TRAIL FORTRESS

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Rough Country 40240 Installation Instructions

3-Inch Lift Kit with M1 Struts for 2018-2024 Ford Expedition 4WD, Part 40240

Part number: 40240

trailfortress.com/rough-country-3-inch-lift-kit-40240

Scan for fitment, price and install help



FORD 2018-20 Expedition 3” Lift Kit

Thank you for choosing Rough Country for all your vehicle 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 this page. 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.

⚠WARNING 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.

This leveling kits was developed using a 285/60/20 tire on a 20x9 wheel with +18mm offset. **Note**: If offset wheels are used trimming may be required. If you have any questions concerning the design, function, and correct use of our products please contact us at 1-800-222- 7023.

⚠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 of its unique handling characteristics.

INSTALLING DEALER - it is your responsibility to install the warning decal and forward these installation instructions on to the vehicle owner for review. These instructions should be kept in the vehicle for its service life.

Torque Specs:

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

Tools Needed:

5/16” Wrench
10mm Socket/Wrench
16mm Socket/Wrench
18mm Socket/Wrench
19mm Socket/Wrench
21mm Socket/Wrench
24mm Socket/Wrench
1-1/8” Socket/Wrench
Hammer
Flathead

KIT CONTENTS

Front

- 2” Strut Pair
- Driver Upper Control Arm
- Pass Upper Control Arm
- 54531BAG2 - Control Arm Washer Bag
  - 1/2” Flat Washer (2)
- RCK6696P2BAG - Ball Joint Hardware Bag (2)

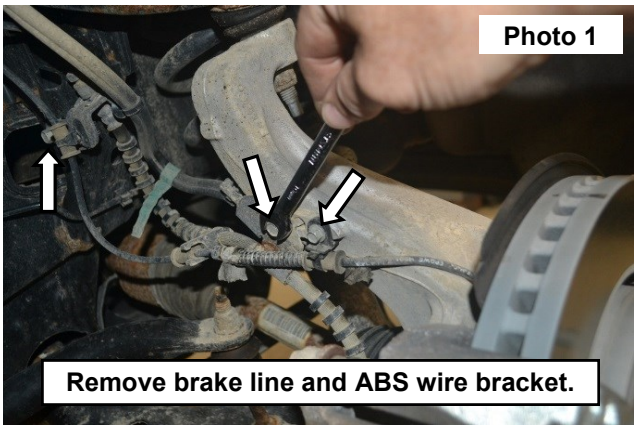
Rear

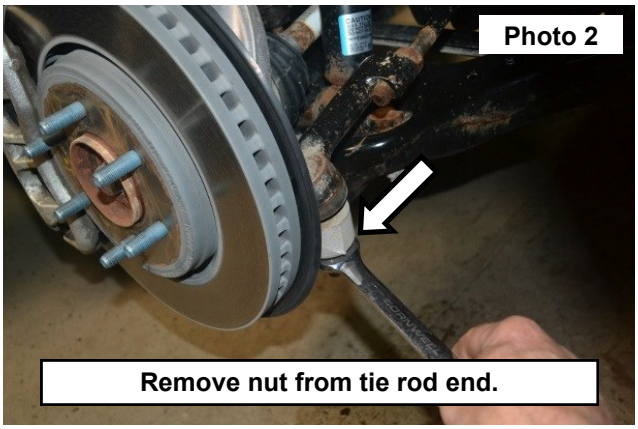
- 0.750-16 LH Jam Nut (2)
- 0.750-16 RH Jam Nut (2)
- 10MMSTUDBAG-2
  - 1/2” Jam Nut
  - 10MM-1.25 Nut
  - 10MM-1.25 Strut Spacer Stud (6)
  - 10MM-1.25 Serrated Flange Nut (6)
- Strut Spacers (2)
- Inner T-Rod (2)
- T-Rod Turnbuckle (2)
- T-Rod End (2)
- Upper Trailing Arm (2)
- Lower Trailing Arm (2)



