TRAIL FORTRESS

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Rough Country 55970 Installation Instructions

4.5-Inch Lift Kit with V2 Shocks for Ford F-350 Super Duty 4WD

Part number: 55970

trailfortress.com/rough-country-4-5-inch-lift-kit-55970

Scan for fitment, price and install help

921559000

ROUGH COUNTRY SUSPENSION SYSTEMS®

559INSTBAG

2017-20 F350/F450 Diesel Dually 4.5” Suspension Lift Kit

Thank you for choosing Rough Country for your suspension needs.

Rough Country recommends a certified technician installs 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 all the instructions before beginning the installation. Check the kit hardware against the parts list. Be sure you have all the needed parts and understand where they go. Also please review the 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. We strongly recommend seat belts and shoulder harnesses should be worn at all times. Avoid situations where a side rollover may occur.

Braking performance and capabilities are decreased when significantly larger/heaver tires and wheels are used. Take this into consideration while driving. Also, speedometer recalibration is necessary when larger tires are installed.

Do no add, alter, or fabricate any factory or after-market parts which increase vehicle height over the intended height of the Rough Country product purchased. Mixing component brands, lifts, and/or combining body lift with suspension lifts voids all warranties. 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 kit is packaged as a leveling kit—raising the front 4.5” and the back 3 3/4”. 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 block / u-bolt options.

The 4.5” suspension system was developed for **37x11.50x20** tire on an after market wheel.

⚠NOTICE NOTICE TO DEALER AND VECHICLE OWNER

Any vehicle equipped with any Rough country product must have the “Warning to Driver” decal installed on the sun visor or dash. The decal is to 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 to forward these installation instructions on too the vehicle owner for review and to be kept in the vehicle for its service life.

Tools Needed:

10mm Socket / Wrench
15mm Socket / Wrench
18mm Socket / Wrench
19mm Socket / Wrench
21mm Socket / Wrench
24mm Socket /Wrench
30mm Socket
34 Socket
5/8” Socket / Wrench
1 1/8” Wrench
Jack Stands
Jack
Pliers
Pitman Arm Tool
Torque Wrench

Torque Specs:

Size	Grade 5	Grade 8
7/16”	45 ft/lbs	60 ft/lbs
1/2”	65 ft/lbs	90 ft/lbs
9/16”	95 ft/lbs	130 ft/lbs
5/8”	135 ft/lbs	175 ft/lbs
3/4”	185 ft/lbs	280 ft/lbs

	Class 8.8	Class 10.9
8MM	18ft/lbs	23 ft/lbs
10MM	32ft/lbs	45ft/lbs
12MM	55ft/lbs	75ft/lbs
14MM	85ft/lbs	120ft/lbs

trailfortress.com/rough-country-4-5-inch-lift-kit-55970

55930, 55950, & 55970 Kit Contents

Kit Contents:

9297

4.5”Coil Springs

155030 N3 Shocks (55930 Only)

660754 Front Shocks x2
660805 Rear Shocks x2

Vertex Shocks (55950 Only)

690004 Front Shocks x2
690005 Rear Shocks x2

V2 Shocks (55970 Only)

760754 Front Shocks x2
760805 Rear Shocks x2

1550BOX1

F250 Box Kit

55900BOX1

Block and U-bolt Kit

55000

F250 Transfer Case Clocking Kit

Box Kit:

155030

Front N3 Shocks
Rear N3 Shocks

1550Box1

1550BAG2 x1
1550BAG8 x1
1563BAG1 x1
6624 Pitman Arm x1
Driver Sway Bar Shim x1
Pass. Stab. Frame Mount x1
Stab. Bar Mount x1
Sway Links x2
Sway Bar Brackets x4
Pass Brake Line x1
Driver Brake Line x1
Track Bar Bracket x1
Radius Arm Drop x2
Rear Brake Line Bracket x1
3” x 2” Body Pucks x2

55900BOX1

3/4 Bag x1
3/4 x 3-1/8 x 18-1/2 Semi-Round U-bolts x4
3 3/4” Rear Blocks
Dr. Rear Block x1
Pass. Rear Block x1

55000

55000BAG1 x1
55000BAG2 x1
T-Case Clocking Ring x1
Transmission Crossmember x1
T-Case Relocation Bracket x1
Transmission Skid Drop Bracket x1
Wire Loom Bracket x1

Kit Bags:

1550BAG2

5/16-18 x 3/4 Hex Head Bolt x2
5/16” Flat Washer x2
5/16-18 Flange Lock Nut x4
5/16 1-1/4 x 2 Round U-bolt
1/2-13 x 1-3/4 Hex Head Bolt x1
1/2-13 x 1-1/2 Hex head Bolt x4
1/2” Flat Washer x5
1/2-13 Nylock Nut x5
12mm-1.75 x 55mm Hex Head Bolt x1
12mm Flange Lock x5
12mm-1.75 x 65mm Hex Head Bolt x1

559INSTBAG

Instruction Sheet / N3 Bag

1563BAG1

8MM-1.25 X 95 Hex head Bolt x2
Upper Control Arm Sleeve x4
3/4” Flat Washer x8
3/4-10 x 5” Hex head Bolt x4
3/4-10 Nylock Nut x4
7/16” Flat Washer x10
7/16-14 Top Lock Nut x5
7/16-14 x 1 Hex Head Bolt x1
7/16-14 x 1-1/4 Hex Head Bolt x4
5/16” Flat Washer x2

