

SumoSprings Front

Suspension Enhancement

Ford E150/250/350 Van [1970~present]

Ford E350/450 Cutaway [1996~present]

SumoSpring SSF-106-40/47



OE bumpstop

OE bumpstop self-tapping screw unscrews from the bottom

SSF-106-47

Thread the OE self-tapping screw into the threaded bolt hole on the frame several times to allow for installation of the SSF-106. Install by threading jounce into the existing hole.

Bumpstop Comparison



OE bumpstop



SSF-106-40 Installed

Installation Instructions

- 1) Park vehicle of level hard surface. Engage emergency brake. Place blocks in front and behind rear wheels to prevent rolling. Observe all safety precautions and wear safety glasses.
- 2) Raise front of vehicle allowing the suspension to hang freely. Support the frame using safety jack stands.
- 3) Remove existing factory jounce bumper from the frame by inserting the socket with extension onto the bolt from the bottom up through the OE jounce.
- 4) Using the OE self-tapping screw clear the threads of the hole where the SumoSPring jounce will be installed by screwing the screw into the frame several times.
- 5) Insert the stud on the end of the SumoSPring into the threaded hole where the factory jounce bumper was located. Tighten the jounce into the frame
- 6) Repeat steps three through six on the other side of the vehicle.
- 7) Jack up vehicle, remove safety jack stands.
- 8) Carefully lower vehicle to the hard surface. Remove the blocks in front and back of the rear wheels.
- 9) Release emergency brake.
- 10) Fill out warranty card and send to SuperSprings. The warranty card is on the reverse side of this page.

Tool List

- *Floor Jack* 1
- *Jack Stands* 2
- *10mm Socket/Wrench* 1
- *Ratchet with extension* 1
- *Wheel Blocks* 4

Parts List

- *SumoSPrings* 2

Important Notice.

- 1) For easy installation please read instructions completely first and have all necessary tools available.
- 2) We recommend that this installation be done by a professional or persons with sound mechanical knowledge.
- 3) SumoSPrings are designed to work with the original factory springs only.
- 4) These instructions are meant as a guide for the installation of SumoSPrings. SuperSprings International assumes no liability for the actual installation process. Installers should apply common automotive safety practices when raising, lowering and working on vehicles.
- 5) SumoSPrings are designed to enhance the vehicles load carrying performance and road handling however it does not authorize (or recommend) loading beyond the manufacturer's GVWR specifications.

To prevent damage to the vehicle and to ensure safety, do not exceed the maximum load recommended by the vehicles manufacturer (GVWR).

SumoSprings Front

Suspension Enhancement

Dodge ~ Mercedes Sprinter 2500/3500 [2007 ~ present]

SumoSprings SSF-106-40



OE
Bumpstop



SSF-106-40



SSF-106-40 Installed

Installation Instructions

- 1) Park vehicle on level hard surface. Engage emergency brake. Place blocks in front and behind rear wheels to prevent rolling. Observe all safety precautions and wear safety glasses.
- 2) Raise front of vehicle allowing the suspension to hang freely. Support the frame using safety jack stands.
- 3) Remove existing factory jounce bumper from the frame by unbolting the factory bumpstop.
- 4) Insert the stud on the end of the SumoSPring into the hole where the factory jounce bumper was located.
- 5) Using the nut and washer provided, attach the jounce to the frame and tighten securely.
- 6) Repeat steps three through five on the other side of the vehicle.
- 7) Jack up vehicle, remove safety jack stands.
- 8) Carefully lower vehicle to the hard surface. Remove the blocks in front and back of the rear wheels.
- 9) Release emergency brake.
- 10) Fill out warranty card and send to SuperSprings. The warranty card is on the reverse side of this page.

Tool List

- *Floor Jack* 1
- *Jack Stands* 2
- *10mm Socket/Wrench* 1
- *Ratchet with extension* 1
- *Wheel Blocks* 4

Parts List

- *SumoSPrings* 2
- *8mm Nylock nuts* 2
- *8mm washers* 2

Important Notice.

- 7) For easy installation please read instructions completely first and have all necessary tools available.
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