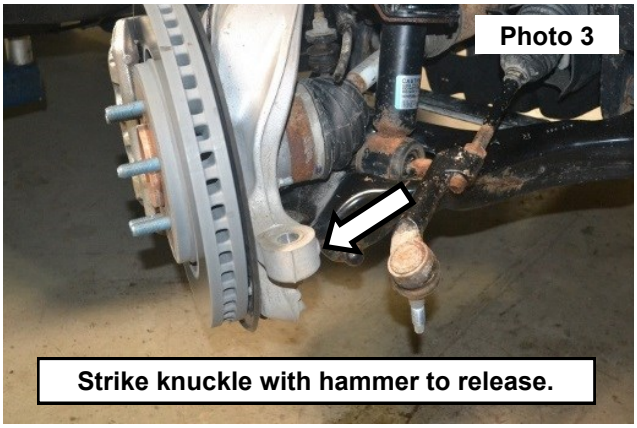
FRONT INSTALLATION INSTRUCTONS

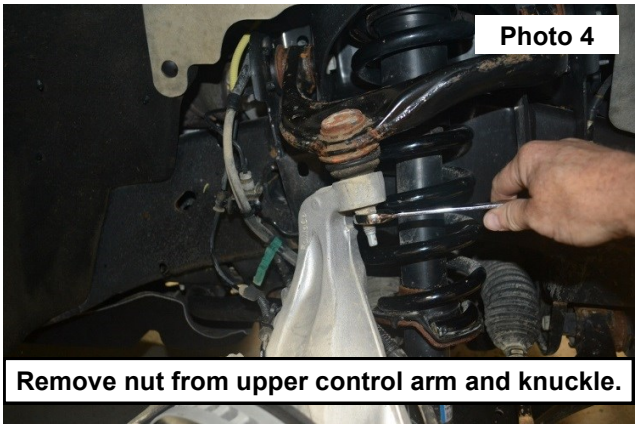
1. Jack up the front of the vehicle and support the frame rail of the vehicle with jack stands.
2. Remove the front wheels.
3. Remove the brake line and ABS wire brackets using a 10mm socket/wrench and 5/16” socket/wrench. **See Photo 1**.
4. Remove the nut from the tie rod end. **See Photo 2**.



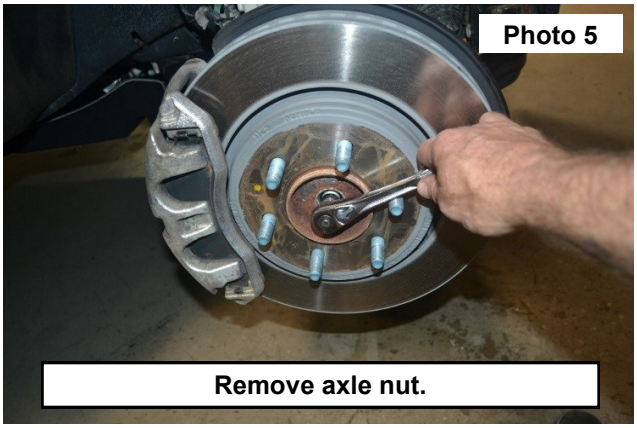


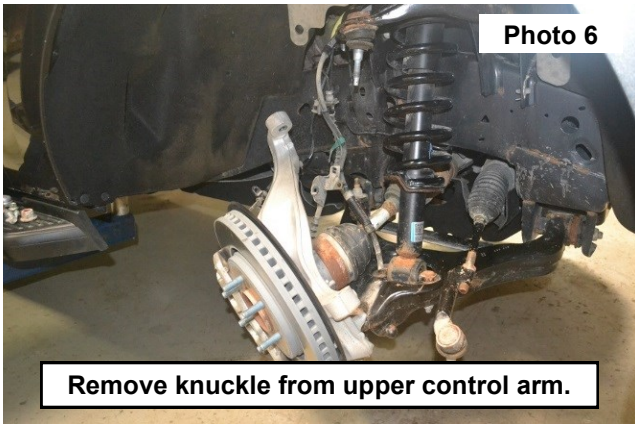
5. Strike the cast knuckle with a hammer to allow the tie rod end to drop loose. **See Photo 3**.
6. Remove the nut from the upper control arm at the knuckle. **See Photo 4**.



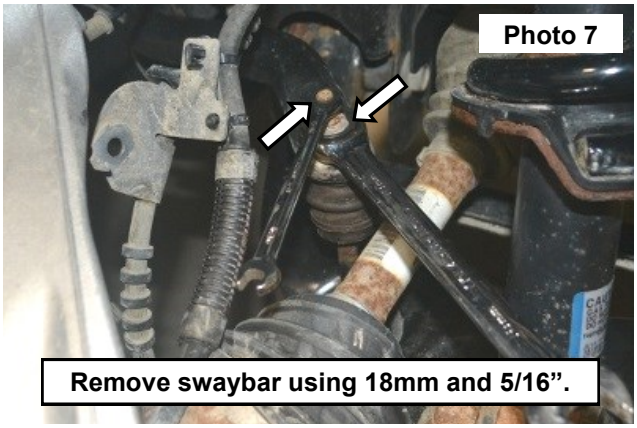


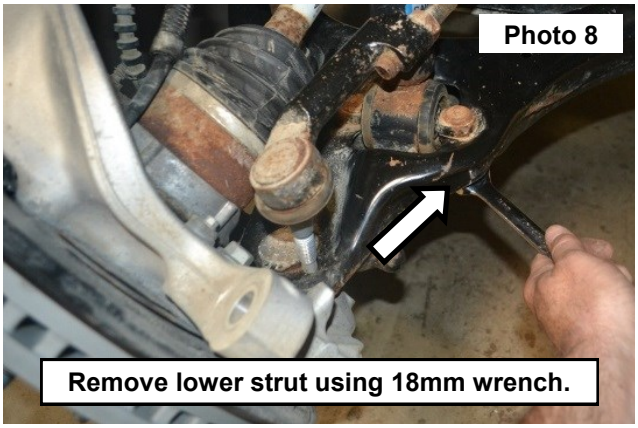
7. Remove the axle nut. **See Photo 5**.
8. Remove the knuckle from the upper control arm. **See Photo 6**.



