Rough Country 689004 Installation Instructions

Vertex 2.5 Adjustable Front Coilovers for Ford F-150 4WD (2014-2025)

Part number: 689004

trailfortress.com/rough-country-vertex-2-5-adjustable-coilovers-689004

Scan for fitment, price and install help

921104020

VERTEX Coilover Adjusting Wrenches

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.

Check and retighten wheels at 50 miles and again at 500 miles. Periodically check all hardware for tightness.

WARNING **To prevent damage to the shock or bodily harm, All of the load must be removed from the coil spring seat before the jam nut is loosened.**

KIT CONTENTS:
1-COILOVER ADJUSTING WRENCH

TOOLS NEEDED:
FLOOR JACK
JACK STANDS
OUTER COIL COMPERSSOR
OR A
WALL MOUNTED STRUT
COMPRESSOR
WHEEL CHOCKS



Torque Specs:

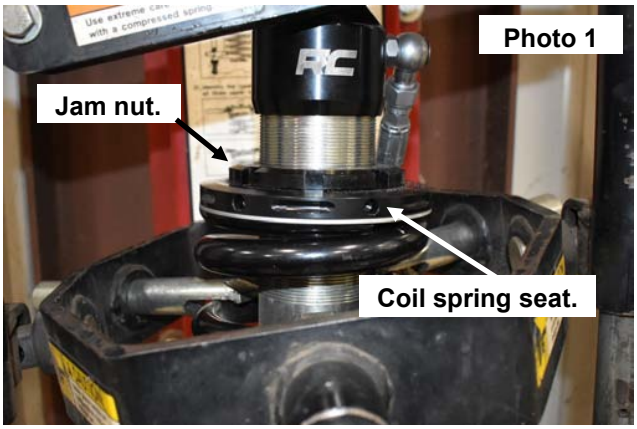
Size	Grade 5	Grade 8	Size	Class 8.8	Class 10.9
5/16”	15 ft/lbs	20ft/lbs	6MM	5ft/lbs	9ft/lbs
3/8”	30 ft/lbs	35ft/lbs	8MM	18ft/lbs	23ft/lbs
7/16”	45 ft/lbs	60ft/lbs	10MM	32ft/lbs	45ft/lbs
1/2”	65 ft/lbs	90ft/lbs	12MM	55ft/lbs	75ft/lbs
9/16”	95 ft/lbs	130ft/lbs	14MM	85ft/lbs	120ft/lbs
5/8”	135ft/lbs	175ft/lbs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

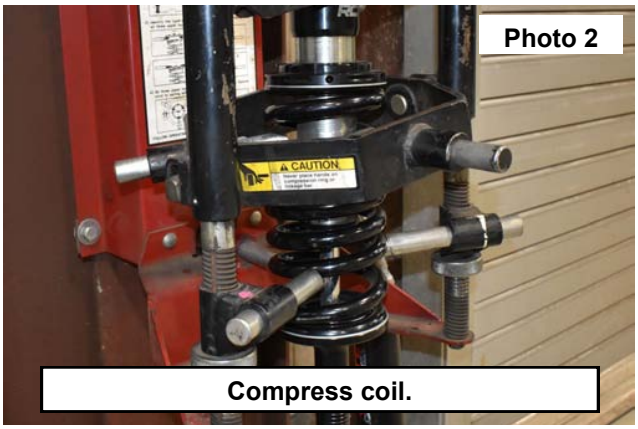
1. Prior to adjusting the coilover, with the vehicle on the ground, measure the heights of your vehicle. This measurement can be recorded from the center of the wheel straight up to the top of the inner fender lip. Record the measurements.

LF:_____ ,RF:_____,

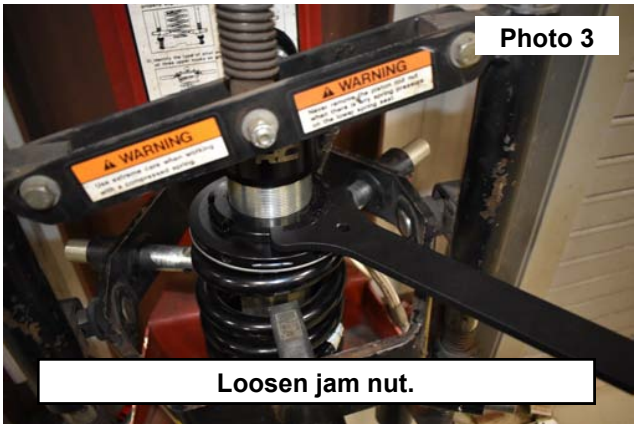
LR:_____,RR:_____

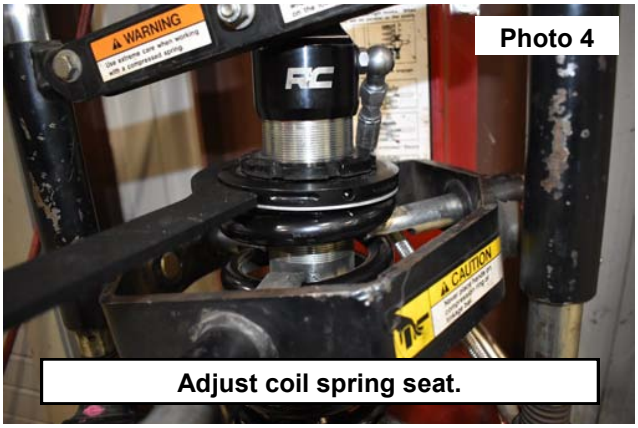
2. Place vehicle in park and chock the rear wheels. Raise the front of the vehicle with a jack and secure a jack stand beneath each frame rail behind the front control arms. Ease the frame down onto the stands.
3. This adjustment needs to be at full droop with an outside mounted coil spring compressor attached to the coil or removed from the vehicle and compressed in a wall mounted coil spring compressor as shown in the photos below.
4. Before you start your adjustment, identify the jam nut and the coil spring seat. **Photo 1.**
5. Compress the coil to relieve the load from the coil spring seat. This was preformed in a in a wall mounted coil spring compressor. **See Photo 2.**





6. Once the load has been relieved from the coil spring seat, loosen the jam nut, using the supplied adjusting wrench. **See Photo 3.**
7. Lock the supplied adjusting wrench into the hole on the coil spring seat, turn the coil spring seat to achieve the desired ride height. **See Photo 4.**
8. Once your ride height has been achieved, check the CV shafts before driving. With the vehicle off of the ground rotate the driver and passengers wheels to assure the CV shaft is not bound up at full droop.
9. Once the ride height has been set, tighten the jam nut, using the supplied adjusting wrench.





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