



**PART# 69390, 69396 & 69398  
INSTRUCTION SHEET  
CHEVROLET 1988-95  
3/4 & 1 TON 7.4L V8 4WD**

**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 Heddert 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:**

**DISASSEMBLY:**

1. Disconnect battery.
2. Remove spark plugs (Number Wires), shields dipstick tube, starter, exhaust manifolds, and oil filter. Leave wires on starter.
3. Remove flywheel cover and un-bolt starter wire shield from bellhousing and slide up and out of the way.

**LEFT SIDE:**

1. With gasket in place, from below install left header, starting all bolts, most restricted first.
2. Tighten all bolts evenly.
3. Install oil filter.

**RIGHT SIDE:**

1. With gasket in place, from below install right header, starting all bolts, most restricted first. (It may be necessary to jack up the motor. Use a board between the pan and hydraulic jack.)
2. Re-install starter, starter wire shield, and dipstick tube. It will be necessary to bend dipstick tube.
3. Install flywheel cover and all spark plugs.
4. Tighten all bolts evenly.
5. With reducers in place, cut factory exhaust pipes so that system may be secured to headers with one weld on each side.
6. Re-connect battery and check for proper clearance on all lines and linkage.
7. Start engine, test drive vehicle, allowing engine to gain normal operating temperature. Check for leaks and new or unusual noises and after test drive, re-tighten all header bolts.

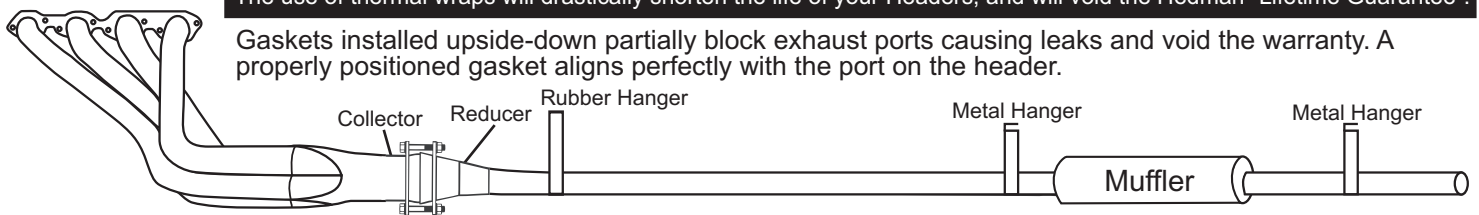
**ENJOY YOUR HEADERS WHILE COMBINING INCREASED FUEL ECONOMY WITH BETTER PERFORMANCE.**

**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".



Gaskets installed upside-down partially block exhaust ports causing leaks and void the warranty. A properly positioned gasket aligns perfectly with the port on the header.

**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.