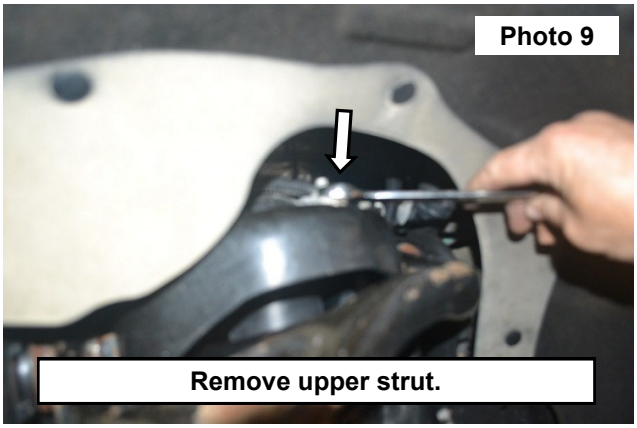


9. Remove the swaybar using a 18mm wrench and a 5/16” wrench. **See Photo 7**.
10. Remove the lower strut using an 18mm socket/wrench. **See Photo 8**.



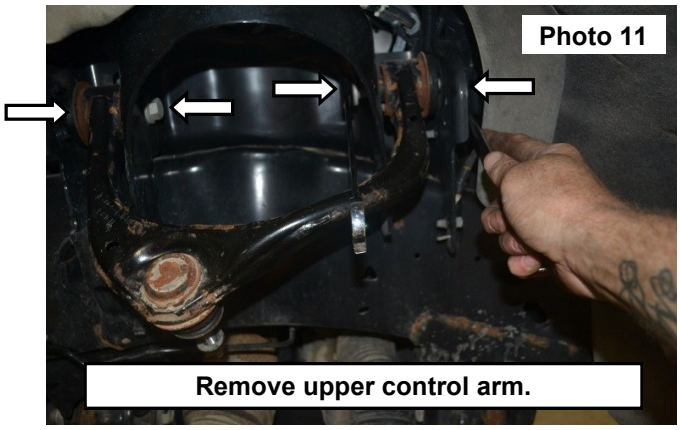


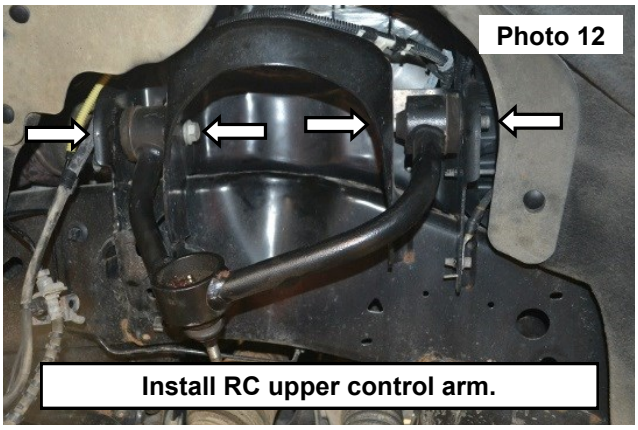
11. Remove the upper strut. **See Photo 9**.
12. Remove the strut from the vehicle. **See Photo 10**.



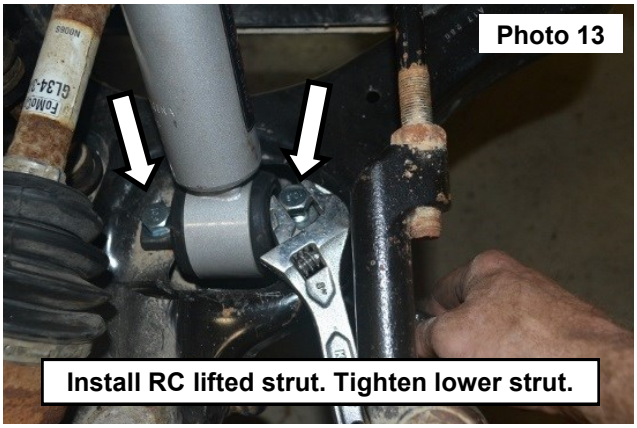


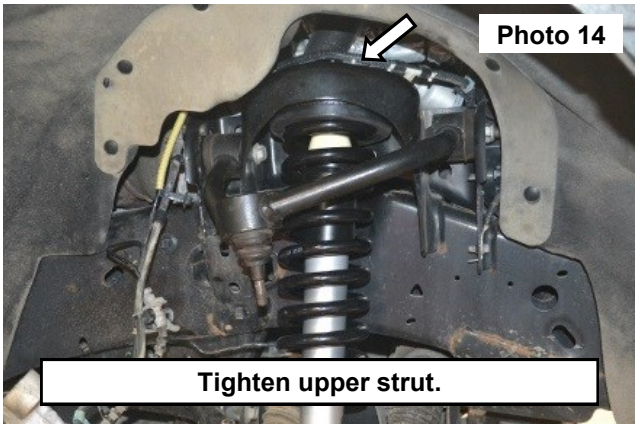
13. Remove the upper control arm. **See Photo 11**.
14. Install the RC upper control arm using stock hardware. **See Photo 12**.



