TRAIL FORTRESS

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Rough Country 57231 Installation Instructions

4-Inch Lift Kit with N3 Shocks for 2009-2010 Ford F-150 2WD

Part number: 57231

trailfortress.com/rough-country-4-inch-lift-kit-57231

Scan for fitment, price and install help

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ROUGH COUNTRY SUSPENSION SYSTEMS®

1572BAG2

09-UP F150 2WD 4” LIFT KIT

THANK YOU FOR CHOOSING ROUGH COUNTRY FOR YOUR SUSPENSION 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. 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. We strongly recommend, because of rollover possibility that seat belts and shoulder harnesses should be worn at all times. Avoid situations where a side rollover may occur.

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. If questions exist we will be happy to answer them concerning the design, function, and correct use of our products.

⚠NOTICE The 4”suspension system was developed using a 33X12.50/18 tire with 18 x 9 wheel with 4 1/2” backspace. When using a stock wheel the maximum tire width is 11 1/2”. The lifts were designed to lift the front to level the vehicle. Due to manufacturing, dimension variances, and inflation all tire and wheel combinations should be tested prior to installation on all oversized / wider then stock tires We recommend a wheel not exceeding 8" in width be used with a minimum backspacing of 4.5" to a maximum of 5".

⚠NOTICE 2011 and newer vehicles will require the EPAS (Electronic Power Assist Steering) plugs to be disconnected prior to beginning installation of this kit. See installation instructions. Failure to disconnect these plugs may result in damage to the EPAS module resulting in an error message being displayed, which will require replacement of the EPAS module

⚠NOTICE NOTICE TO 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.

Tools Needed:

5mm Allen Wrench	Floor Jack
8mm Allen Wrench	Jack stands
8mm wrench /socket	Reciprocating Saw
10mm wrench /socket	Hammer
12mm Wrench	9/16 wrench /socket
13mm wrench / socket	1 1/16” Wrench
15mm wrench /socket	Drill
16mm wrench /socket	41/64” Drill Bit
17mm wrench /socket	11/32” Drill Bit
18mm wrench /socket	
19mm wrench /socket	
21mm wrench /socket	
22mm wrench /socket	
24mm wrench /socket	
30mm wrench /socket	

Torque Specs:

Size	Grade 5	Grade 8
5/16”	15 ft/lbs	20 ft/lbs
3/8”	30 ft/lbs	35 ft/lbs
7/16”	45 ft/lbs	60 ft/lbs
9/16”	95 ft/lbs	130 ft/lbs

	Class 8.8	Class 10.9
10MM	32ft/lbs	45ft/lbs
18MM	170ft/lbs	240ft/lbs

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