TRAIL FORTRESS

BUILT FOR THE TRAIL. CHECKED FOR YOUR TRUCK.

Rough Country 56359 Installation Instructions

4.5-Inch Lift Kit with Vertex Coilovers for F-250 Super Duty 4WD

Part number: 56359

trailfortress.com/rough-country-4-5-inch-lift-kit-56359

Scan for fitment, price and install help

921500100

ROUGH COUNTRY SUSPENSION SYSTEMS®



FORD 2005-22 F-250 Vertex Coilover Conversion

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.

KIT CONTENTS:

Upper Coil Over Mount x2
Lower Coil Over Mount x2
Brake Line Relocation Bracket x2
Driver Vertex x1
Passenger Vertex x1
Front Shocks x2

TOOLS NEEDED:

10mm Wrench or Socket
18mm Wrench or Socket
21mm Wrench or Socket
22mm Wrench or Socket
7/16 Wrench or Socket
9/16 Wrench or Socket
30mm Socket
Drill Motor
.406 Drill Bit
Reciprocating Saw
Sander
Color Match Frame Paint
Paint Pen
Jack Stands
Jack

HARDWARE INCLUDED:

3/8-16 x 1.25 Hex Head Bolt x8
3/8" Washer x8
3/8-16 Flange Lock x8
14mm-2.0 x 40mm x2
14mm Lock Washer x2
14mm Flat Washer x10
14mm-2.0 x 75mm x4
14mm-2 Nylock Nut x4
1/4-20 x 1 Hex Head Bolt x6
1/4-20 Nylock Nut x6
1/4" Flat Washer x6

Torque Specs:

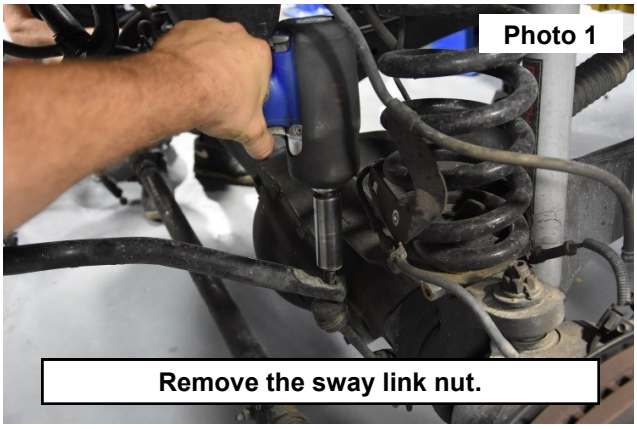
Size	Grade 5	Grade 8	Size	Class 8.8	Class 10.9
5/16"	15 ft/lbs	20ft/lbs	6MM	5ft/lbs	9ft/lbs
3/8"	30 ft/lbs	35ft/lbs	8MM	18ft/lbs	23ft/lbs
7/16"	45 ft/lbs	60ft/lbs	10MM	32ft/lbs	45ft/lbs
1/2"	65 ft/lbs	90ft/lbs	12MM	55ft/lbs	75ft/lbs
9/16"	95 ft/lbs	130ft/lbs	14MM	85ft/lbs	120ft/lbs
5/8"	135ft/lbs	175ft/lbs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

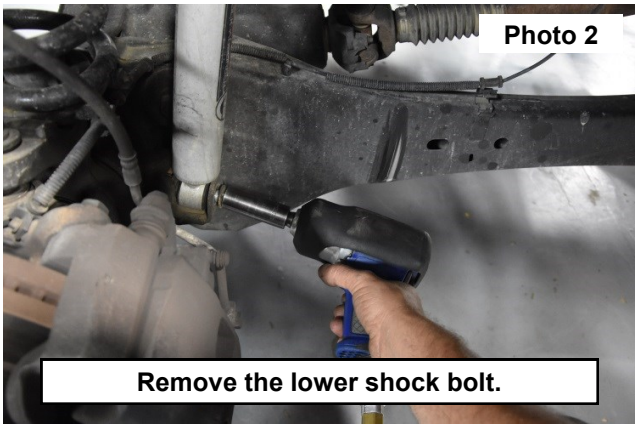
trailfortress.com/rough-country-4-5-inch-lift-kit-56359


