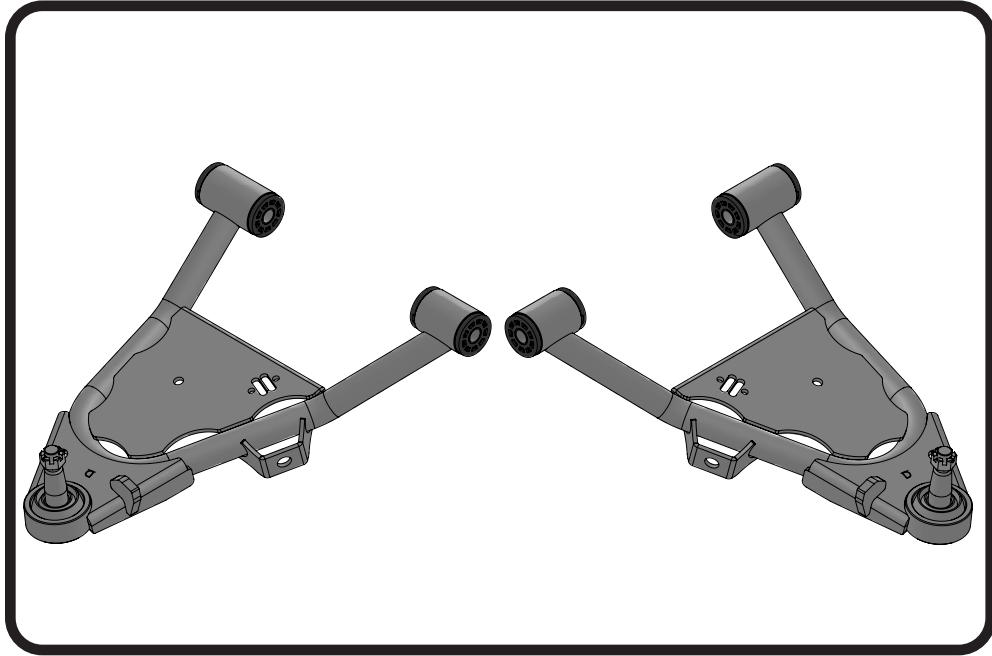
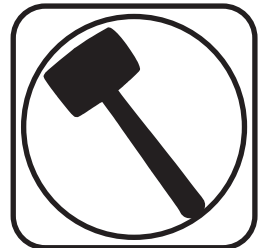




Part # 11371499 - 1988-1998 GM C1500 Front CoolRide StrongArms



Recommended Tools



1988-1998 GM C1500 CoolRide StrongArms Installation Instructions

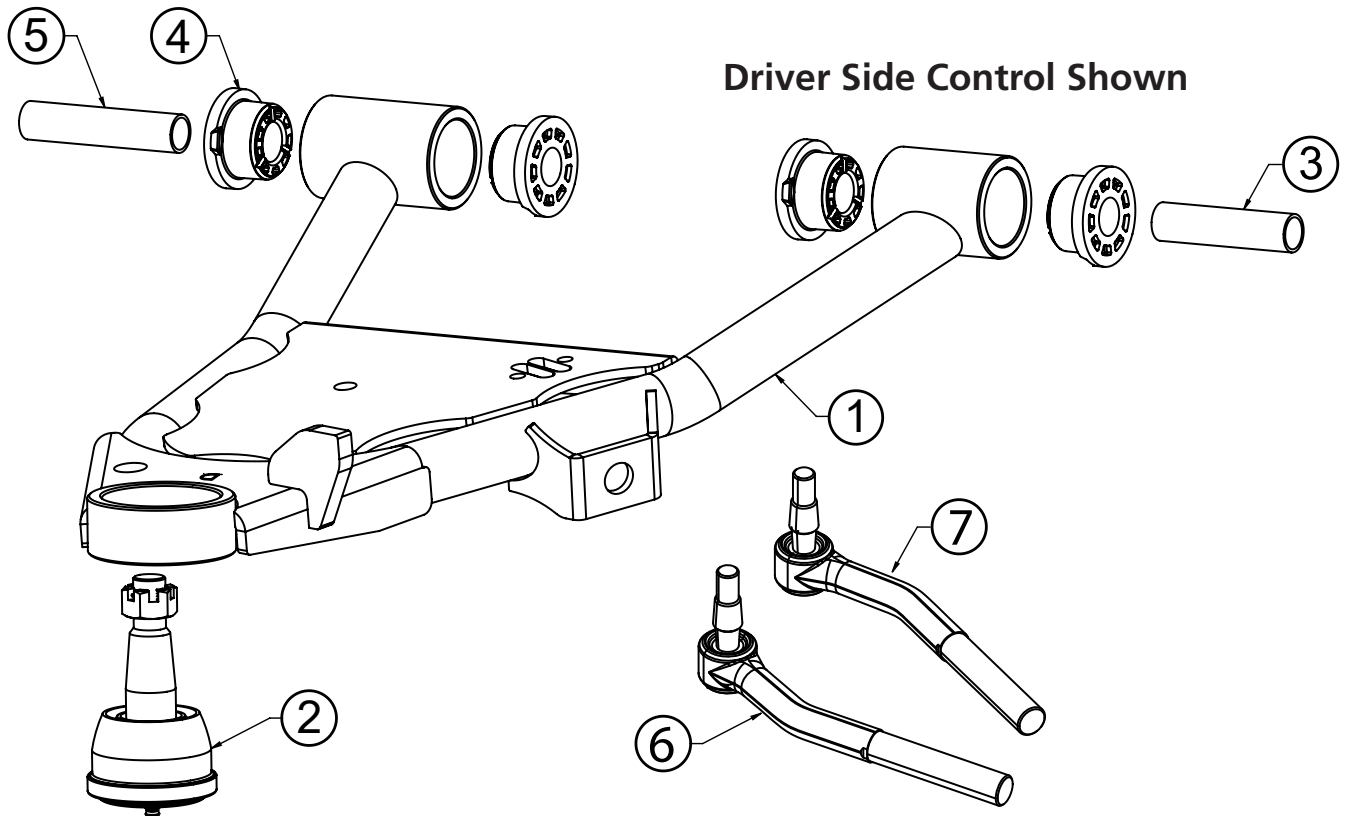
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Lower Control Arm ComponentsIn the box