55000BAG1

T-Case Clocking Ring Stud x11
7/16-20 Hex Nut x12
7/16” Lock Washer x11
9/16-18 Hex Nut x1
7/16” Flat Washer x3
10mm-1.5 x 30mm Flat Head Bolt x11
7/16-14 Top Lock Nut x2
7/16-14 x 1 Hex Head Bolt x2
1/4-20 x 1 Hex Head Bolt x1
1/4” Flat Washer x1
1/4-20 Nylock Nut x1
3/8-16 x 1 Hex Head Bolt x2
3/8” Flat Washer x2
3/8-16 Flange Lock Nut x2

55000BAG2

Instruction Sheet Bag

55931, 55951, & 55971 Kit Contents

Kit Contents:

9297

4.5”Coil Springs

155030 N3 Shocks (55931 Only)

660754 Front Shocks x2
660805 Rear Shocks x2

Vertex Shocks (55951 Only)

690004 Front Shocks x2
690005 Rear Shocks x2

V2 Shocks (55971 Only)

760754 Front Shocks x2
760805 Rear Shocks x2

1550BOX1

F250 Box Kit

55900BOX1

Block and U-bolt Kit

5068.1

F250 Drive Shaft

Box Kit:

155030

Front N3 Shocks
Rear N3 Shocks

1550Box1

1550BAG2 x1
1550BAG8 x1
1563BAG1 x1
6624 Pitman Arm x1
Driver Sway Bar Shim x1
Pass. Stab. Frame Mount x1
Stab. Bar Mount x1
Sway Links x2
Sway Bar Brackets x4
Pass Brake Line x1
Driver Brake Line x1
Track Bar Bracket x1
Radius Arm Drop x2
Rear Brake Line Bracket x1
3” x 2” Body Pucks x2

55900BOX1

3/4 Bag x1
3/4 x 3-1/8 x 18-1/2 Semi-Round U-bolts x4
3 3/4” Rear Blocks
Dr. Rear Block x1
Pass. Rear Block x1

5068.1

Drive Shaft x1

Kit Bags:

1550BAG2

5/16-18 x 3/4 Hex Head Bolt x2
5/16” Flat Washer x2
5/16-18 Flange Lock Nut x4
5/16 1-1/4 x 2 Round U-bolt
1/2-13 x 1-3/4 Hex Head Bolt x1
1/2-13 x 1-1/2 Hex head Bolt x4
1/2” Flat Washer x5
1/2-13 Nylock Nut x5
12mm-1.75 x 55mm Hex Head Bolt x1
12mm Flange Lock x5
12mm-1.75 x 65mm Hex Head Bolt x1

559INSTBAG

Instruction Sheet / N3 Bag

1563BAG1

8MM-1.25 X 95 Hex head Bolt x2
Upper Control Arm Sleeve x4
3/4” Flat Washer x8
3/4-10 x 5” Hex head Bolt x4
3/4-10 Nylock Nut x4
7/16” Flat Washer x10
7/16-14 Top Lock Nut x5
7/16-14 x 1 Hex Head Bolt x1
7/16-14 x 1-1/4 Hex Head Bolt x4
5/16” Flat Washer x2

