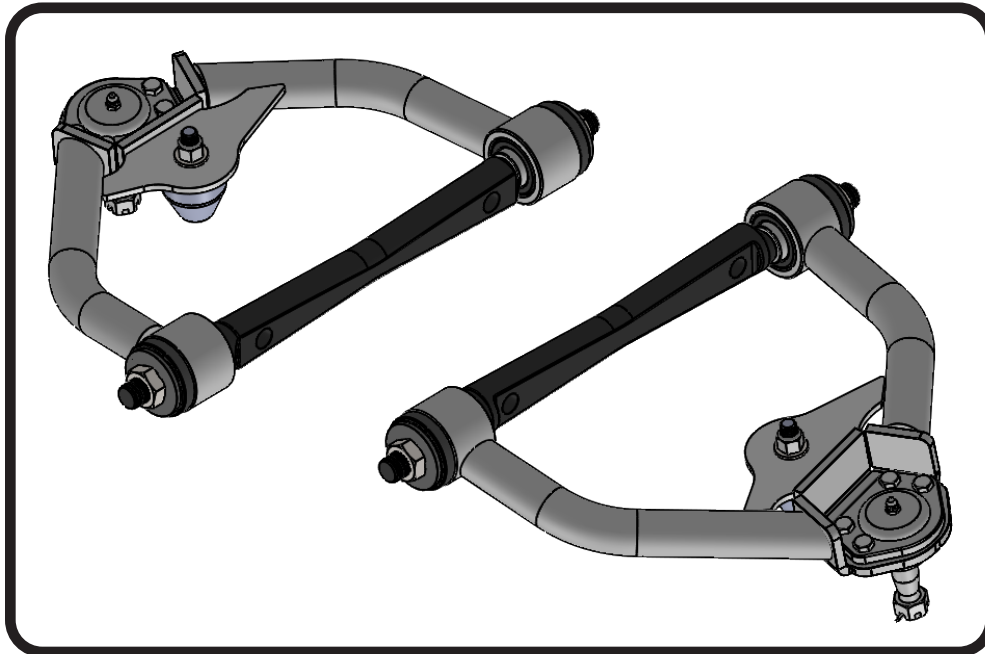
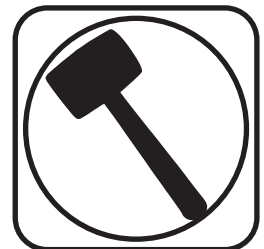
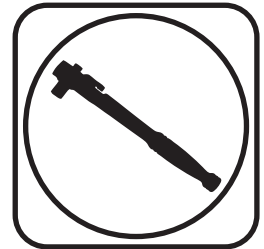




