

# START HERE

Install Sheet #7240 | Cognito 3" Performance Leveling Kit with Fox PS 2.0 IFP for 2001-2010 GM 1500HD/2500/2500HD/3500/3500HD 2WD/4WD Trucks, 2001-2013 GM 2500 2WD/4WD SUVs & 2003-2009 Hummer H2, H2 SUTs | SKU 110-P0753

## INSTALL SUMMARY SHEET:

Cognito 3" Performance Leveling Kit with Fox PS 2.0 IFP for 2001-2010 GM 1500HD / 2500 / 2500HD / 3500 / 3500HD 2WD/4WD Trucks, 2001-2013 GM 2500 2WD/4WD SUVs & 2003-2009 Hummer H2, H2 SUTs  
SKU 110-P0753



## PARTS LIST FOR SKU: 110-P0753

	110-90290	Ball Joint SM Series Upper Control
1	110-90269	Torsion Bar Keys
		Fox 2.0 (PSMT) Single Front Shock for Cognito leveling systems
2	210-90212	Fox 2.0 (PSMT) Single Rear Shock for 0-1" lift height

## WARNING

Please read this entire instruction sheet before beginning installation. Proper installation of these components requires a qualified mechanic. Always wear safety glasses when using power tools, and take appropriate precautions when working under a vehicle. If these instructions are not properly followed you may jeopardize your, and your passenger's safety, and severe frame, suspension or tire damage may also result from improper installation.

## INTRODUCTION

Thank you for purchasing the Cognito 3" Performance Leveling Kit. This kit is designed to level your vehicle and provide added droop travel. This kit also includes Fox Performance Series Mono Tube Shocks for all 4 corners ensuring proved ride quality and satisfaction.

- Proper vehicle lifting equipment is required. Always make sure the vehicle is properly supported and **never work under an unsupported vehicle.**
- Torsion bar unloading tool is needed.
- Check the parts and hardware packages against the parts list in each instruction set to assure that your kit is

This Kit Install Summary will guide you through the **necessary order of steps** to install each of the individual components that comprise this kit in the required sequence to safely complete full and proper installation.

The proper installation of this combination of products is dictated by the necessary sequence in which each component must be installed to avoid access, interference or clearance issues that will result in unnecessary disassembly and reassembly and potential safety hazards.

This document will guide you through the sequence of operations, which includes preparation work and the prescribed order for installing components – by referring you to the individual instructions packaged with each Cognito component for detail on how each kit component is properly installed.

**YOU MUST FOLLOW THESE STEPS IN SEQUENTIAL ORDER FOR PROPER INSTALLATION OF THIS KIT.**

**REVIEW TECHNICAL NOTES AND REQUIREMENTS OF THE INDIVIDUAL INSTALLATION INSTRUCTION SHEETS INCLUDED WITH THIS KIT BEFORE BEGINNING.**

## INSTALLATION

1. Begin by locating the 3 instruction sheets **7037**, **7068**, and **7067** included with this kit. You will need them **all** to do this install. If instructions are missing or damaged, contact Cognito Motorsports for where to find replacements.

### **Component Instructions Sequence (A) Install Rear Components:**

2. Lift the vehicle by the frame until the rear wheels are off the ground. If no lift is available, use a jack and jack stands in a safe fashion. **NEVER WORK UNDER AN UNSUPPORTED VEHICLE.**
3. Support the rear axle and remove the OEM rear shocks.
4. Locate the included Fox (PSMT) rear shocks (210-90212) and Install them. It is easiest to install the upper mount first then compress the shock by hand to align the lower mount. Torque all hardware to factory specs.

### **Component Instructions Sequence (B) Install Front Lift Components:**

5. Start with instruction set **7037** and work through until both torsion bars are unloaded.
6. Next use instruction set **7068**. Start at the beginning and follow through until the OEM upper control arms have been removed and the ball joints and bushings have been installed in the new Cognito arms and stop there. Do **not** follow instructions pertaining to the torsion bars or keys from **7068** because you will be replacing the front shocks.
7. Now locate the Fox (PSMT) front shocks (210-90210) and reference instructions **7067**. follow them to completion.

8. Support the lower control arm using a jack or jack stand in a safe fashion because the front shock is all that is holding it in place now. **Never remove shocks while the torsion bars are loaded.**
9. Remove the OEM front shocks and replace them with the new Fox shocks. Torque OEM hardware to factory specs. Install both front shocks before moving forward.
10. Now refer back to instruction set **7068** and start where you left off (the ball joint and bushings should be installed at this time). Work through **7068** until **both** Cognito upper control arms are fully installed but stop there.
11. Reference instruction set **7037** and install the new Cognito keys. Work through **7037** until completion but reference instructions **7068** for brake line and wire routing and the alignment guidelines.

***This completes the installation steps, enjoy your new Cognito 3" Performance Leveling Kit!***