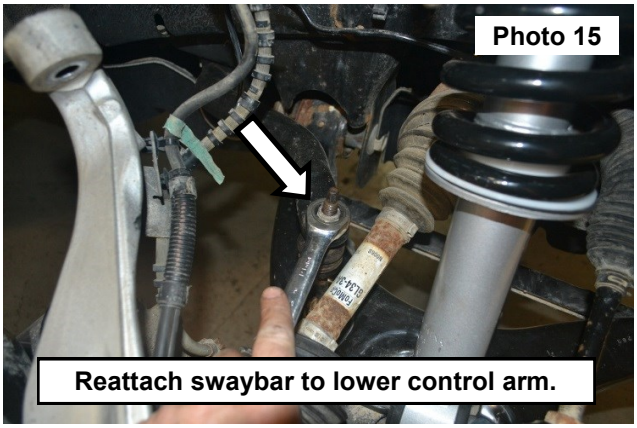


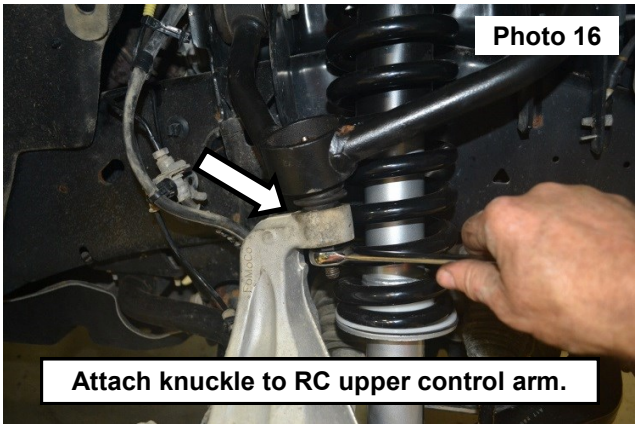
15. Install the RC lifted strut by inserting the upper first and then tightening down the lower strut. **See Photo 13**.
16. Tighten the upper strut. **See Photo 14**.



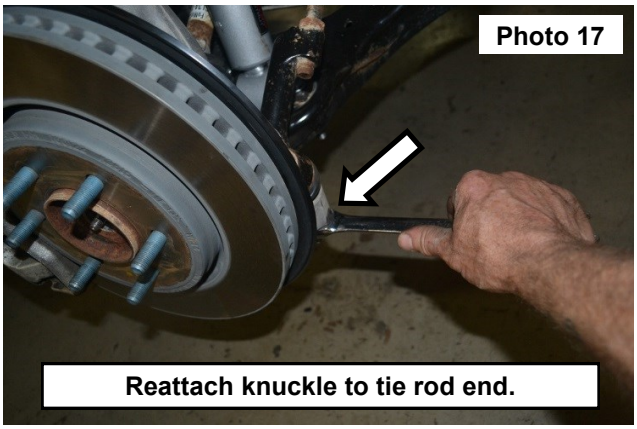


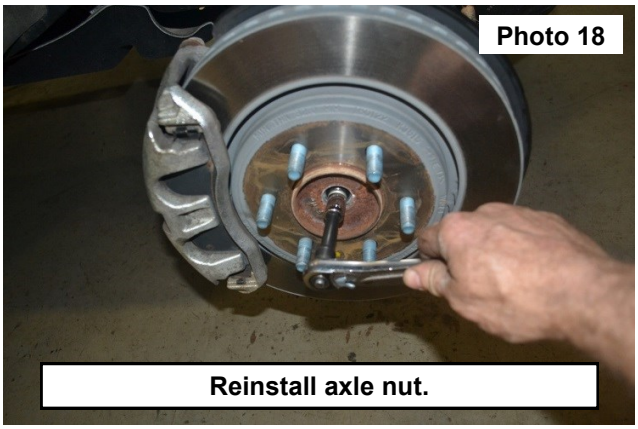
17. Reattach the swaybar to the lower control arm. **See Photo 15**.
18. Attach the knuckle to the RC upper control arm. **See Photo 16**.





