TRAIL FORTRESS

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Rough Country 56240 Installation Instructions

3-Inch Lift Kit with M1 Shocks for F-250 Super Duty 4WD (2011–2016)

Part number: 56240

trailfortress.com/rough-country-3-inch-lift-kit-56240

Scan for fitment, price and install help

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ROUGH COUNTRY SUSPENSION SYSTEMS®

1486BAG5

05-13 F250 SUPERDUTY 3” 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. 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 3” suspension system was developed for **35x12.50x17** tire on an 8” wheel.

The 3” front system comes standard with a 2” block and u-bolt set-up for the rear to give the truck a level look. Personal preference, OE options, and aftermarket add-ons may require additional lifting options. One option on the SD is factory contact overload springs (a set of springs that sit above the leaf springs and that under load come in contact with two stops off of the frame) Vehicles equipped with **factory** contact overloads need a longer u-bolt kit and is included in this kit. On vehicles with dual rear wheels the use of blocks and longer u-bolts is not recommended and should not be installed.

⚠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 / 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.

Kit Contents:

9284– Front Coil Springs
Kit Boxes containing
- 2-Radius Arm Drop Brackets
- 2-660793 Front Shock
- 2-660789 Rear Shock
- 2-142731 Front Shock Bushings
- 2-2” Blocks
- 4-5/8” x 3 5/8” x 16” U-Bolt

Or
- *4-5/8 x 3 1/8” x 15 1/4” (2011 Models)*
- 1-Track Rod Bracket

1486 Bag1:
For Front Radius Arm Drop Brackets:
- 4-3/4” x 5” Bolts
- 4-3/4” Nuts
- 8-3/4” Washers
- 4-Crush Sleeves

Tools Needed:

18mm Socket
18mm Wrench
19mm Socket
19mm Wrench
21mm Socket
21mm Wrench
24mm Socket
30mm Socket
Jack Stands
Floor Jack
Wheel Chocks
1 1/8” Socket
1 1/8” Wrench
Reciprocating Saw
Tap Measure

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

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