Item #	Part Number	Description	QTY
1	90001339	Driver Lower Control Arm (Shown)	1
1	90001340	Passenger Lower Control Arm	1
2	90000897	Lower Ball joint Assembly - Proforged # 101-10054	2
3	90000198	Rear Inner Sleeve - 3.0" Long	2
4	70010759	Delrin Bushing - with 2" Diameter Ledge	8
5	90000199	Front Inner Sleeve - 3.5" Long	2
6	90001398	Driver Bent Inner Tie Rod	1
7	90001399	Passenger Bent Inner Tie Rod	1





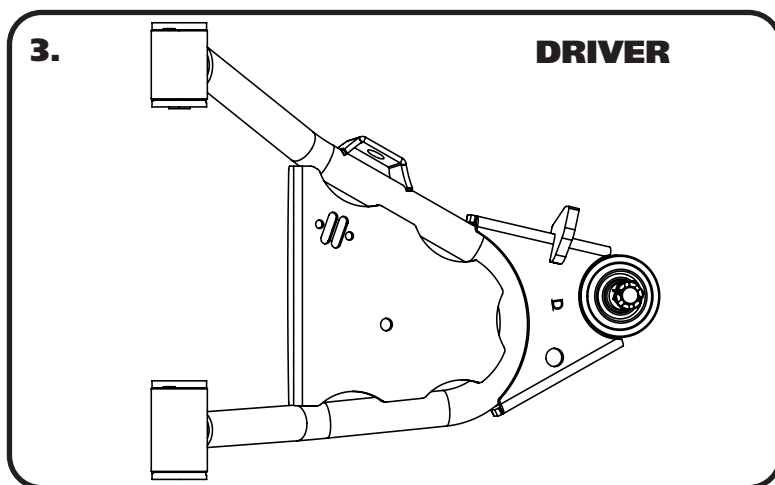
Getting Started.....

Congratulations on your purchase of the Ridetech C1500 StrongArms. These StrongArms have been designed to give your C1500 excellent handling along with a lifetime of enjoyment. Some of the key features of these StrongArms: Ball joint angles have been optimized for the lowered ride height, Delrin bushings are used to eliminate bushing deflection along with providing free suspension movement through the entire travel. The Delrin bushings are made from a material that is self lubricating so no grease zerks are needed.

Note: These control arms are designed for use with the Ridetech CoolRide, HQ Series Shock Kit and the MuscleBar swaybar. **The factory shocks and springs will not fit these arms.**

Installation

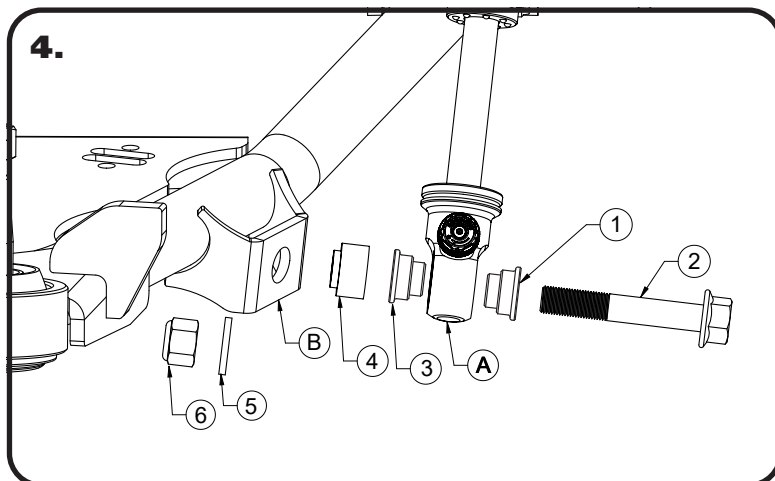
1. Remove the lower control arms from the truck. If you are replacing the upper control arms and spindle, remove them too. Refer to a Factory Service Manual for the proper method.