19. Reattach the knuckle to the tie rod end. **See Photo 17**.
20. Reinstall the axle nut. **See Photo 18**.

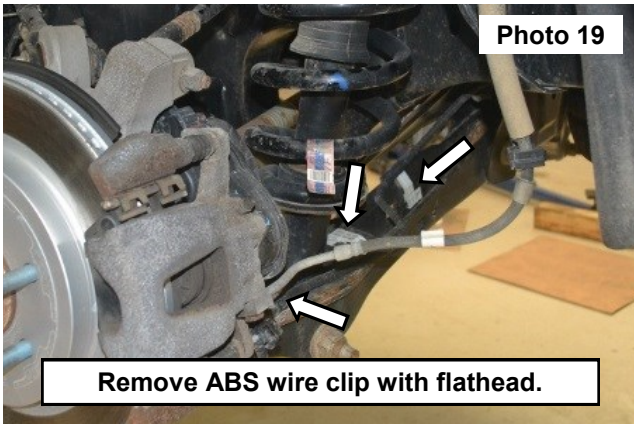


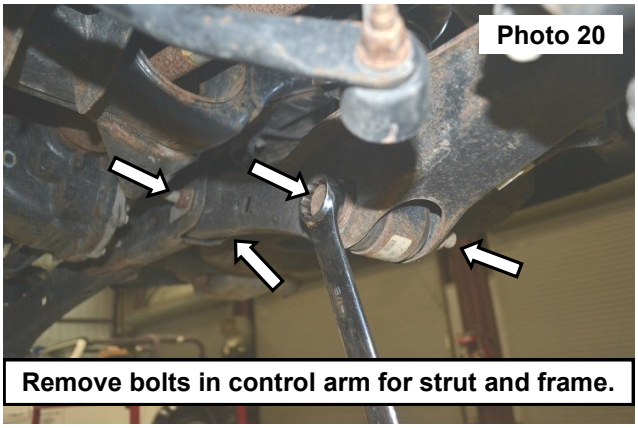


21. Reinstall the brake line and ABS wire brackets.
22. Put on wheels and lower front.

REAR INSTALLATION INSTRUCTONS

1. Jack up the rear of the vehicle and support the frame rail of the vehicle with jack stands.
2. Remove the rear wheels.
3. Remove the ABS wire clips using a flathead. **See Photo 19**.
4. Remove the bolts in the lower control arm for the strut and the frame using 1 1/8” socket/wrench. **See Photo 20**.



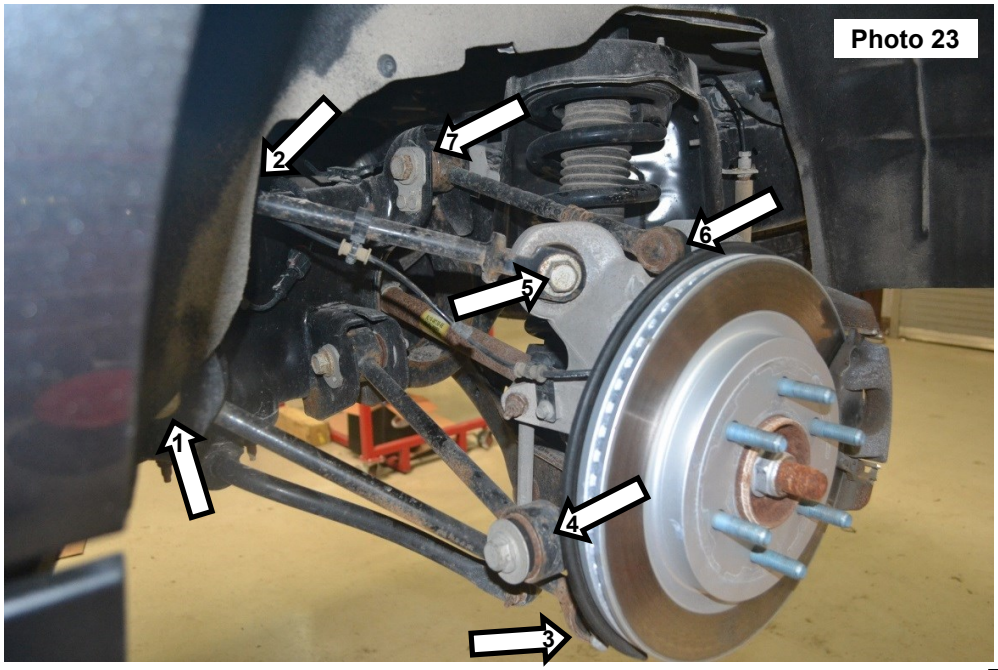


5. Let the lower control arm hang down. **See Photo 21**.
6. Remove the strut from the vehicle using a 16mm wrench. **See Photo 22**.

