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Rough Country 76040 Installation Instructions

3-Inch Lift Kit with M1 Struts for 4Runner (2003–2009) & FJ Cruiser

Part number: 76040

trailfortress.com/rough-country-3-inch-lift-kit-76040

Scan for fitment, price and install help

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ROUGH COUNTRY SUSPENSION SYSTEMS®

76620BAG

2010-17 4 Runner 3” Front 2” Rear Leveling 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 disassembly/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 on this page and the product layout on the last page. Be sure you have all needed parts and know where they go. Also please review the tools needed list and make sure you have needed tools.

⚠NOTICE Will not fit X-REAS suspension equipped models.

PRODUCT USE INFORMATION

⚠WARNING As a general rule, the taller a vehicle is, the easier it will roll. 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 any questions concerning the design, function, and correct use of our products.

This suspension system was developed using a Maximum tire size of 285/70R-17 tire with factory wheels. For aftermarket wheel and tire combinations consult your tire and wheel specialist.

⚠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.

INSTALLING DEALER - it is your responsibility to install the warning decal and forward these installation instructions on to the vehicle owner for review. These instructions should be kept in the vehicle for its service life.

⚠NOTICE Note to installer : Before installation begins we recommend that a test drive be performed. While driving check for uncommon sounds and/or vibrations . What you feel and hear during the test drive will only magnify once lift kit is installed. Advise you to discuss possible issues identified from drive with customer before proceeding to install this kit.

Kit Contents:
2-Front Strut Spacers
2-Rear Coil Spacers
2-Rear Shocks Absorbers
2-Rear Shock Upper Mounting Hardware Bags
1-Front Bag that includes:
- 6-10mm Nuts
- 6-10mm Lock Washers
- 6-10mm Flat Washers
- 6-10mm Studs
- 1-1/2” Jam Nut

1-Rear Bag containing:
- 2-1/2” x 1 1/4” bolts
- 4-Washers
- 2-Nylock nuts

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
1/2”	65 ft/lbs	90 ft/lbs
9/16”	95 ft/lbs	130 ft/lbs
5/8”	135 ft/lbs	175 ft/lbs
3/4”	185 ft/lbs	280 ft/lbs

	Class 8.8	Class 10.9
6MM	5 ft/lbs	9 ft/lbs
8MM	18ft/lbs	23 ft/lbs
10MM	32ft/lbs	45ft/lbs
12MM	55ft/lbs	75ft/lbs
14MM	85ft/lbs	120ft/lbs
16MM	130ft/lbs	165ft/lbs
18MM	170ft/lbs	240ft/lbs

Tools Needed:
7mm Wrench
12 mm Wrench
14 mm Socket
17 mm Socket
17 mm Wrench
19 mm Socket
Hammer
Punch
16mm Wrench
21mm Socket
9/16” Wrench
Torque Wrench