55930 N3 Kit

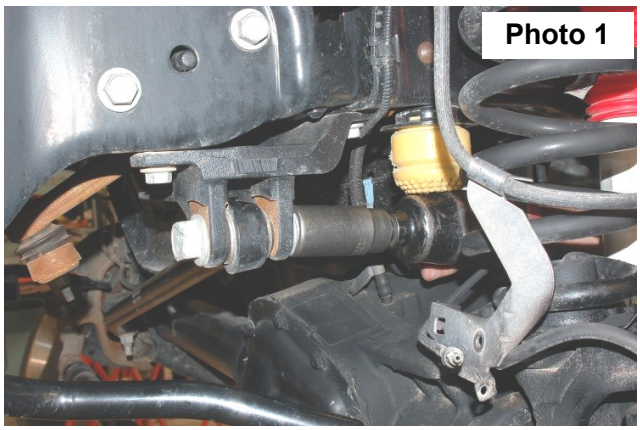


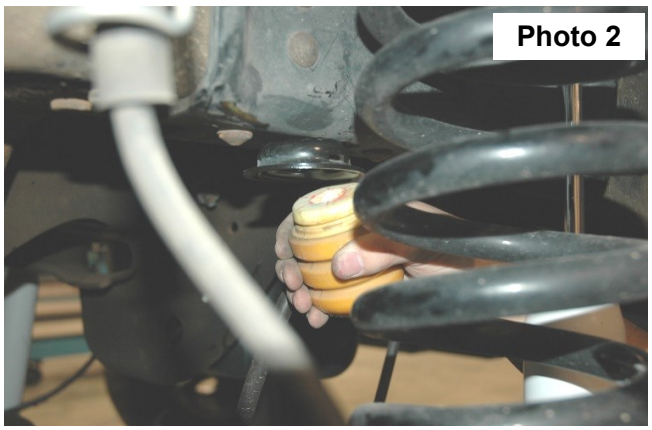
55931 N3 Kit



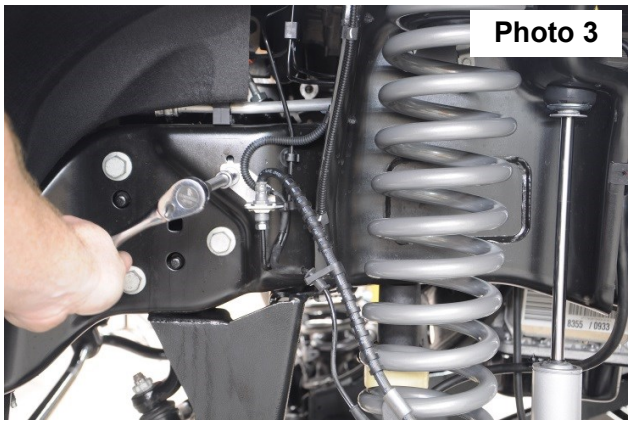
FRONT INSTALLTION INSTRUCTIONS

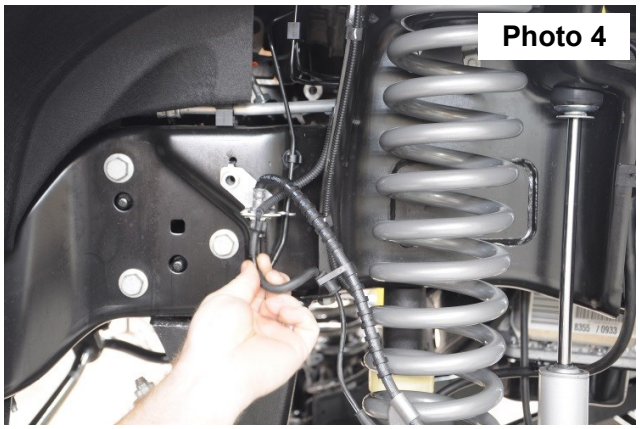
1. Block the rear wheels of the vehicle. Raise the front of the vehicle and support the frame with jack stands. Remove the front wheels and tires and set aside. Position a hydraulic jack under the front axle and raise the jack until the front suspension begins to compress.
2. Disconnect the track bar from the driver side frame bracket, using a 30mm wrench. **See Photo 1.**
3. Remove the bump stop from the cup shaped bracket. Remove the bracket from the frame rail. **See Photo 2**.



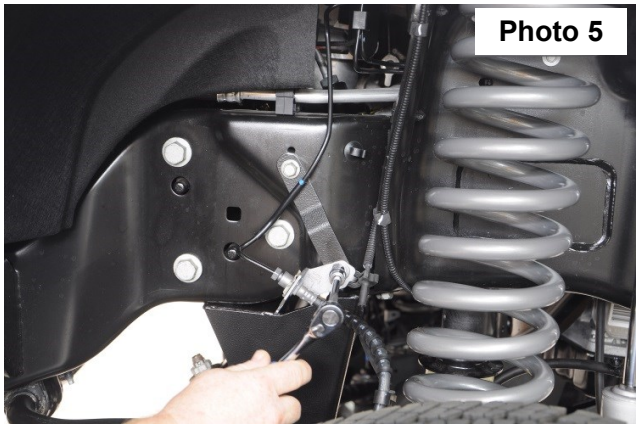


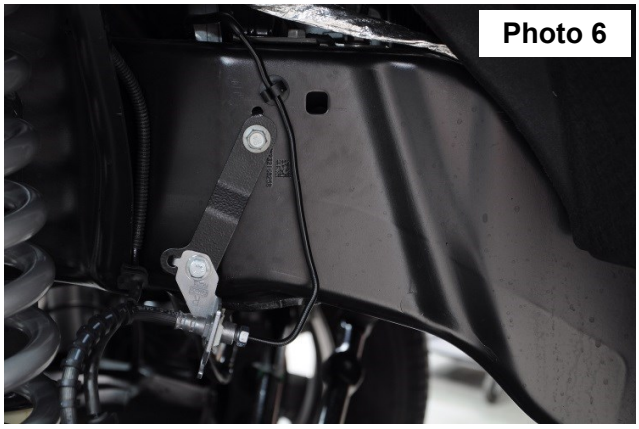
4. Using a 13mm socket, remove the brake line bracket from the frame. **See Photo 3.**
5. Remove the ABS wire from the brake line bracket. **See Photo 4.**





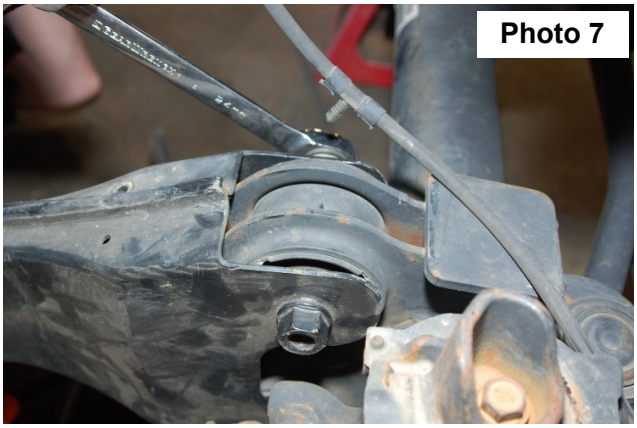
6. Carefully bend the brake line towards the coil. Install the new driver side brake line bracket on the frame using the factory hardware. Torque to 15 ft-lbs. Attach the brake line to the extended bracket using the supplied 5/16 bolt, washer and nut. Torque to 15 ft-lbs. **See Photo 5**.
7. Repeat the process on the passenger side brake line. **See Photo 6.**
8. Using an 18mm wrench remove the sway bar links from the truck.
9. Using 18mm and 19mm wrenches, remove the front shocks.