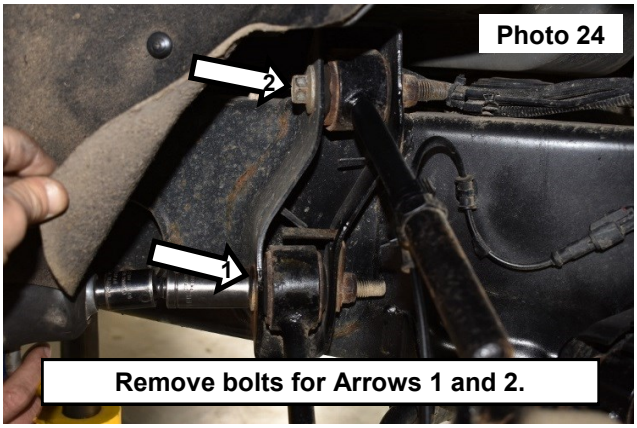


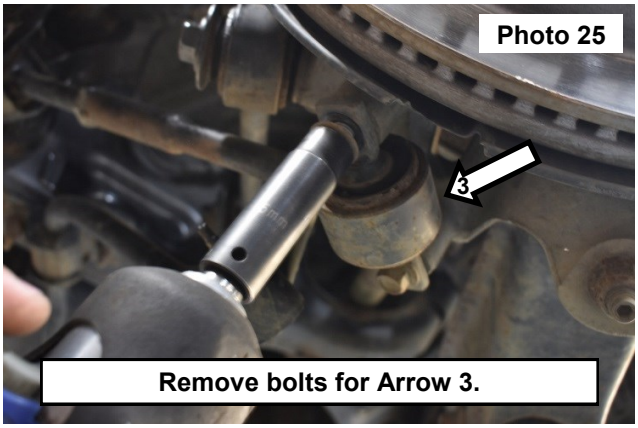


7. Remove the rear trailing arms. Refer to **Photo 23** for **Steps 7 - 13**.

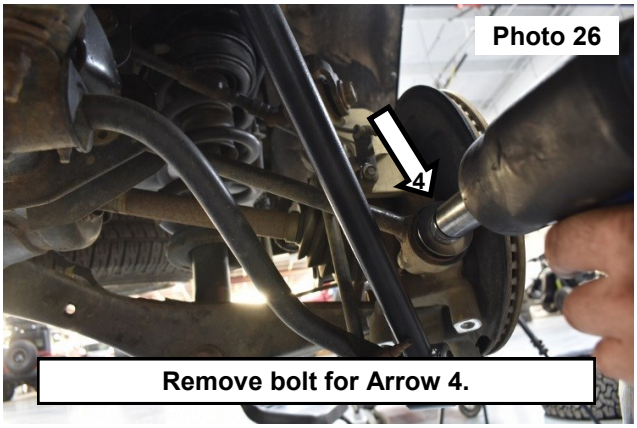


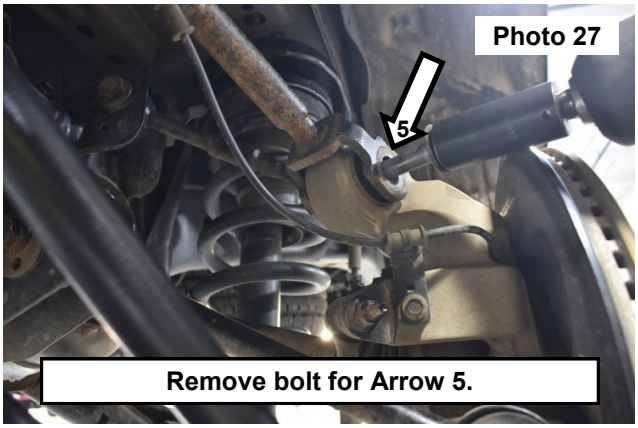
8. Remove the bolts for **Arrows 1 and 2** from **Photo 23** using a 21mm socket/wrench. **See Photo 24**.
9. Remove the bolts for **Arrow 3** from **Photo 23** using a 16mm socket/wrench. **See Photo 25**.



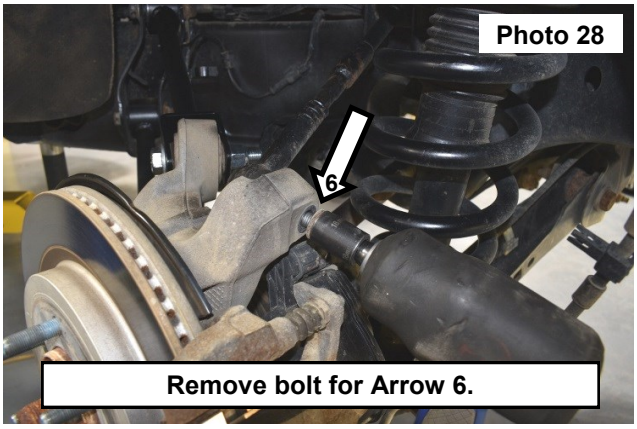


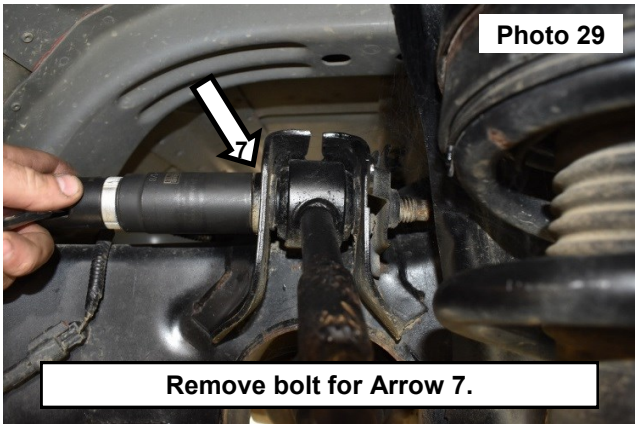
10. Remove the bolt for **Arrow 4** from **Photo 23** using a 21mm socket/wrench. **See Photo 26**.
11. Remove the bolt for **Arrow 5** from **Photo 23** using a 24mm socket/wrench. **See Photo 27**.