### Part # 11173699 - 1970-1981 GM F-Body Front Upper StrongArms



#### Recommended Tools



## 1970-1981 GM F-Body Upper StrongArms Installation Instructions

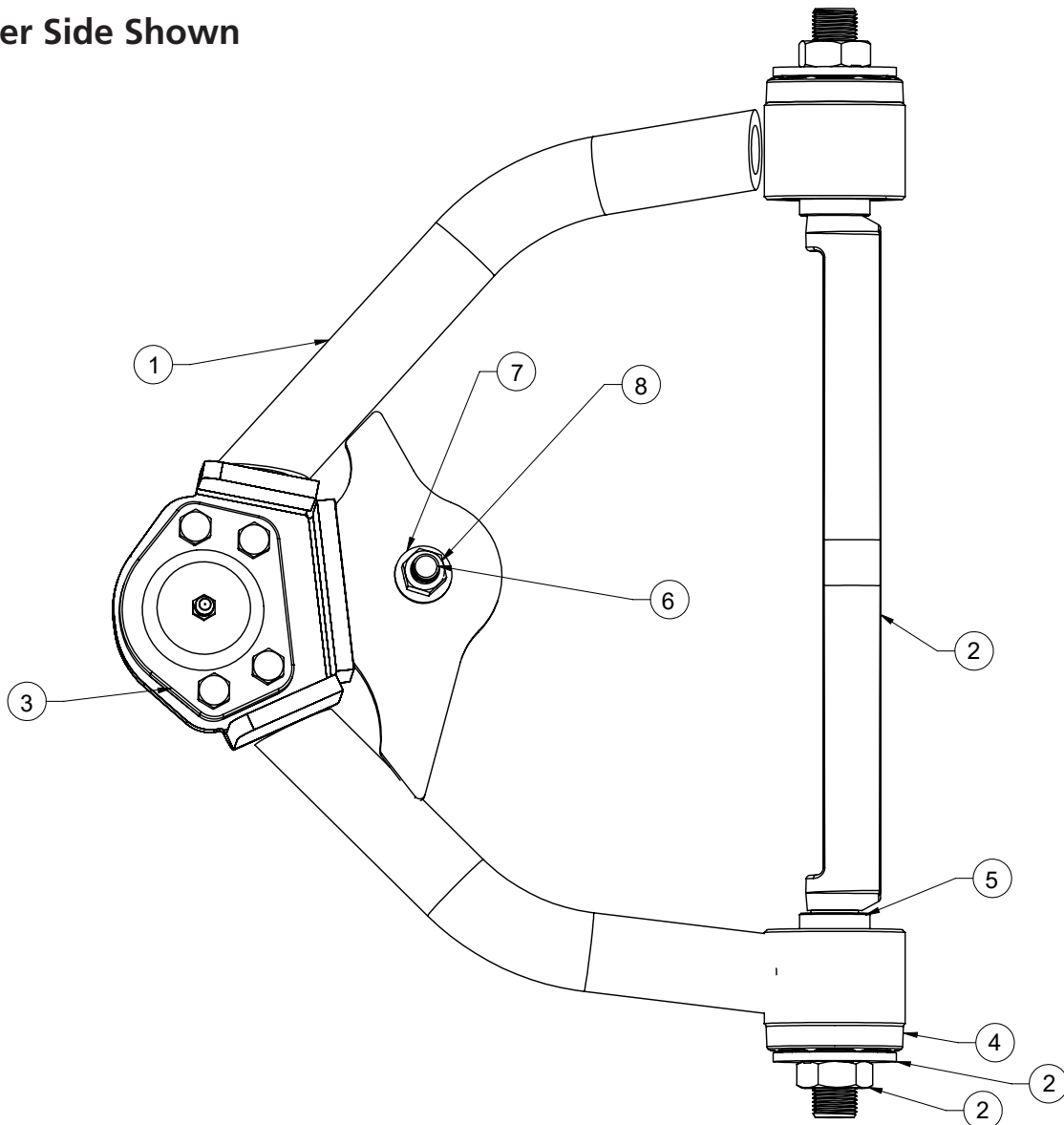
Table of contents	
Page 2.....	Included Components
Page 3.....	Getting Started & Installation
Page 4.....	Installation & The Finish



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

Item #	Part Number	Description	QTY
1	90000913	Tall Upper Balljoint Assembly - Proforged # 101-10020	2
2	90000591	Driver Upper Control Arm <b>(Shown)</b>	1
2	90000592	Passenger Upper Control Arm	1
3	90001442	Delrin Control Arm Bushing	4
4	90003385	Delrin Bushing Inner Sleeve	4
5	90000917	Upper Cross Shaft Kit	2

#### Driver Side Shown





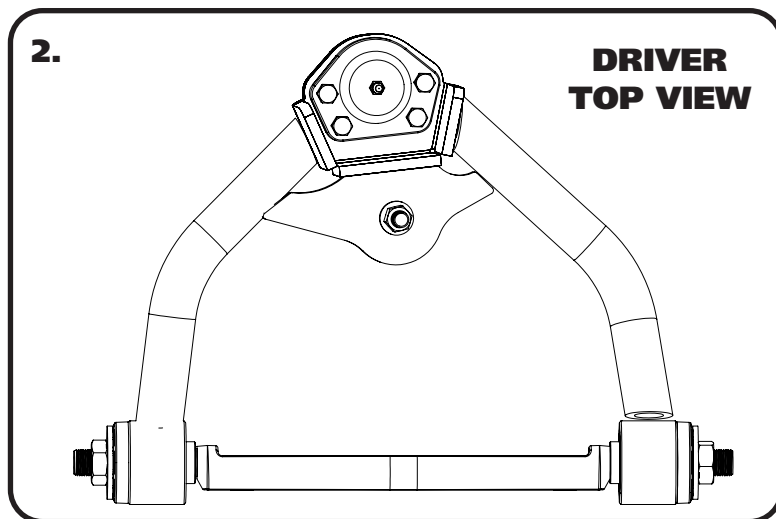
### Getting Started.....

