ridetech

INSTALLATION INSTRUCTIONS

Part # 11172899



CoilOver/ShockWave Front Lower StrongArms

1970-1981 GM F-Body

www.ridetech.com
812.482.2932

Please Read And Understand All Instructions And Warnings Prior To The Installation Of This Product.



Congratulations on your new Ridetech product! It's an honor that you've selected the Ridetech brand to upgrade your ride. Our products are developed around quality and performance without compromise. We're confident you'll have many years (and miles) of pure driving enjoyment.
Thank you for choosing Ridetech!

Road Map

Safety and Pre-Installation Notes	3
Exploded Views/Parts Listing	4
Installation	5-6

Suggested Alignment Specs For Street Driving

Camber: -.5 Degrees

Caster: +3.0 to +5.0 Degrees

Toe: 1/16" - 1/8" Toe In

Torque Specifications

Arm Mounting Bolts (1/2")	75 ft-lbs
Arm Mounting Bolts (9/16")	110-115 ft-lbs
Lower Shock Mount	75 ft-lbs

SAFETY FIRST

Always use jack stands (if not using a lift). Never rely solely on a hydraulic jack to support the vehicle.

Always raise the vehicle on a clean and level surface. Use wheel chocks when necessary.

Always wear eye protection (Z87.1) when operating power tools.

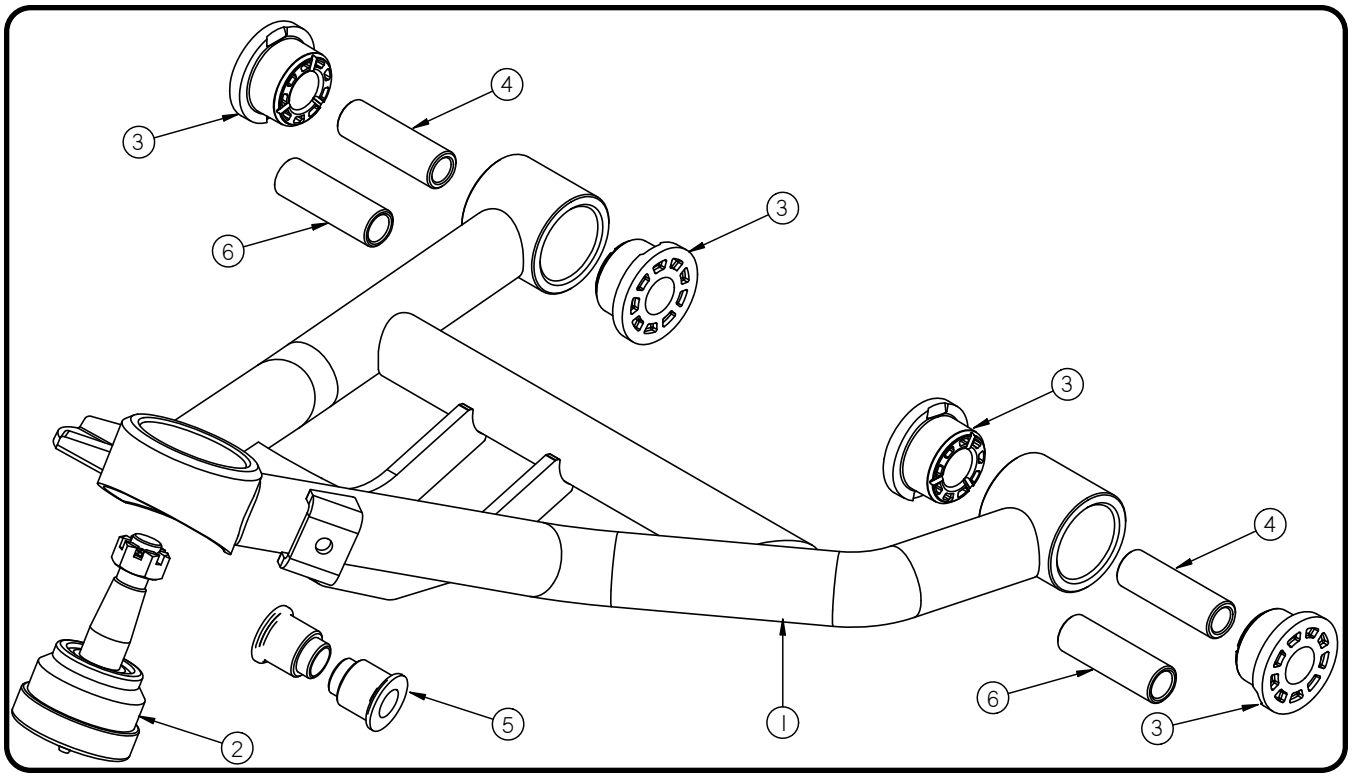
PRE-INSTALLATION NOTES

The factory shocks and springs are not compatible with these arms. These control arms are designed for use with Ridetech Coilovers or ShockWaves.

- If you are going to be replacing your upper control arms, spindles, or front sway bar, now is an ideal time to tackle those as well.
- If you are going to be installing coilovers, we recommend assembling them prior to beginning this installation. Refer to the assembly instructions that were provided with your coilover shocks.