3. After removing the factory lower control arm, clean the bushing mounting surfaces on the frame. The Control Arms are marked "D" for Driver and "P" for Passenger. The Ball joint Pin points up and the steering stop is positioned to the rear of the truck. Fasten the lower arm to the frame with the OEM hardware. Torque to 120 ft-lbs.

Note: On some trucks the frame brackets may be pinched and will need to be spread back apart to allow the bushing to slide in.

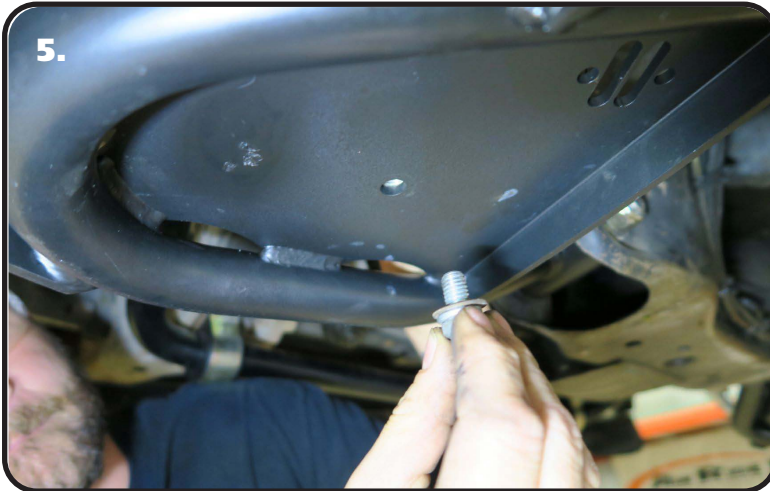
Install the HQ Series Shock Kit & CoolRide Kit at this time. Refer to the instructions for each to install the kits



4. Attach the shock(A) to the lower control arm(B). Start by sliding one of the bearing spacers(1) on the shouldered shock bolt(2) with the small OD inside the bearing. Insert the 1/2"-20 x 3' flange head shock bolt through the shock bearing. Install a 2nd bearing spacer(3) on the shock bolt with the small OD inside the bearing. Install the aluminum T-spacer(4) on the threads of the shock bolt with the SMALL OD toward the control arm. Insert the shock bolt/shock through the hole in the control arm shock mount. Install the flat washer(5) on the threads, followed by the 1/2"-20 nylok nut(6). Torque the nut to 75 ftlbs.



Attaching AirSpring & Installing Spindle



5. Attach to the air spring to the lower arm using the hardware supplied with the CoolRide Kit. Torque the bolts 15-20 ft-lbs.

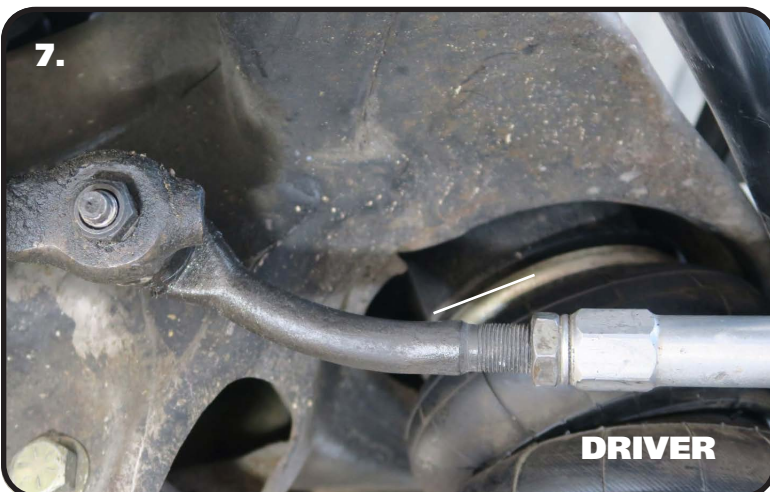


6. Attach the Spindle to the control arms.

Torque Specs:

Lower Ball joint - 94 ftlbs and tighten to line up cotter pin.

Install the Cotter Pin after tightening the ball joint nut.



7. Install the Inner Tie Rods. The kit includes a driver and passenger inner tie rods. The need to be installed so that they bend downward for more frame clearance. Tip: measure center to center of the OEM tie rods before disassembling and set the newly installed ones to the same dimension.

Torque Specs:

Inner Tie Rod - 46 ftlbs and tighten to line up cotter pin.

Install the Cotter Pin after tightening the tie rod.

8. Tighten all fasteners. If you are going to install the Ridetech MuscleBar, now is a good time to do it.

Suggested Alignment Specs:

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