# 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

680004

ROUGH COUNTRY
SUSPENSION SYSTEMS®

# F-150 Vertex Shocks

**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:**

**680004:**
1-Vertex Front Pass Coilover
**680005:**
1-Vertex Front Dr Coilover
**690002:**
2-Vertex 2.5 Rear Piggybacks

**TOOLS NEEDED:**

**15mm Wrench or Socket**
**17mm Wrench or Socket**
**18mm Wrench or Socket**

**HARDWARE INCLUDED:**

**680004 and 680005:**
**10mm Hex Head Bolts x3**
**10mm Flat Head Washers x3**

**690002:**
**Use OE**



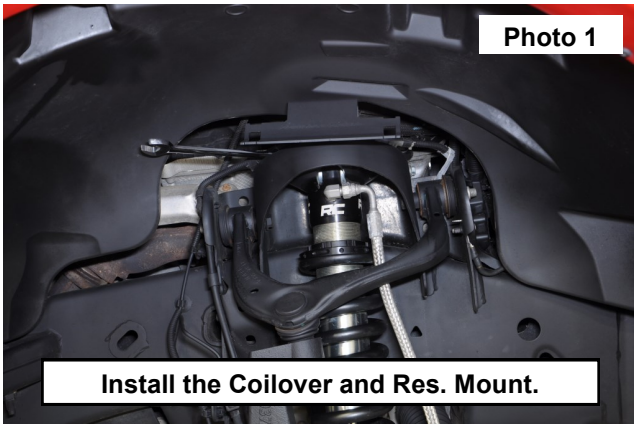

**Torque Specs:**

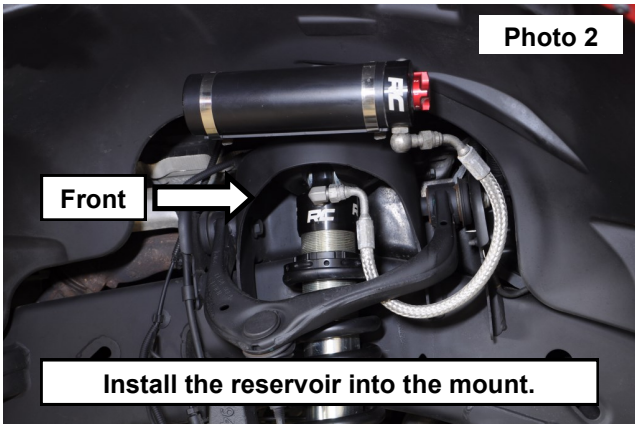
| Size | Grade 5 | Grade 8 | Size | Class 8.8 | Class 10.9 |
|---|---|---|---|---|---|
| 5/16” | 15 ft/lbs | 20ft/lbs | 6MM | 5ft/lbs | 9ft/lbs |
| 3/8” | 30 ft/lbs | 35ft/lbs | 8MM | 18ft/lbs | 23ft/lbs |
| 7/16” | 45 ft/lbs | 60ft/lbs | 10MM | 32ft/lbs | 45ft/lbs |
| 1/2” | 65 ft/lbs | 90ft/lbs | 12MM | 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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## INSTALLATION INSTRUCTONS

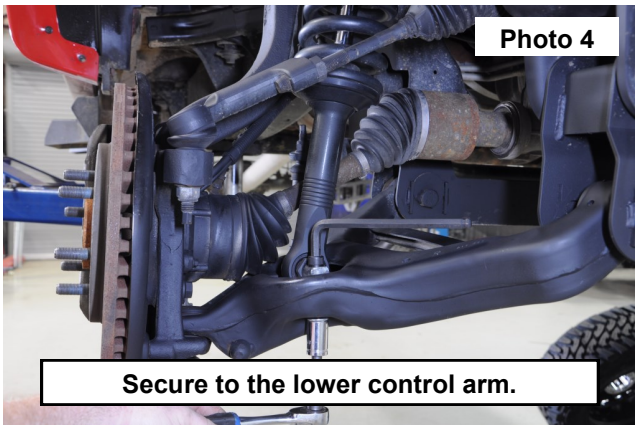
1. Install the Vertex Coilover into the upper frame mount, use (1) of the supplied 10mm Hex Head Bolt and (1) 10mm Washer into the rear hole. Then place the reservoir mounting bracket onto the frame mount and secure by using (2) of the supplied 10mm Hex Head Bolt and (2) 10mm Washer into the remaining (2) holes in the upper frame mount. Tighten using a 17mm wrench **See Photo 1.**
2. Secure the reservoir to the mount using the supplied clamps. **Make sure the braided line is routed as shown in Photo 2.**



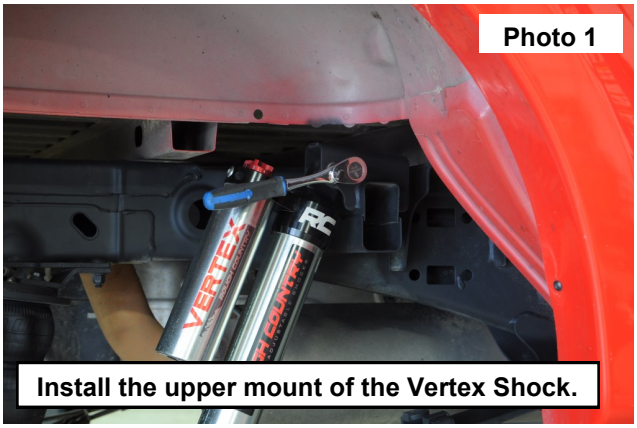

3. Tighten the reservoir using a flat screwdriver. **See Photo 3.**
4. Attach the lower strut mount to the lower control arm using the supplied 10mm x 65mm socket head bolts, washers and nuts. Tighten using a 17mm socket and an 8mm Allen. **See Photo 4.**

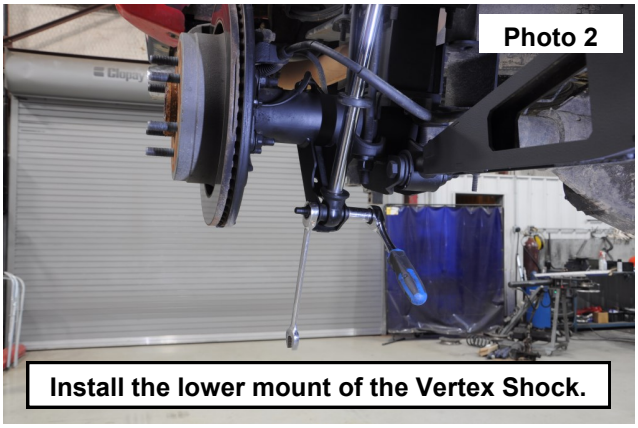



## REAR INSTALLATION INSTRUCTONS

1. Install the new Vertex 2.5 piggyback shock absorbers in the upper and lower mounts using the stock hardware. Tighten using a 18mm and 15mm wrench. **See Photos 1 & 2.**




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