ROUGH COUNTRY
VERTEX
ROUGH COUNTRY

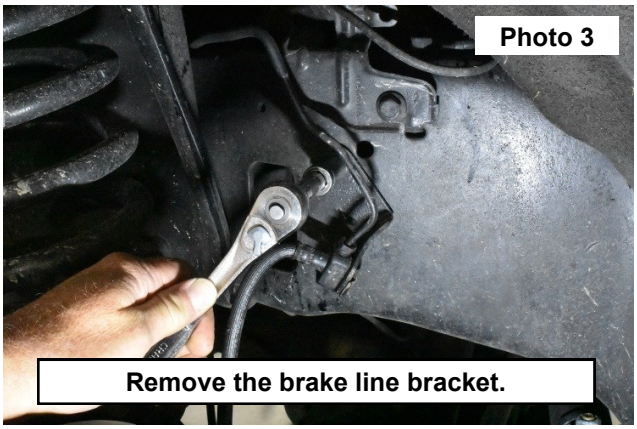
INSTALLATION INSTRUCTONS

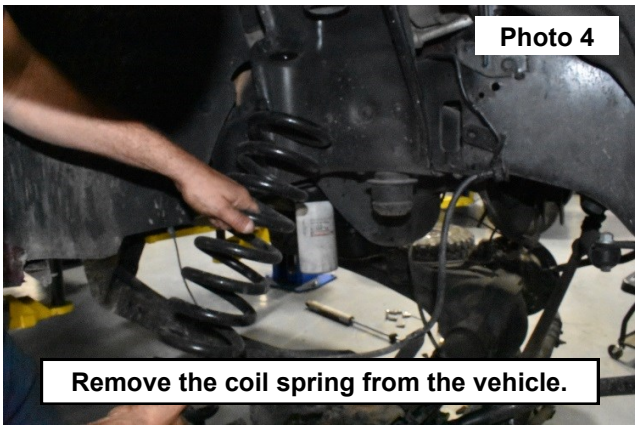
1. Lift up the front of the vehicle using a jack, place jack stands under the frame and lower the vehicle.
2. Remove the wheels and tires from the vehicle.
3. Support the axle using a jack and remove the front sway link nut from each side of the vehicle using an 18mm socket. **See Photo 1.**
4. Remove the trackbar bolt and bar from the frame mount using a 30mm socket.
5. Remove the brake line bracket from the axle mount using a 10mm socket.
6. Disconnect the abs line from the radius arm.
7. Remove the lower shock bolt using an 21mm socket. **See Photo 2.**
8. Remove the upper shock hard ware using a 21mm wrench, then remove the shock from the vehicle.





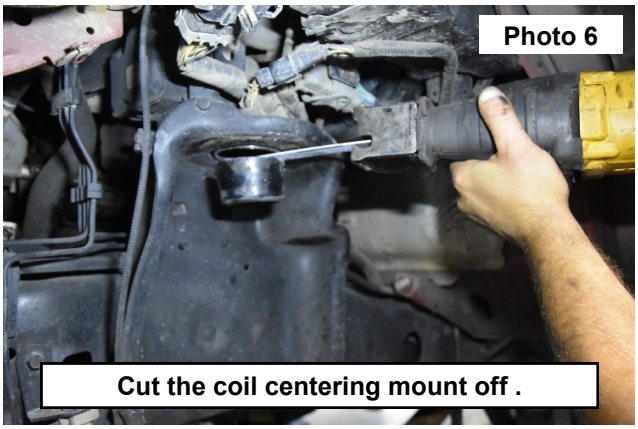
9. Remove the brake line bracket from the frame using a 10mm socket. **See Photo 3.**
10. Lower the jack down and remove the coil spring from the vehicle. **See Photo 4.**