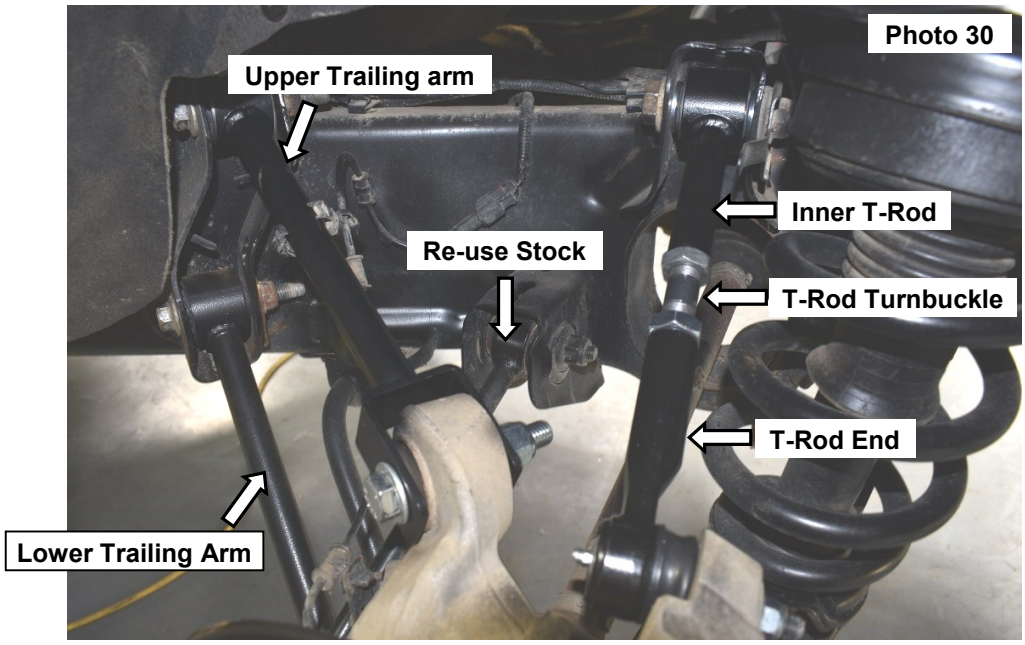


12. Remove the bolt for **Arrow 6** from **Photo 23** using an 18mm socket/wrench. **See Photo 28**.
13. Remove the bolt for **Arrow 7** from **Photo 23** using a 1 1/8” socket/wrench. **See Photo 29**.

