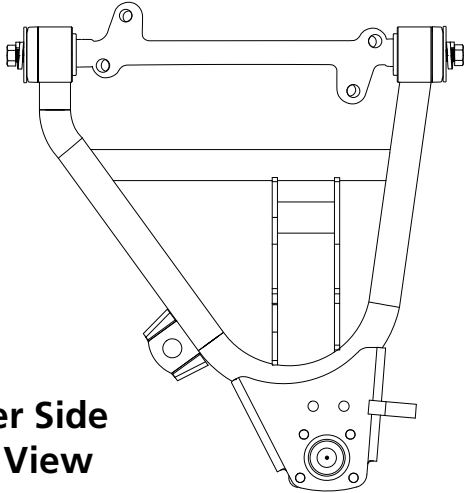


3. Install the supplied 7/16" Lock Washers & 7/16" Flat Washers on each of the (4) 7/16" - 20 x 1 1/2" Bolts supplied in the kit. Thread each Bolt/Washer setup into the end of the Cross Shaft of the Lower Control Arm. Do not tighten until the control arms are installed on the car. Torque the hardware 45-55 ft-lbs.



### Installing StrongArm

4.



Driver Side  
Top View

4. The Lower Control Arm is attaching the frame using factory hardware. The driver side arm is shown in **Figure "2"**. The sway bar mount is located to the front of the car.

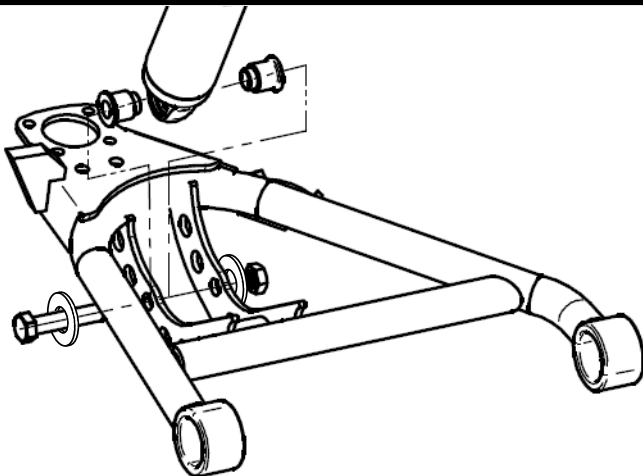
**Install the ShockWaves/CoilOvers at this time. Refer to the ShockWaves/CoilOvers instructions for Assembly.**

5.



5. The Lower Control Arm is attaching the frame using factory hardware. The driver side arm is shown in **Figure "3"**. Torque the hardware 65-75 ft-lbs.

6.



6. Bolt the Shockwave or CoilOver to the lower arm using the supplied 1/2" x 3 1/2" bolt, 1/2" flat washers, and 1/2" nylok nut. Insert the supplied aluminum spacers in each side of the shock bearing and slip it into the control arm. Line the spacers/bearing up with the 1/2" hole in the shock straps of the control arm and install hardware. Torque the hardware to 75 ftlbs.



### Installing Spindle and Alignment



7. Attach the Spindle to the control arms.

#### Torque Specs:

Ball joint - 45 ftlbs and tighten to line up cotter pin.

Install the Cotter Pin after tightening the ball joint nut.

**INSTALL THE GREASE ZERK IN THE BALL JOINT AND GREASE THE BALL JOINT AFTER ASSEMBLY.**

8. Tighten all fasteners. Connect the sway bar linkage to the new StrongArms. If you are going to install the Ridetech MuscleBar, now is a good time to do it.

**When assembling the Control Arms, tighten the cross shaft bolts enough to create drag on the delrin bushings, the arm should still move through its travel by hand.**

#### Suggested Alignment Specs:

Camber: Street: -.5 degrees  
Caster: Street: +3.0 to + 5.0 degrees  
Toe: Street: 1/16" to 1/8" toe in