# Rough Country 689036 Installation Instructions

Vertex 2.5 Adjustable Front Coilovers for 2009–2013 Ford F-150 4WD

Part number: 689036

trailfortress.com/rough-country-vertex-2-5-adjustable-coilovers-689036

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 |

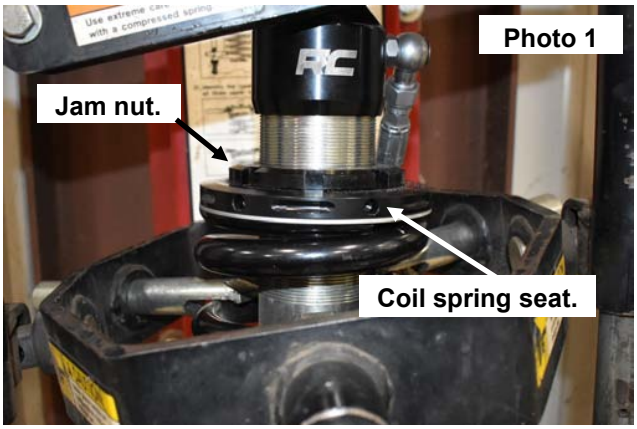
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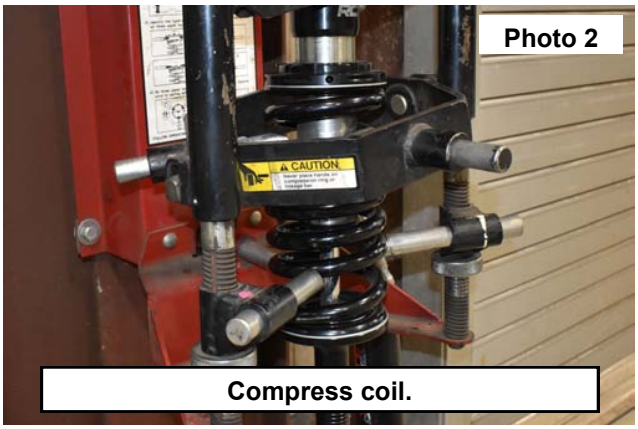
1. Prior to adjusting the coilover, with the vehicle on the ground, measure the heights of your vehicle. This measurement can be recorded from the center of the wheel straight up to the top of the inner fender lip. Record the measurements.

**LF:_____ ,RF:_____,**

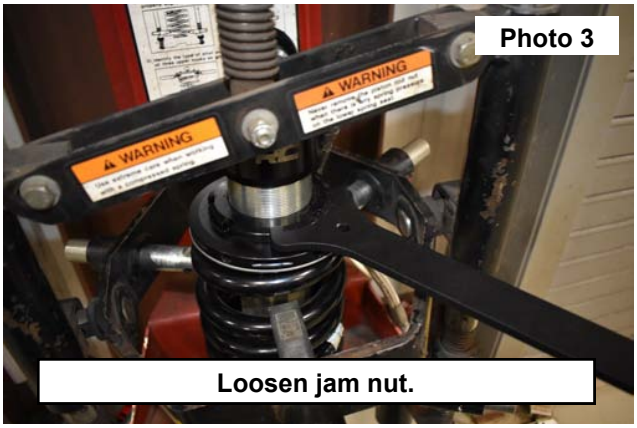
**LR:_____,RR:_____**

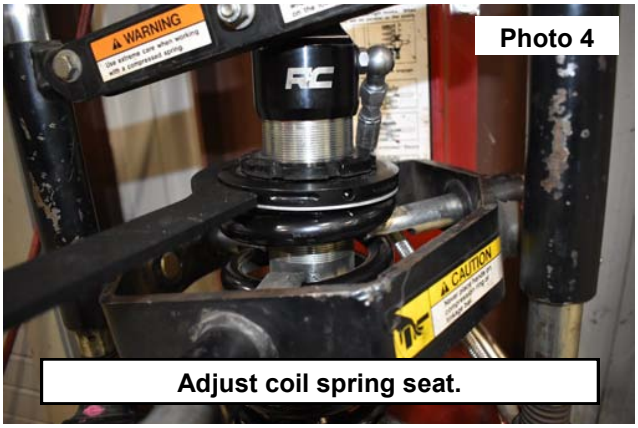
2. Place vehicle in park and chock the rear wheels. Raise the front of the vehicle with a jack and secure a jack stand beneath each frame rail behind the front control arms. Ease the frame down onto the stands.
3. This adjustment needs to be at full droop with an outside mounted coil spring compressor 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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