Ridetech recommends this system be installed by a professional technician or experienced, reputable mechanic. Modification or improper installation of this product may result in loss of warranty. Proper installation and setup of your suspension is critical to the safe and enjoyable operation of your vehicle. Failure to follow the guidelines and specifications provided in these instructions may result in damage to your vehicle and/or death or serious injury to you, your passengers, or other motorists. Ridetech will not be held liable for any damage, loss or injury occurring from the use of this product outside of its intended application and design parameters.

EXPLODED VIEWS AND PARTS LISTING



Item #	Part #	Description	Qty
1	90003495	Driver Lower Control Arm **(Shown)**	1
1	90003496	Passenger Lower Control Arm	1
2	90000896	Lower Ball joint Assembly - Proforged # 101-10049	2
3	70010759	Delrin Bushing - with 2" Diameter Ledge	8
4	90000516	1/2" ID Inner Sleeve - installed in control arms	4
5	90002062	CoilOver Bearing Spacers	4
6	90000517	9/16" ID Inner Sleeve	4

Hardware Kit: 99010144		
Part #	**Description**	**Qty**
99501005	1/2"-13 x 3 1/2" Hex Bolt	6
99502009	1/2"-13 Nylok Nut	6
99503014	1/2" SAE Flat Washer	10
99561010	9/16"-12 x 3 1/2" Hex Bolt	4
99562006	9/16"-12 Nylok Nut	4
99563003	9/16" SAE Flat Washer	8

Installation

1. Raise the vehicle to a safe and comfortable working height.

2. Remove the existing lower control arm. If you are also going to be replacing the upper control arms and spindles, this is a good time to remove those as well. We suggest referring to the factory service manual for the proper disassembly procedure.

3. The factory shock-mounting hole will need to be drilled out to 3/4". A uni-bit works well for this. This is easier to accomplish prior to mounting the lower control arms. For additional details, please refer to the install instructions included with your Coilover or ShockWave kit.

NOTE: Depending on the year range, the lower control arms use either 1/2" ID or 9/16" ID bushing sleeves. Both sleeve sizes are provided in this kit.

1971-74: 1/2" Bushing Sleeves
1975-81: 9/16" Bushing Sleeves

The arms in this kit ship with 1/2" ID bushing sleeves pre-installed in the arms. If your vehicle is a 1975 or later, you will need to press out the 1/2" sleeves and press in the supplied 9/16" ID sleeves.

4. Position the control arm in the frame brackets. The ball joint stem should be pointing up. The tube with the sway bar mount should be to the front of the car as shown in Figure 1.

NOTE: On some cars the frame brackets may have been pinched and will need to be spread back apart to allow the control arm bushings to slide in.

5. Install a 1/2" or 9/16" flat washer on each of (2) 1/2"-13 x 3 1/2" or 9/16"-12 x 3 1/2" bolts. Insert the bolts through each of the mounting holes (threaded end facing inboard).

NOTE: If using the 9/16" sleeves/hardware, 8 of the 1/2" washers provided in this kit will not be used.

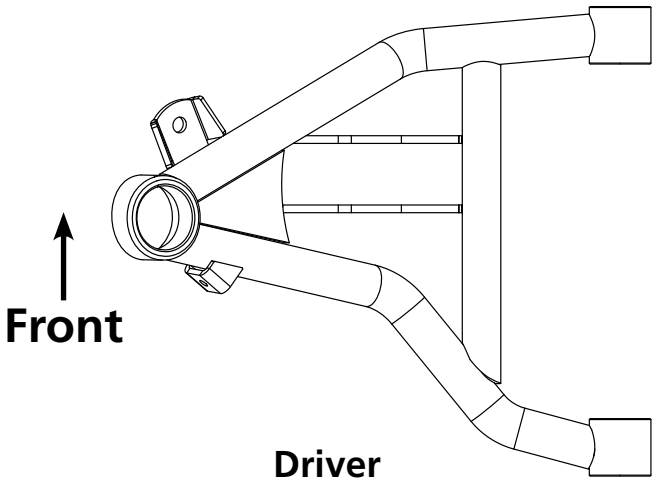


Figure 1

Installation

6. Install a flat washer and nylok nut on each mounting bolt.

1/2" Bolts: Torque to 75 ft-lbs.
9/16" Bolts: Torque to 110-115 ft-lbs.

Once the lower arm is mounted and torqued, you may install your Coilover or Shockwave. For details on the upper shock mount, please refer to the install instructions included with your Coilove or ShockWave kit. The lower shock mount is covered in the steps below.

7. Insert the bearing spacers into the lower shock bearing. The SMALL end of the spacer goes into the bearing (Figure 4).

8. Swing the control arm up and align the 1/2" holes in the mounting straps with the bearing spacers in the shock (Figure 5).

9. Insert a 1/2"-13 x 3 1/2" the bolt through the lower shock bearing and secure with a 1/2" washer and nylock nut.
Torque to 75 ft-lbs.

10. Attach the spindle to the control arms. The steering arm should be to the front of the vehicle. Torque to upper/lower ball joint castle nuts:
Upper: 50 ft-lbs
Lower: 65 ft-lbs
You may need to tighten the nut a bit more to get the cotter pin holes to line up. Install and bend the cotter pins.

11. Repeat on the opposite side.



Figure 2



Figure 3



Figure 4