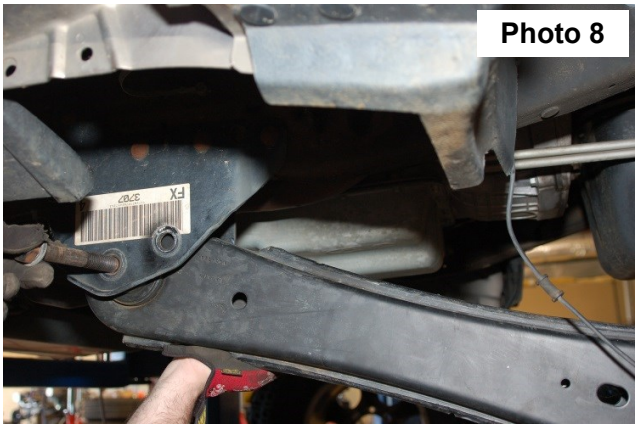




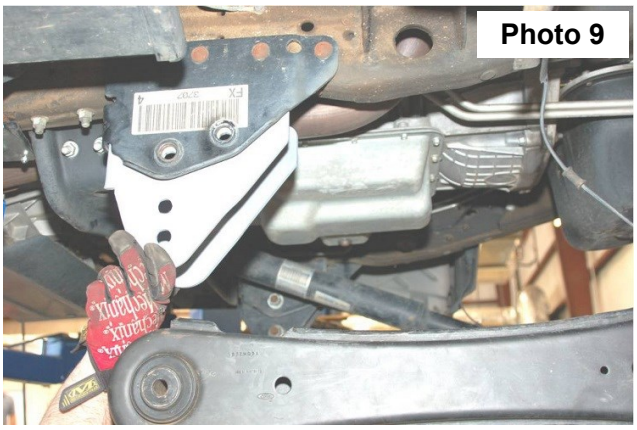
10. Using 18mm and 15mm wrenches, remove the factory steering stabilizer from the truck.
11. Carefully lower the jack until the coil springs are free. Remove the coil springs from the vehicle. **Note:** Use of a coil spring compressor may be required for spring removal.

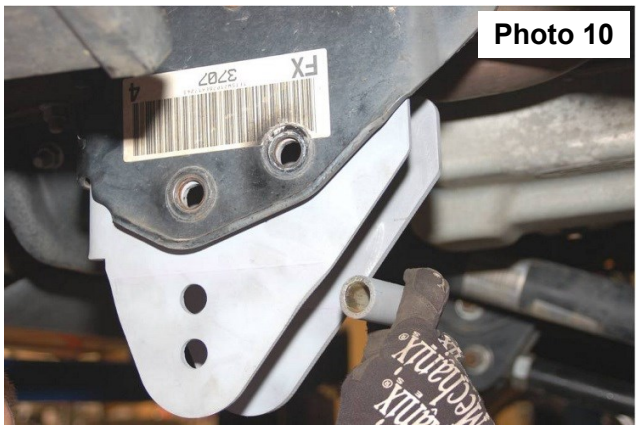
12. Support both radius arms with jack stands. Using a 24mm wrench, and socket remove the bolt holding the upper control arm to the axle. Retain stock hardware for reuse. **See Photo 7.**
13. Using a 1 1/8” wrench, and socket remove the bolt holding the upper control arm to the frame. **See Photo 8.**



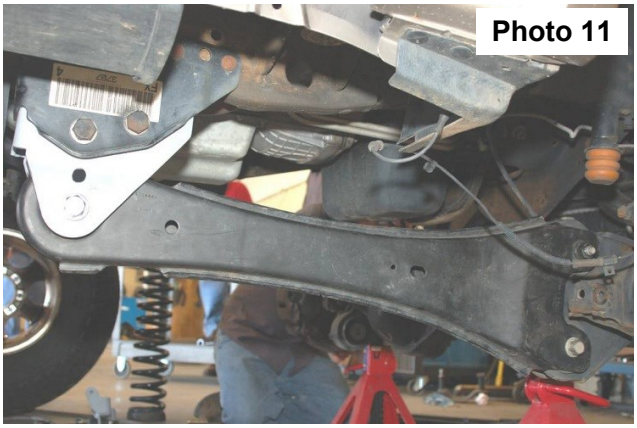


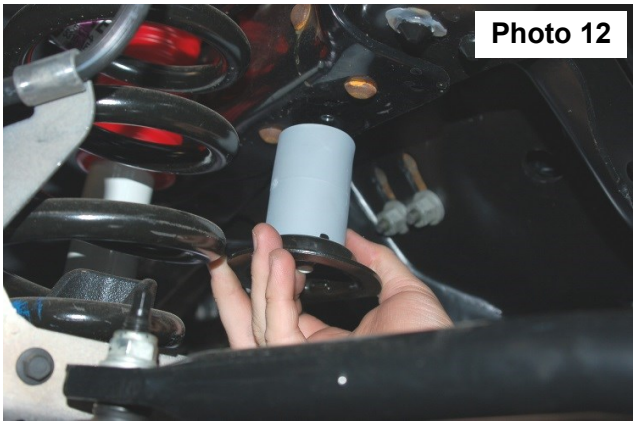
14. Insert the radius arm drop bracket into the stock location. **See Photo 9**.
15. Bolt into place using the supplied spacer sleeves and 3/4” x 4 3/4” bolts, nuts and washers provided in the kit bag. **See Photo 10.** It may be necessary to use a 3/4” drill to open the holes up in the frame mounts. Do not tighten at this time.



