

[Table Of Contents](#)

Acknowledgments

Introduction

What is a Workbench® Book?

Chapter 1:

The Jeep 4.0 Engine
Parts Identification
Tools and Procedures
Engine Compartment

Chapter 2:

Engine Removal
Engine Lift and Engine Stand
Basic Tools
Special Tools
Safety
Basic Prep
Engine Removal

Chapter 3:

Disassembly
External Component Removal
Verify Engine Timing
Rotating Assembly Removal
Freeze Plug Removal
Cylinder Head Disassembly

Chapter 4:

Inspection
Blueprinting
Machine Shop
Cleaning
Inspection Process
Engine Block
Crank and Bearings
Rods and Bearings
Pistons and Pins
Cam and Tappets
Cylinder Head and Gasket

Valvetrain
Intake Manifold and Gasket
Exhaust Manifold
Flexplate/Flywheel

Chapter 5:

Parts Selection
Dyno Simulation
Component Replacement
Rotating Assembly
Vibration Dampener
Flexplate and Flywheel
Cylinder Head
Camshaft and Valvetrain
Intake Manifold and Throttle Body
Oiling System
Cooling System
Ignition System
Fuel System
Exhaust System

Chapter 6:

Building Stroker Engines
Displacement
Crank Offset
Compression Ratio
Dyno Numbers
Crate Engines

Chapter 7:

Machining and Prep
Cylinder Block
Dowel Pins
Cam Bearing
Crankshaft
Rods and Pistons
Cylinder Head
Valves
Intake Manifold

Chapter 8:

Preassembly and Final Cleaning
Tools and Equipment
Hydraulic Cam
Cylinder Head Assembly
Head CC'ing
Preassembly Sequence
Block
Crankshaft
Rods
Pistons
Rings
Camshaft
Cylinder Head
Valvesprings
Valveguide Clearance
Valvetrain
Oiling System
Intake Manifold
Final Cleaning Process

Chapter 9:

Short-Block Assembly
Engine Final Assembly
Piston and Rod Assembly
Piston and Rod Installation
Camshaft Installation

Chapter 10:

Long-Block Assembly and Initial Start-Up
Cylinder Head Assembly
Mounting the Cylinder Head Assembly to the Short-Block
Valvetrain Installation
Accessory Installation
Installing Engine in Vehicle
Component Installation
In-Car Hook-Up and Pre-Startup
After the First Startup
Engine Break-In

Source Guide