Congratulations on your purchase of the Ridetech F-Body StrongArms. These StrongArms have been designed to give your F-Body excellent handling along with a lifetime of enjoyment. Some of the key features of the 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 Geometry has been optimized for excellent handling and driveability. The Delrin bushings are made from a material that is self lubricating so no grease zerks are needed.

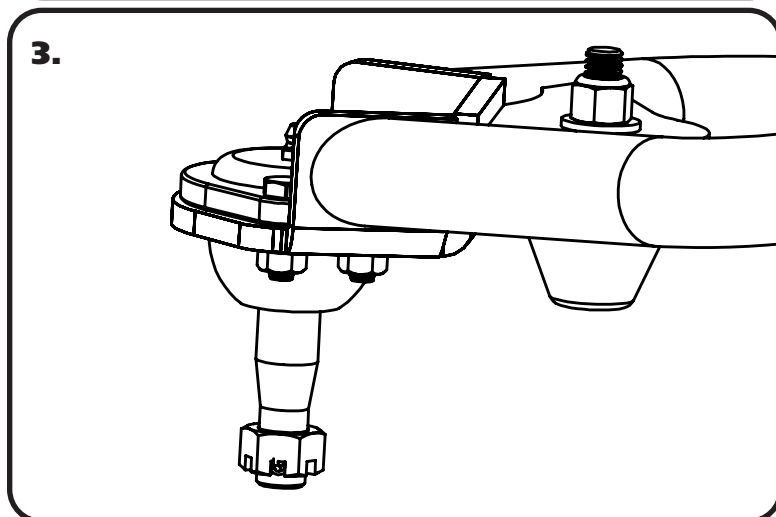
**When assembling the Control Arms tighten the cross shaft nuts enough to create drag on the delrin bushings, the arm should still move through its travel by hand.**

### Installation

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



2. The Upper Control Arm is attaching the factory mount using factory hardware. The driver side arm is shown in **Figure "2"**. The Ball Joint located on the arm to the rear of the car.

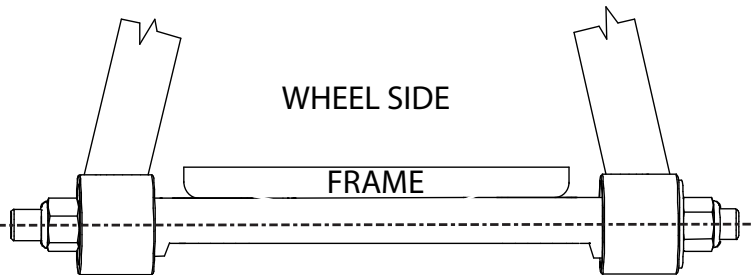


3. Install the Ball Joints in the control arms using **Figure "3"** as a reference. Torque the hardware to 15 ftlbs



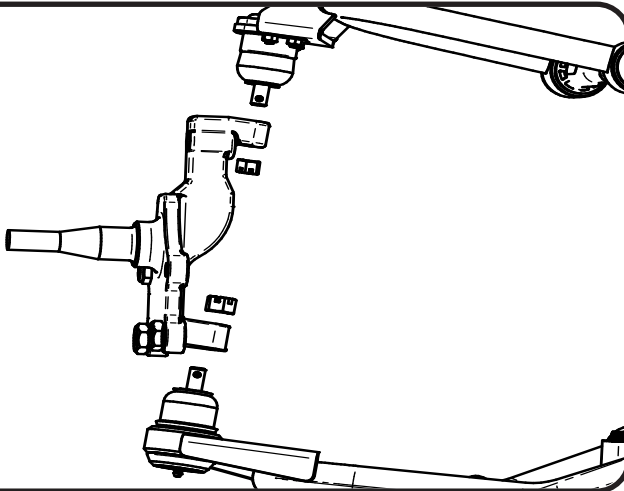
### Installing Upper Control Arms

4.



4. Attach the Upper Control Arm with the FLAT Side of the cross shaft against the frame. Attach the upper control arms using the OEM hardware.

5.



5. Attach the Spindle to the control arms. The Spindle is the same for Driver and Passenger.

#### Torque Specs:

Lower Balljoint - 65 ftlbs and tighten to line up cotter pin.

Upper Balljoint - 50 ftlbs and tighten to line up cotter pin.

### The Finish

6. Tighten all fasteners. 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 nuts 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