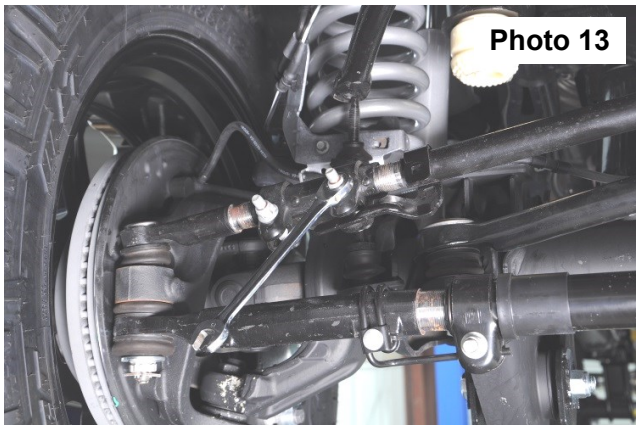


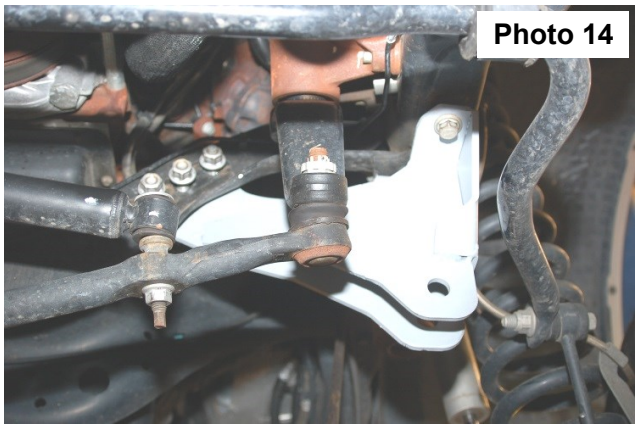
16. Install the radius arms to the new drop bracket with factory hardware in the lower holes. **See Photo 11.**
17. Attach the arm to the axle using the stock hardware. **Note:** it may be necessary to raise or lower the truck to align the holes.
18. Reattach the ABS wire to the radius arm.
19. Using a 21mm wrench and 19mm socket remove the factory track bar bracket from the frame. Retain stock hardware for re-use.
20. Using the nylon bump stop extension provided, place the extension between the frame and the bump stop cup. Bolt back into the original location using the 8mmx95mm bolt supplied. Torque to 15 ft-lbs. Reinstall the factory bump stop in the bump stop cup. **See Photo 12.**

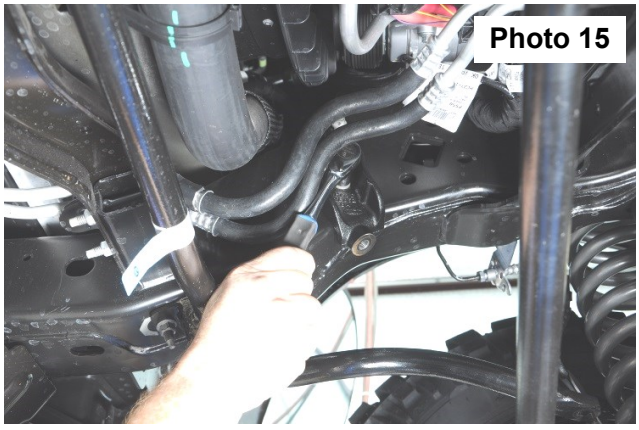


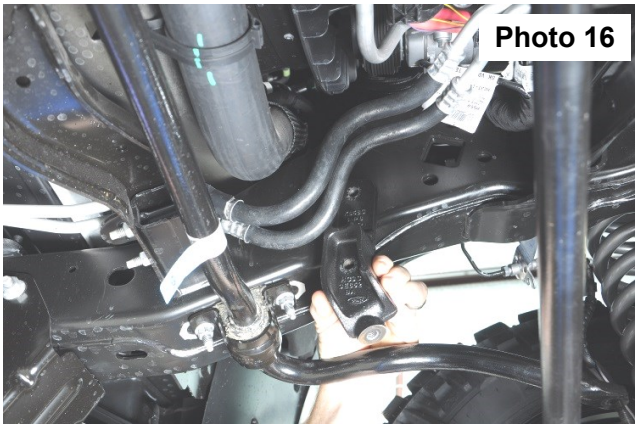


21. Lower the front axle enough to install the new coil springs. Position the coil springs in the lower coil buckets on the axle and rotate as necessary to be sure that the pigtail of the coil in indexed properly in the bucket. Position the factory rubber isolator on top of each coil, then raise the axle enough to seat the coil springs in the upper spring buckets.
22. Compress the front springs enough to install the front shocks, 660818. Bolt the lower end of the shock to the axle using the stock hardware. Torque to 88 ft-lbs. using a 18mm wrench. Attach the upper end of the shock with the stock hardware, using a 19mm wrench. **Torque to 15 ft-lbs. Or only enough to bulge the bushing.**
23. Remove the cotter pin and nut using a 21mm wrench, from the drag link end where it attaches to the pitman arm.
24. Dislodge link with a tie rod end puller. **Note:** replace the link if any stud looseness is detected, (excessive play) or (excessive wear) is found in the tie rod end.
25. Remove the collar lock bracket from the drag link on the truck using a 13mm wrench.
26. Using 15mm and 13mm wrenches, loosen the drag link adjustment collar. **See Photo 13.**
27. Spin the drag link over so the tie rod end is pointing up, torque the adjustment collar to 32 ft-lbs.
28. Using a 34mm socket, remove the nut from the steering sector and remove the pitman arm with a puller tool. Inspect the splines on the shaft for excessive wear, repair if needed.
29. Install new pitman arm, lock washer, and nut. Torque to 350 ft-lbs. Using a 34mm socket, tighten nut.
30. Attach the drag link stud to the pitman arm. Torque nut to 88 ft-lbs, and install cotter pin. Check for adequate linkage clearances while turning steering wheel full lock in both positions.
31. Position the Rough Country track bar bracket on the frame in the same position as the original and secure using the factory hardware. Torque to 120 ft-lbs. **See Photo 14.**
32. Using a13mm socket, remove the stabilizer mount from the frame. **See Photos 15 & 16**.