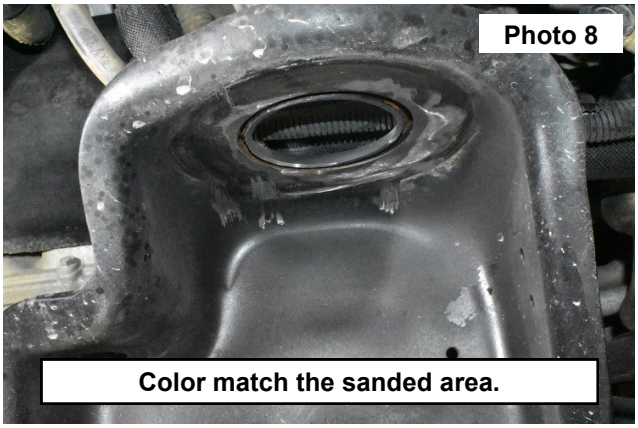
11. Remove the coil spring isolator. **See Photo 5.**
12. Cut along the top of the coil spring mount, removing the coil spring centering mount. Using a reciprocating saw. **See Photo 6.**



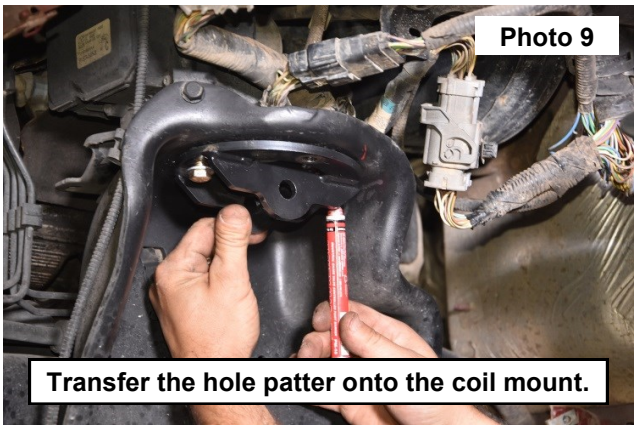


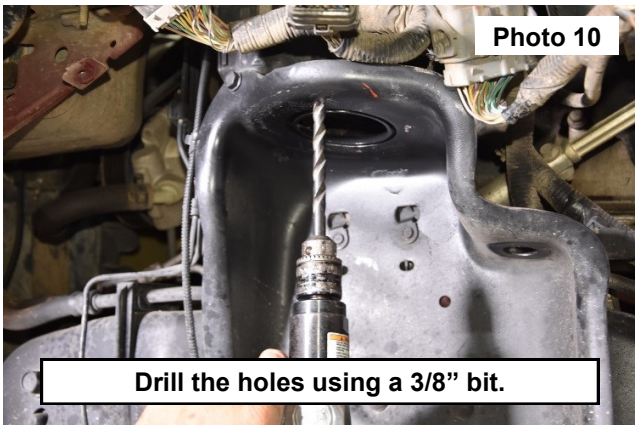
13. Sand the trimmed are flush with the coil mount and touch any sanded areas with color match spray paint. **See Photos 7 and 8.**





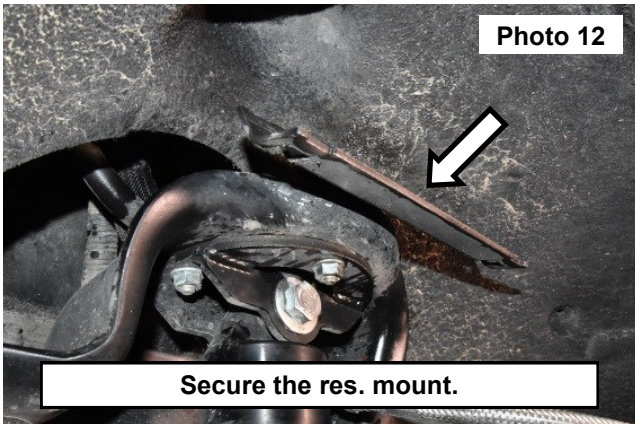
14. Using a paint pen to transfer the hole orientation of the coil mount. **See Photo 9.**
15. Use a 13/32” bit to drill each marked hole in the coil mount. **See Photo 10.**



