Rough Country 502070 Installation Instructions

3-Inch M1 Loaded Strut Pair for 2009-2013 Ford F-150 4WD

Part number: 502070

trailfortress.com/rough-country-m1-loaded-strut-pair-502070

Scan for fitment, price and install help



M1 Loaded Strut

Thank you for choosing Rough Country for all your vehicle needs.

Please read instructions before beginning installation. Check the kit hardware against the kit contents shown below. Be sure you have all needed parts and know where they go.
If question exist, please call us @1-800-222-7023. We will be happy to answer any questions concerning this product.
Check all fasteners for proper torque. Check to ensure for adequate clearance between all components.
Periodically check all hardware for tightness.

TOOLS NEEDED:
Spring Compressor
Flat Nose Plyers
15mm Socket

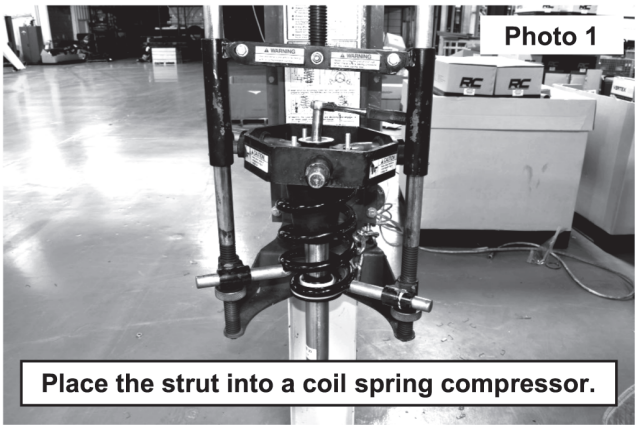
Torque Specs:

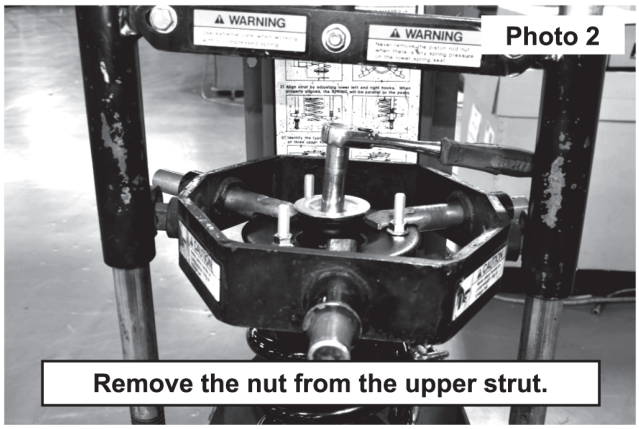
Size	Grade 5	Grade 8	Size	Class 8.8	Class 10.9
5/16”	15 ft/lbs	20ft/lbs	6MM	5ft/lbs	9ft/lbs
3/8”	30 ft/lbs	35ft/lbs	8MM	18ft/lbs	23ft/lbs
7/16”	45 ft/lbs	60ft/lbs	10MM	32ft/lbs	45ft/lbs
1/2”	65 ft/lbs	90ft/lbs	12MM	55ft/lbs	75ft/lbs
9/16”	95 ft/lbs	130ft/lbs	14MM	85ft/lbs	120ft/lbs
5/8”	135ft/lbs	175ft/lbs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