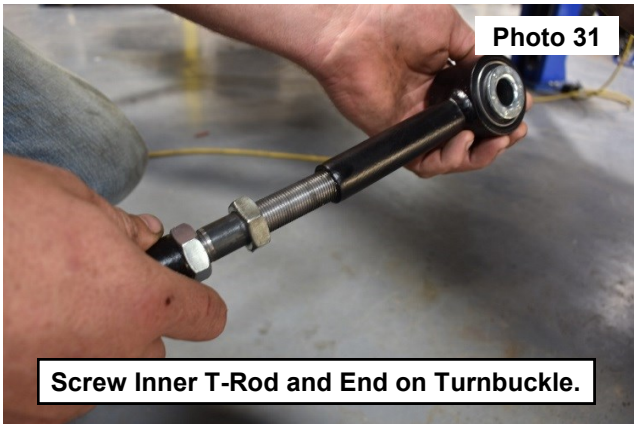


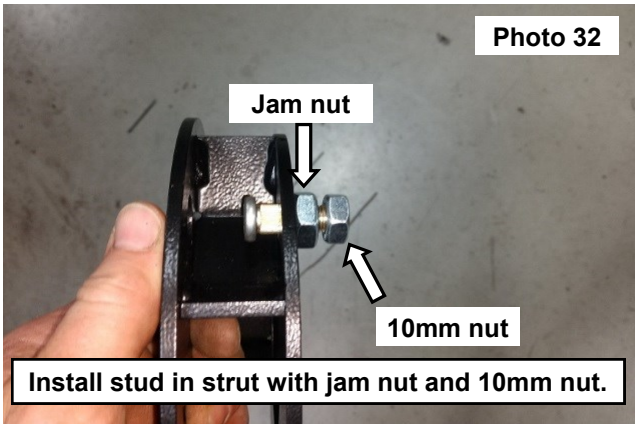


14. Install the RC trailing arms in the stock locations using the supplied hardware. **See Photo 30**.

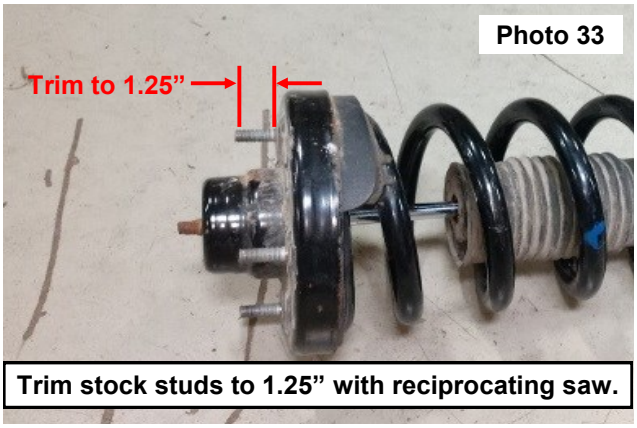


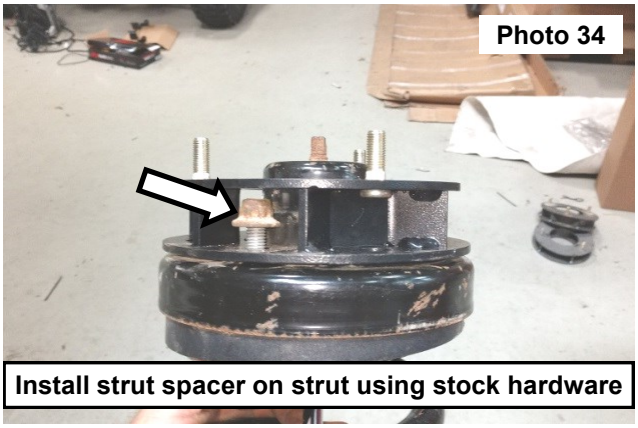
15. Assemble the Inner T-Rod, T-Rod Turnbuckle with the supplied jam nuts, and T-Rod End. **See Photo 31**.
16. Install the studs in the strut spacer putting the 0.5” jam nut over the stud first, then tighten with the M10-1.25 nut using a 16mm socket/wrench to pull the stud flush with the strut spacer. **Photo 32**.
    NOTE: Do NOT use an impact drill to install the studs. This can strip the splines on the stud.



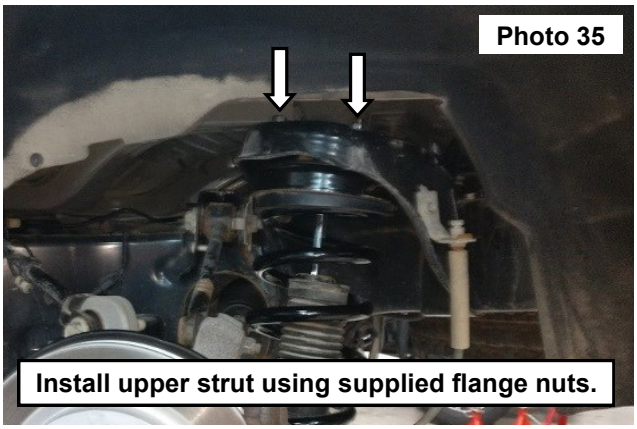


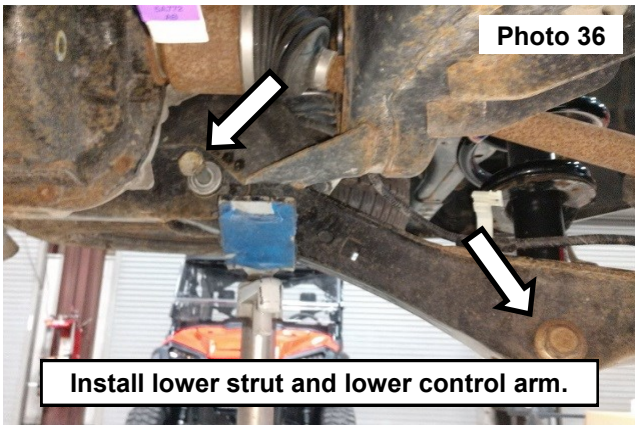
17. Trim the stock studs to 1.25” using a reciprocating saw. **See Photo 33**.
18. Install the strut spacer on the strut using the stock hardware. **See Photo 34**.



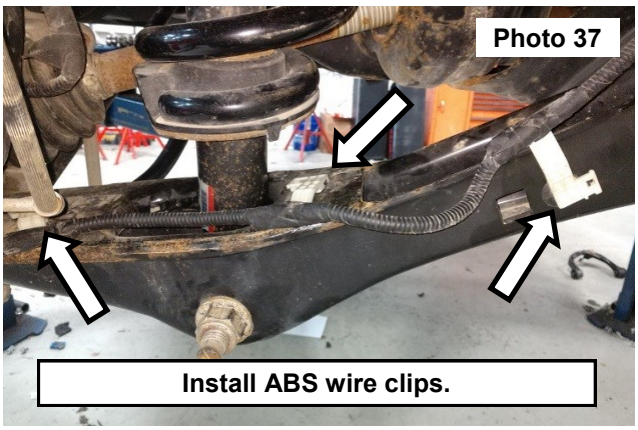


19. Install the upper strut in the vehicles using the supplied 10MM-1.25 serrated flange nuts using a 16mm wrench. **See Photo 35**.
20. Install the lower strut and lower control using the stock hardware. **See Photo 36**.





21. Install the ABS wire clips. **See Photo 37**.







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