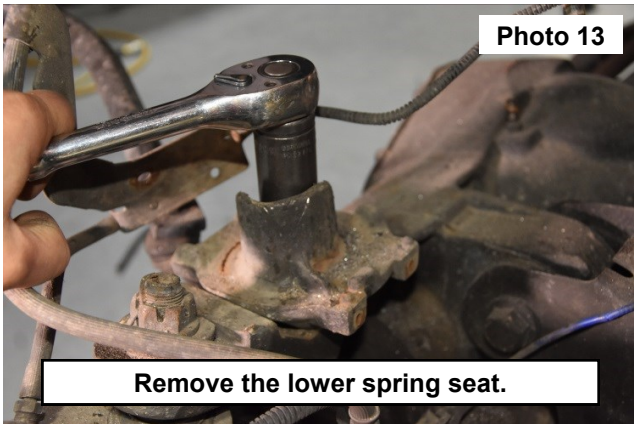


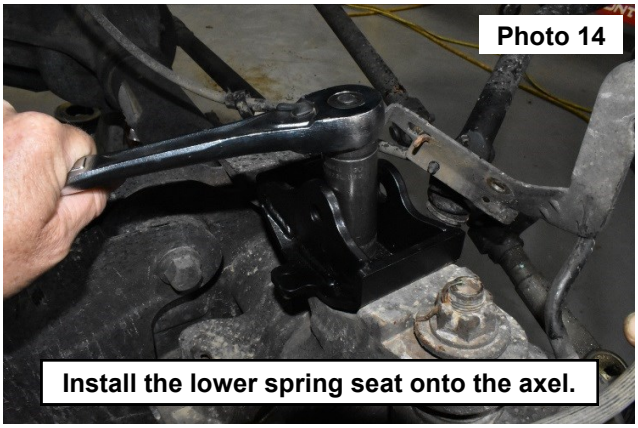
16. Install (2) of the supplied 3/8-16 bolts, and (2) 3/8” Washers into the upper bracket and place the coil over mount to the bottom of the coil seat. **See Photos 11 and 12.**
17. Secure the brackets using (2) of the supplied 3/8 Flange locks nuts. Tighten using a 9/16 wrench and socket.



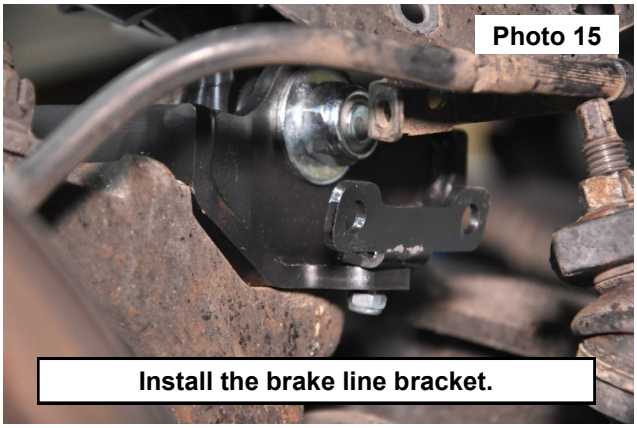


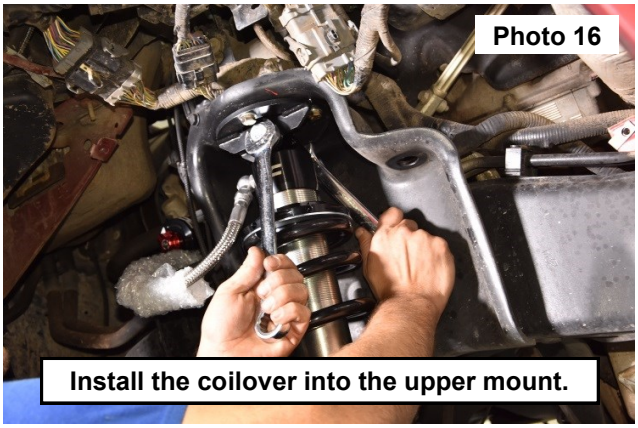
18. Remove the lower spring seat using a 21mm socket. **See Photo 13.**
19. Install the lower spring seat onto the axel. Then secure using (1) 14mm hex head bolt (1) 14mm Lock washer and (1) 14mm Flat washer. Tighten using a 22mm socket. **See Photo 14.**