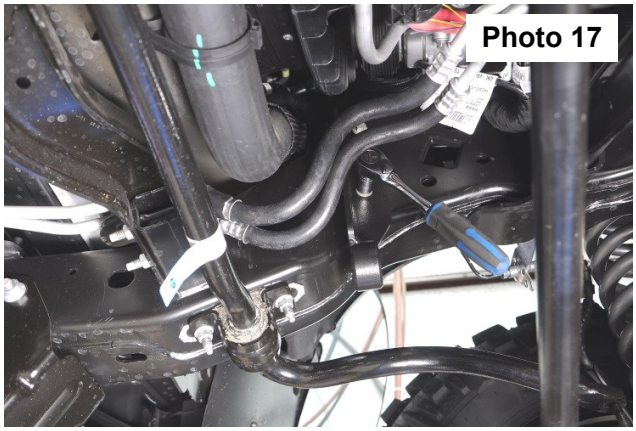

Photo 13

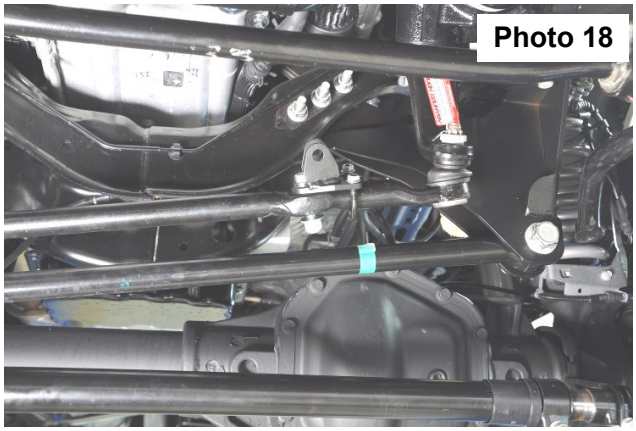

Photo 14


Photo 15

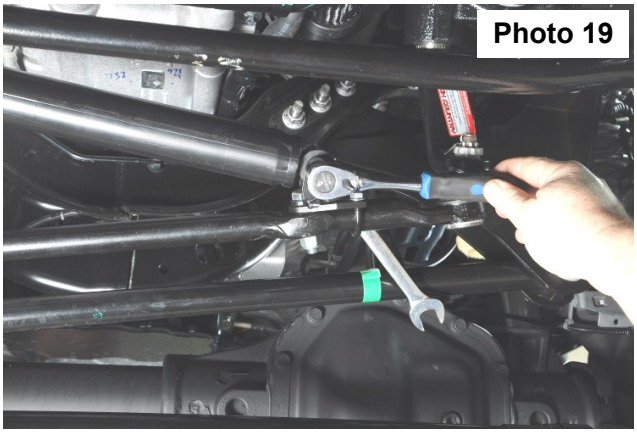

Photo 16

34. Install the new stabilizer bracket on the frame using the factory bolts, Torque to 45 ft-lbs. with a 13mm socket. **See Photo 17.**
35. Install the stabilizer bracket on the drag link using the supplied .5" x 2" bolt, washer and nut also using the supplied 5/16 ubolt and nuts. **See Photo 18.** Torque the 1/2 inch bolt to 65 ft-lbs. Torque the 5/16 u-bolt to 15 ft-lbs.



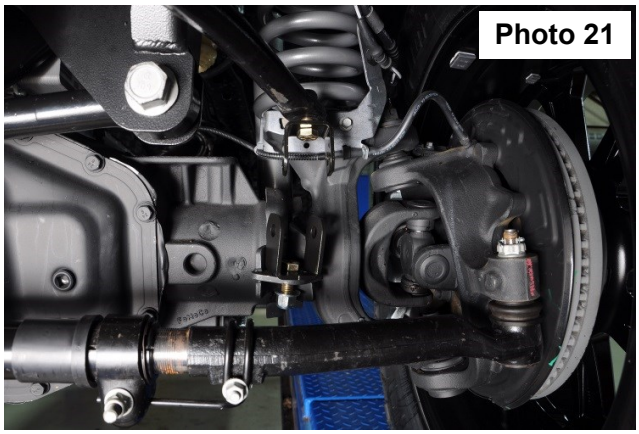


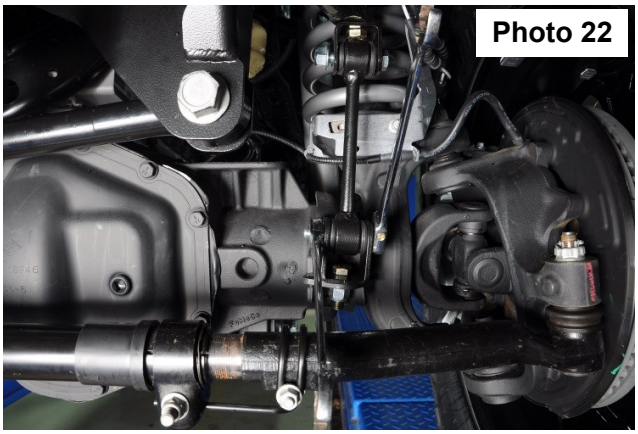
36. Install the stabilizer on the drag link mount using the supplied 12mm x 55mm bolt and nut. Torque to 55 ft-lbs. using 18mm and 19mm sockets and wrenches. **See Photo 19.**
37. Install the stabilizer on the frame mount using the factory hardware. Torque to 55 ft-lbs. using 18mm an socket. **See Photo 20.**





38. Install the supplied upper and lower sway bar link mounts using the supplied 1/2" x 1.5" bolts washers and nuts. Tighten using 3/4" wrenches. **See Photo 21.** Torque to 70 ft-lbs.
39. Install the sway bar links into the brackets using the supplied 12mm x 65mm bolts, washers, and nuts. Tighten using 18mm and 19mm wrenches. **See Photo 22.** Torque to 55 ft-lbs.

