



**PART # 68470, 68476 & 68478**  
**INSTRUCTION SHEET**  
82-91 SB 283-400 CAMARO & FIREBIRD

**CAUTION!** This is a custom designed exhaust header system, designed for this particular application (s). Do not bend, bang, cut, dent, drill or heat any portion of this header! Any alteration other than those suggested in this instruction sheet will void the Hedman Lifetime Guarantee!  
To prevent leaks, install your headers using Hedman Hedders exhaust gaskets ONLY and a spray copper gasket sealant.

**BEFORE STARTING INSTALLATION:**

It is necessary to raise the vehicle at least 36 inches from the ground. A floor hoist is recommended, if not available, use a hydraulic floor jack with jack stands. DO NOT USE A BUMPER JACK!

**INSTALLATION INSTRUCTIONS:**

**NOTE:** Disconnect battery, wire to temperature sending unit and oil dip stick tube. Also remove all spark plugs (Number wires), Factory manifolds and stock head pipes and the air cleaner assembly.

**LEFT SIDE:**

1. Unbolt motor mount and raise engine approximately 1" and with gasket in place install Header from the top. Start all bolts, do not tighten.
2. Lower engine into motor mount, re-install motor bolt and tighten, re-route brake lines, hoses etc. making sure that there is adequate clearance. Tighten all Header bolts evenly.

**RIGHT SIDE:**

1. With gaskets in place, from the top, install right Header. Start all Header bolts and tighten evenly.
2. With END CAPS in place, cut factory exhaust pipes so that the system may be secured to the Headers with one weld on each side.
3. Replace and re-connect all parts that have been removed or disconnected. Check for proper clearance on all lines and linkage.
4. Start engine, test drive car. Allow engine to gain normal operating temperature. Check for leaks and new or unusual noises. After test drive, re-tighten header bolts.

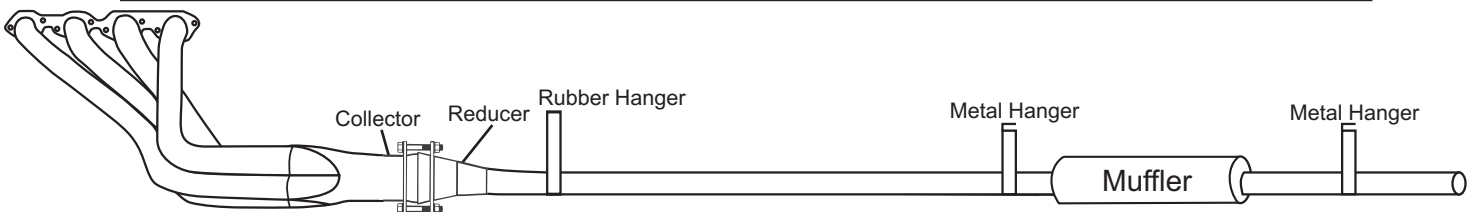
**ENJOY YOUR HEADERS WHILE COMBINING INCREASED FUEL ECONOMY WITH BETTER PERFORMANCE.**

**SPECIAL INSTRUCTIONS!**

After installing your headers, it is very important that your exhaust system be suspended properly. As indicated in the drawing below, you must place hangers as close to the header collector as possible. Rubber hangers should be used to allow the front of the system to flex with the engine torque. A hanger is needed before and after the muffler (s). When your exhaust system is unbolted from the header collector, it should remain suspended all by itself. Your Headers Are Not designed to support your exhaust system. Failure to follow these instructions will most likely result in cracks around the area where your primary tubes and collector are welded together, and will nullify your "Lifetime Guarantee".

**DO NOT WRAP YOUR NEW HEADERS!**

The use of thermal wraps will drastically shorten the life of your Headers, and will void the Hedman "Lifetime Guarantee".



**WARNING:** Removal of catalytic converters and other factory air pollution control devices is illegal. We recommend you adhere to your state's local laws. Our testing indicates performance is not significantly affected by these devices.