trailfortress.com/rough-country-m1-loaded-strut-pair-502070

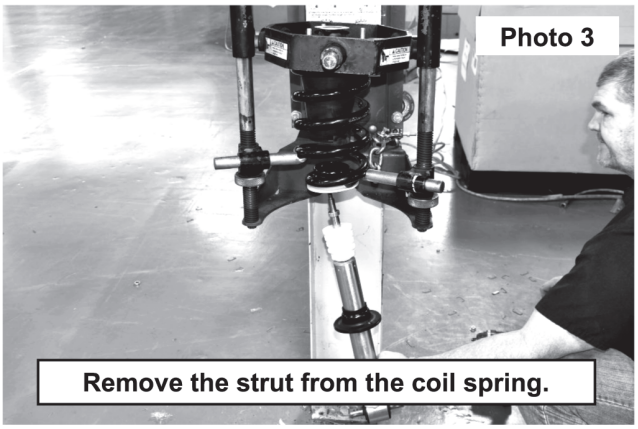
RIDE HEIGHT ADJUSTMENT INSTRUCTONS

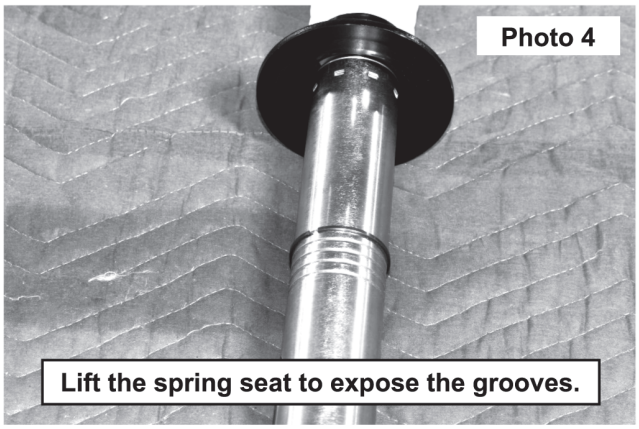
1. To adjust the ride height of the vehicle, Place the strut into a coil spring compressor. **See Photo 1.**
2. With the coil spring compressed, remove the nut from the upper strut stud using a 15mm wrench. **See Photo 2.**



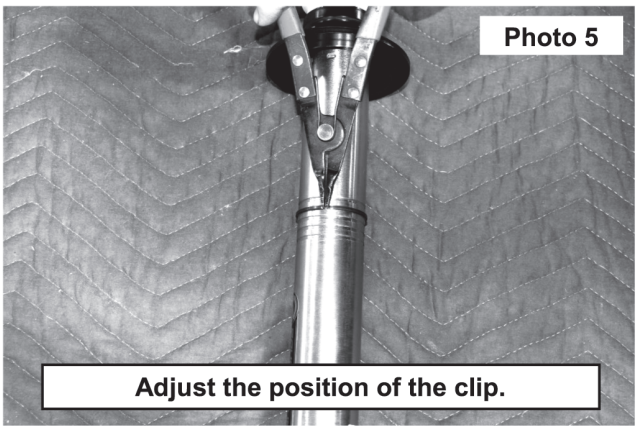


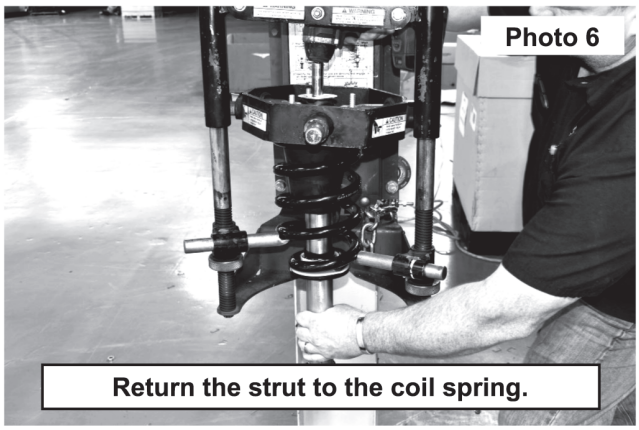
3. Remove the strut from the coil spring. **See Photo 3.**
4. Lift the coil spring seat up to expose the clip and grooves in the strut body. **See Photo 4.**





5. Adjust the clip to the desired position on the strut body using flat nose plyers and return the coil spring seat over the clip. **See Photo 5.**
6. Place the strut body back into the coil spring. Secure using the retained nut and tighten using a 15mm socket. **See Photo 6.**





By purchasing any item sold by Rough Country, LLC, the buyer expressly warrants that he/she is in compliance with all applicable, State, and Local laws and regulations regarding the purchase, ownership, and use of the item. It shall be the buyers responsibility to comply with all Federal, State and Local laws governing the sales of any items listed, illustrated or sold. The buyer expressly agrees to indemnify and hold harmless Rough Country, LLC for all claims resulting directly or indirectly from the purchase, ownership, or use of the items.

trailfortress.com/rough-country-m1-loaded-strut-pair-502070