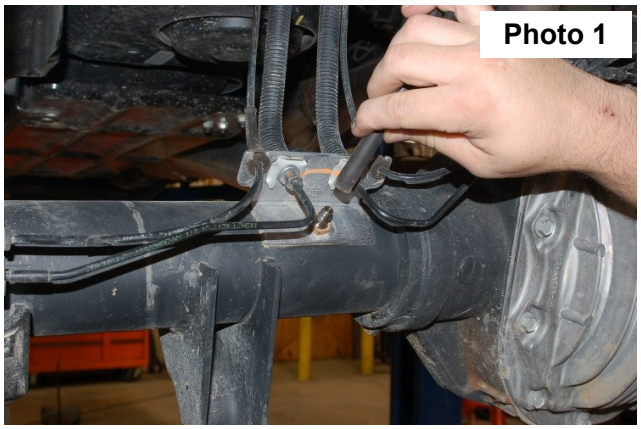


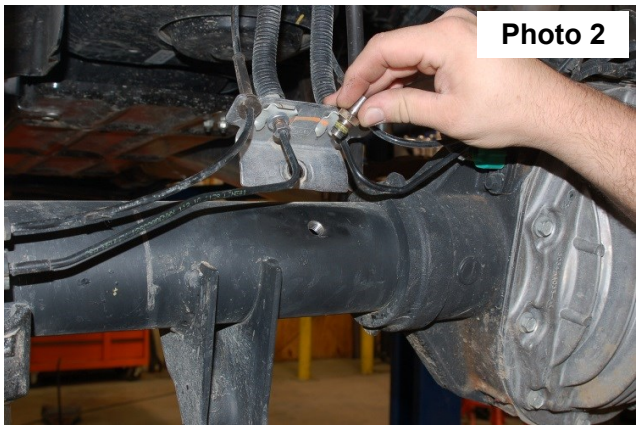


40. Install tires and wheels and lower the vehicle to the ground.
41. Line up the track bar with the hole in the new track bar bracket. You may have to start the truck and turn the wheels in the direction the track bar needs to go to help align the track bar with the hole. Install using the stock track bar bolt. Tighten bolt. Torque to 270 ft-lbs.
42. Torque the radius arm bolts to 270 ft-lbs.
43. Torque the radius arm brackets to 339 ft-lbs.
44. Install the Rough Country Clocking Ring Kit or the Rough Country Drive Shaft at this time.

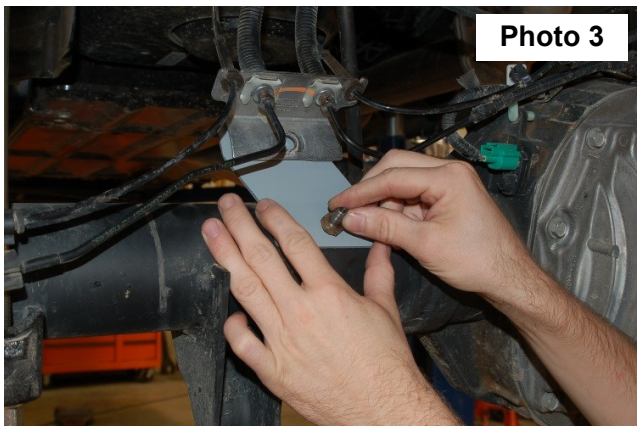
REAR INSTALLATION

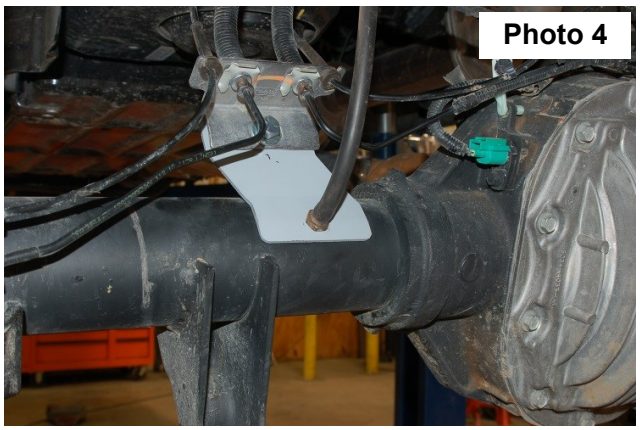
1. Chock front wheels and jack up the rear of the vehicle. Secure with jack stands on the frame rail.
2. Place a floor jack under the rear differential on the rear axle. Using a 18mm wrench for the upper, and 19mm and 15mm wrench for the lower, remove the stock shock absorbers, retain the stock hardware for reuse.
3. Remove the diff vent hose from the differential. **See Photo 1.**
4. Remove the diff vent tube using a 5/8” wrench. Retain the vent tube for reuse. **See Photo 2.**