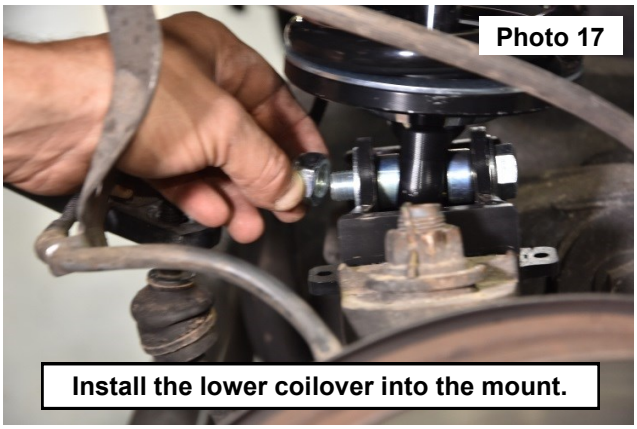


20. Install brake line bracket to front side of the axle mount using (1) 1/4-20 x 1” Hex head bolt(2) 1/4” Flat washers and (1) 1/4-20 Hex nut. Tighten the bracket parallel with the axle bracket using a 7/16 wrench and socket. **See Photo 15.**
21. Install the Vertex Coilover into the upper mount. Secure using (1) 14mm x 40mm Hex head bolt (2) 14mm Washers and (1) 14mm-2.0 Nylock nut. Tighten using a 22mm wrench and socket. **See Photo 16.**



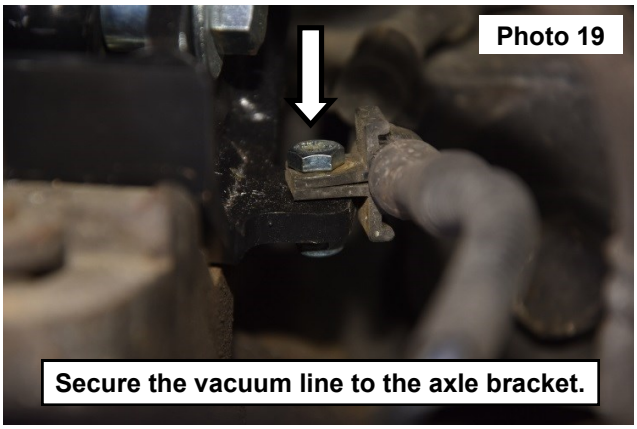


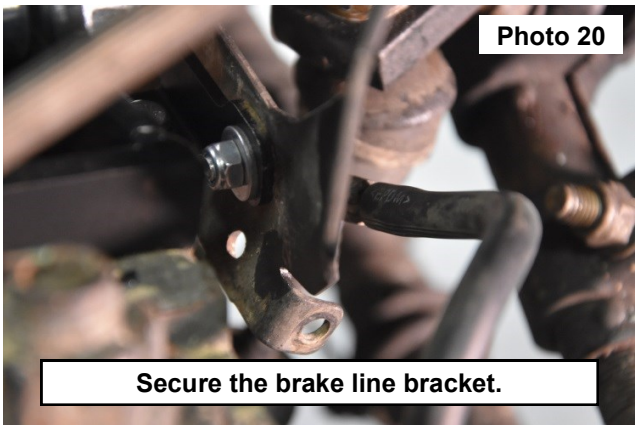
22. Raise the axle up and install the lower coilover mount into the bracket. Secure using (1) 14mm x 40mm Hex head bolt (2) 14mm Washers and (1) 14mm-2.0 Nylock nut. Tighten using a 22mm wrench and socket. **See Photo 17.**
23. Place the reservoir onto the mount and secure using (2) clamps around the mount and reservoir. Tighten using a flat bit driver. **See Photo 18.**



