



# Installation Instructions

**ARK Lowering Springs  
GT-F  
(LF0900-0300)  
for  
Nissan 350Z**



## Contents

- Front Springs— 2
- Rear Springs—2

\*Orange Springs—GT-F

## Tools Required

- Socket Wrench/Wrench:
  - 12 mm
  - 14 mm
  - 17 mm
- Socket Wrench Extension
- Pliers
- Lubricant (WD-40)
- Original scissor jack that came with the vehicle or something equivalent to it

## Warning

- Before removing the original springs, be sure to read over the installation instructions and fully understand them.
- If any items in the package are missing please contact your authorized dealer before installation.
- We advise you to have an experienced person or certified mechanic install the lowering springs.
- Loosely fasten all nuts and bolts until everything is installed, then tighten them down to the proper torque specs as you align the suspension parts properly.
- These instructions are specific to the 2003-2008 Nissan 350Z. However, please be sure to specify the exact year when purchasing lowering springs.

# Removal of OEM Front Springs



1. Properly jack up the vehicle on flat, level ground and support the vehicle on proper jack stands in the front and rear (Figure 1)

2. Begin with removing the front wheels using the proper socket or key for the lug nuts or wheels locks (Figure 1)



3. Remove the OEM strut bar using the 14 mm socket wrench (Figure 2)

4. Unbolt the strut tower using the 12 mm socket wrench (Figure 2)



5. Unbolt the brake line using a 12 mm socket wrench and move it out of the way (Figure 3)



6. Unbolt the sway bar end link using a 17 mm socket wrench (Figure 4)

## Removal of OEM Front Springs



7. Unbolt the strut tower from the suspension arm using a 17 mm socket wrench for both the nut and bolt (Figure 5)



9. Unbolt the nut on the top suspension part using a 17 mm socket wrench (Figure 7)



8. Using the pliers, remove the clip on the bolt on the top part of the suspension (Figure 6)



10. Push the brake assembly down and out and pull the OEM spring out (Figure 8)

## Removal of OEM Front Springs



11. After removing the OEM shock and spring, be sure to remember where everything goes for the installation (Figure 9)



12. It is recommended to use proper spring compressors before removing the top nut on the strut tower using the 17 mm socket wrench then remove the OEM spring (Figure 10)

13. Repeat all steps in reverse order to install the struts and ARK springs back into the vehicle.



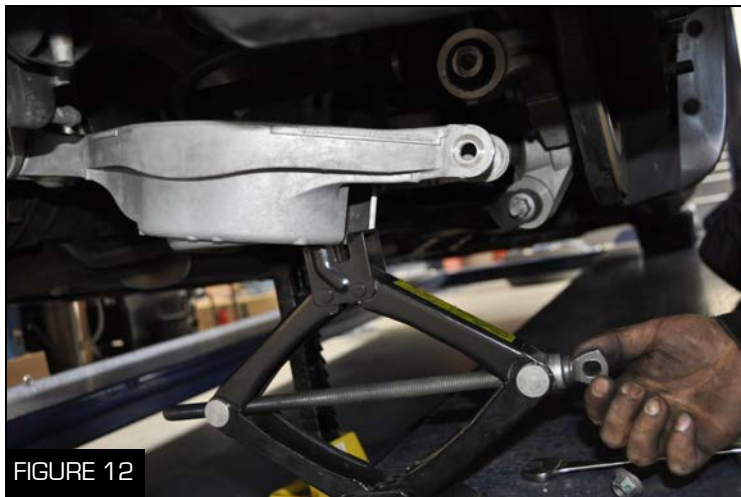
## Removal of OEM Rear Springs



1. Remove the rear wheels using the proper socket or key for the lug nuts or wheel locks (Figure 11)



3. Unbolt the spring assembly using a 17 mm socket wrench and 17 mm wrench (Figure 13)



2. Put the scissor jack under the brake assembly to support it (Figure 12)



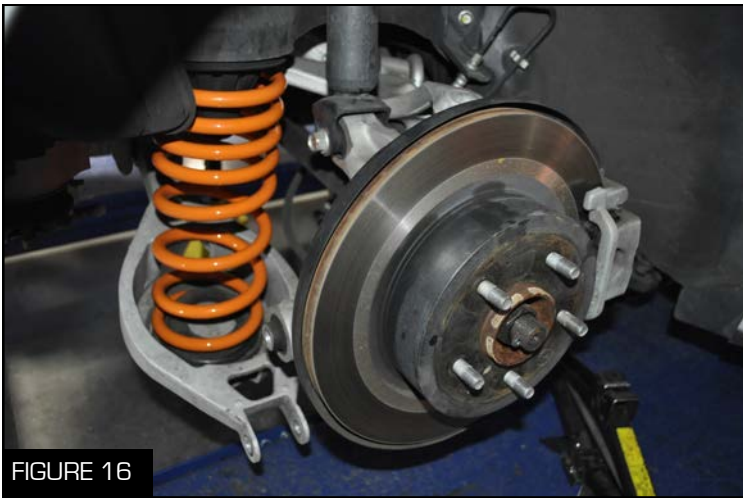
4. Slowly lower the spring assembly with the scissor jack (Figure 14)

5. When the assembly is at its lowest, pull the OEM spring out (Figure 14)

## Removal of OEM Rear Springs



6. Be sure to remember where everything attached while removing them (Figure 15)



7. Put the OEM rubber end pieces on to the new ARK springs and put them into place (Figure 16)

8. Follow the instructions in reverse to complete the installation and re-bolt everything together (Figure 16)

## First Operation/Maintenance

Be sure to check that the wheel lug nuts are tightened down to the proper torque specifications.

Take the vehicle for a test drive and listen for any odd clunking noises or vibrations. If there are any, go back through the installation instructions and be sure everything is properly tightened.

Be sure to take the vehicle to a professional suspension alignment shop to have your vehicle re-aligned after installing ARK Performance lowering springs.