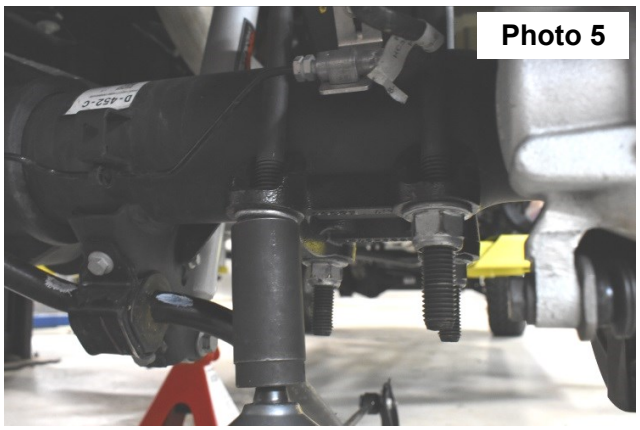


5. Install the supplied bracket in the stock location using the stock hardware. Torque to 28 ft-lbs. using a 5/8” socket. **See Photo 3.**
6. Install the stock brake line bracket to the new bracket with the supplied 7/16” x 1” Bolts, washers and lock nuts and Torque to 45 ft-lbs. using 5/8” wrench. Reinstall the diff vent hose as shown. **See Photo 4.**

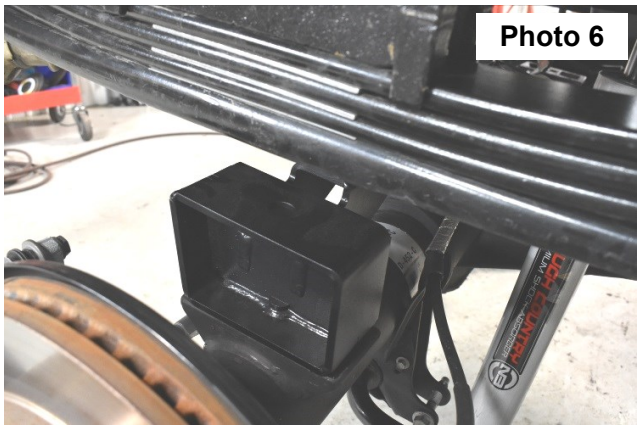


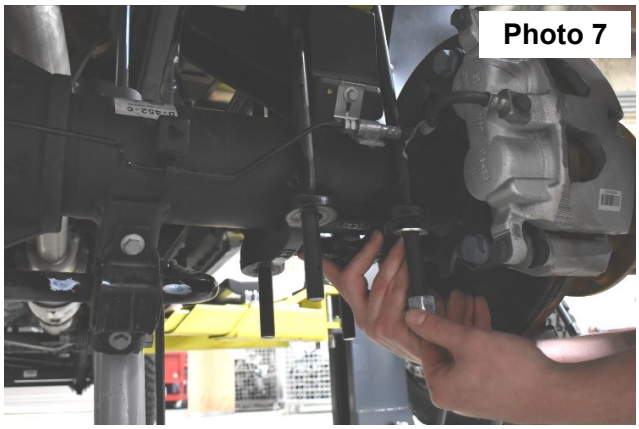


7. Using a 24mm socket, remove the stock u-bolts. Use the floor jack to lower the axle assembly to allow for lifted block installation. **See Photo 5.** Retain the factory U-bolt plate.

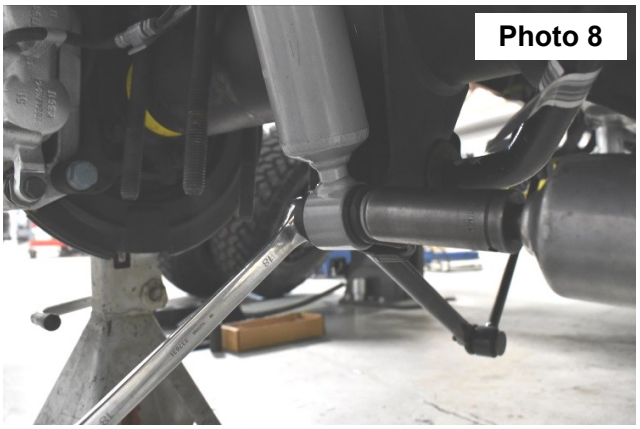


8. Install the new 3 3/4” rear block. Then, using a jack, raise the axle and block up to the leaf spring. **See Photo 6.**
10. Install the new supplied 3/4” U-bolts from the top. Use the supplied 3/4” hardware bag. Torque to 150 ft-lbs. using a 1-1/8” socket. **See Photo 7.**





11. Locate shock part number 660805. Using an 18mm wrench, for the upper, and a 19mm and 15mm wrench for the lower. Install using factory hardware on upper and lower shock mount. Torque to 60 ft-lbs.



12. Install the tires and wheels.
13. Jack up the rear of the vehicle and remove the jack stands. Lower the vehicle to the floor.
14. With the weight of the vehicle on the axle, torque the u-bolts to 150 ft-lbs.
15. Check all hardware for proper torque.

POST INSTALLTION INSTRUCTIONS

1. Adjust steering wheel to re-center prior to driving.
2. Check all fasteners for proper torque. Check to ensure for adequate clearance between all rotating, mobile, fixed, and heated members. Verify clearance between exhaust and brake lines, fuel lines, fuel tank, floor boards and wiring harness. Check steering gear for clearance. Test and inspect brake system.
3. Perform steering sweep to ensure front brake hoses have adequate slack and do not contact any rotating, mobile or heated members. Inspect rear brake hoses at full extension for adequate slack. Failure to perform hose check/ replacement may result in component failure. Longer replacement hoses, if needed can be purchased from a local parts supplier.
4. Have a qualified alignment center realign front end to
   Caster min– 4.0 degree
   Camber –0.6—.09 degree
   Toe –.10– .15 degree
5. Install Warning to Driver decal on sun visor.
6. Re-torque all nuts, bolts, and especially u-bolts after the first 100 miles, again after another 100 miles and then check periodically thereafter.
7. All components must be retightened after 500 miles, and every three thousand miles after installation
8. Adjust headlights to proper settings.



Thank you for choosing Rough Country for your suspension needs.

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