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Rough Country 22840 Installation Instructions

7-Inch Lift Kit with M1 Shocks for Chevy/GMC 1500 4WD (2014–2019)

Part number: 22840

trailfortress.com/rough-country-7-inch-lift-kit-22840

Scan for fitment, price and install help

ROUGH COUNTRY
SUSPENSION SYSTEMS®

GM 2014-18 4WD 1500 7” Knuckle Kit

Thank you for choosing Rough Country for your suspension needs.

Rough Country recommends a certified technician install this system. In addition to these instructions, professional knowledge of disassemble/reassembly procedures as well as post installation checks must be known. Attempts to install this system without this knowledge and expertise may jeopardize the integrity and/or operating safety of the vehicle.

Please read instructions before beginning installation. Check the kit hardware against the parts list on the rear cover of these instructions. Be sure you have all needed parts and know where they go. Also please review tools needed list and make sure you have needed tools.

PRODUCT USE INFORMATION

⚠WARNING As a general rule, the taller a vehicle is, the easier it will roll. Seat belts and shoulder harnesses should be worn at all times. Avoid situations where a side rollover may occur. Generally, braking performance and capability are decreased when larger/heavier tires and wheels are used. Take this into consideration while driving. Do not add, alter, or fabricate any factory or after-market parts to increase vehicle height over the intended height of the Rough Country product purchased. Mixing component brands is not recommended.

Rough Country makes no claims regarding lifting devices and excludes any and all implied claims. We will not be responsible for any product that is altered. If question exist we will be happy to answer any questions concerning the design, function, and correct use of our products.

⚠NOTICE The electric power steering must be unplugged before any of the steering components are removed. Failure to do so may cause damage to the electric power steering.

⚠NOTICE Trucks equipped with a mass damper on the front diff, the damper will have to be removed.

This kit is packaged as a leveling kit—raising the front 7” and the back 5.75”. If you desire a different look or if the vehicle has a tool box or added weight in the rear, please consult with your sales representative about other block and u-bolt options.

This suspension system was developed using a 35” x 12.5” tire with 20” x 9” wheel and a offset of –12mm to +12mm. If wider tires are used trimming may be required. If stock 20” wheels are used, tires no wider than 11.5” wide are recommended. 20 x 9 wheels with +18mm offset will require 1/4” wheel spacers.

⚠NOTICE DEALER AND VEHICLE OWNER

Any vehicle equipped with any Rough Country product should have a “Warning to Driver” decal installed on the inside of the windshield or on the vehicle’s dash. The decal should act as a constant reminder for whoever is operating the vehicle.

Tools Needed:

Floor Jack /Jack Stands
8mm Allen Socket
10mm socket /wrench
11mm socket /wrench
13 mm socket/wrench
15mm socket / wrench
17mm socket/wrench
18mm socket /wrench
21mm socket /wrench
22mm socket /wrench
24mm socket /wrench
19mm socket /wrench
35mm socket
1/2” socket/wrench
9/16” socket /wrench
#30 Torx bit
Reciprocating Saw
Drill
9/16” Drill Bit
Hand Grinder
Strut Compressor

Torque Specs:

Size	Grade 5	Grade 8	Size	Class 8.8	Class 10.9
5/16”	15 ft/lbs	20 ft/lbs	6MM	5 ft/lbs	9 ft/lbs
3/8”	30 ft/lbs	35 ft/lbs	8MM	18ft/lbs	23 ft/lbs
7/16”	45 ft/lbs	60 ft/lbs	10MM	32ft/lbs	45ft/lbs
1/2”	65 ft/lbs	90 ft/lbs	12MM	55ft/lbs	75ft/lbs
9/16”	95 ft/lbs	130 ft/lbs	14MM	85ft/lbs	120ft/lbs
5/8”	135 ft/lbs	175 ft/lbs	16MM	130ft/lbs	165ft/lbs
3/4”	185 ft/lbs	280 ft/lbs	18MM	170ft/lbs	240ft/lbs

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