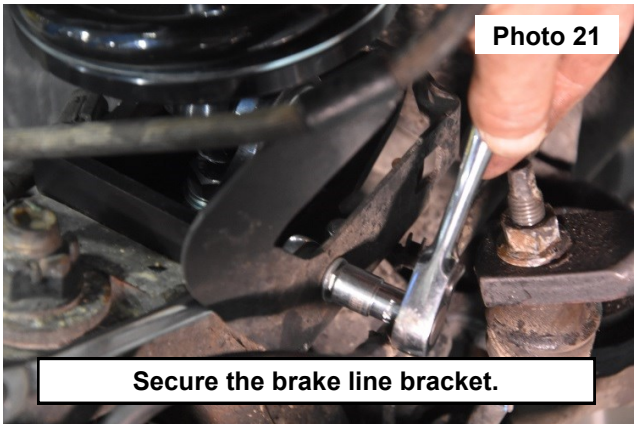


24. Secure the vacuum line to the rear of the axle bracket using (1) 1/4-20 x 1” Hex head bolt(2) 1/4” Flat washers and (1) 1/4-20 Hex nut. Tighten the bracket parallel with the axle bracket using a 7/16 wrench and socket. **See Photo 19.**
25. Secure brake line bracket to front bracket installed onto the axle bracket using (1) 1/4-20 x 1” Hex head bolt(2) 1/4” Flat washers and (1) 1/4-20 Hex nut. Tighten the bracket using a 7/16 wrench and socket. **See Photos 20 and 21.**



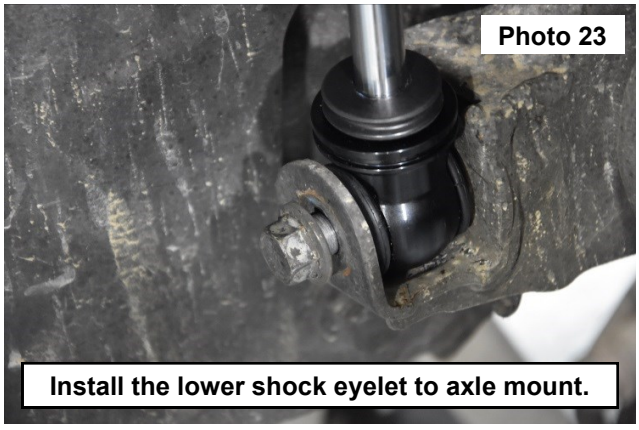


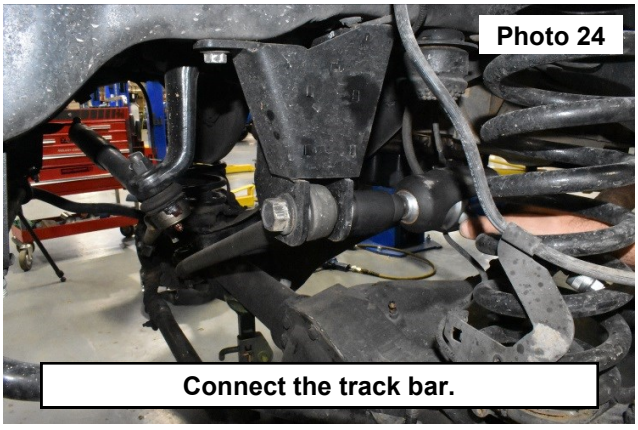
26. Install upper shock mount using the bushing stack supplied. Tighten the nut using a 22mm socket. **See Photo 22.**





27. Install lower shock eyelet into axle mount. Secure using OE bolt, tightening using an 19mm socket. **See Photo 23.**
28. Install the wheels and tires, remove the vehicle from the jack stands and lower onto the ground.
29. Connect the track bar into the frame mount, securing with the OE bolt. Tighten using a 30mm socket. **See Photo 24**.





30. Connect the sway links to the sway bar and secure using the OE nuts. Tighten using a 18mm socket.
31. Install the brake line into the frame mount using the OE bolt. Tighten using a 10mm socket.

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.