

# **SumoSprings** **Rear**

Suspension Enhancement

**Ford F-150 (2x4) [1999-2008]**

**SumoSprings SSR-108-40/47**

**Excludes all 8,200lb & greater GVWR models**



## **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 rear of vehicle allowing the axle to hang freely. Support the frame using safety jack stands.
- 3) Remove existing factory jounce bumper assembly by grasping it firmly and with a twisting and pulling motion, work it until the jounce bumper pops out of the retaining cup. It can also be pried out of the retaining cup utilizing a large flat blade screwdriver.
- 4) Using a 13mm socket and ratchet w/extension, remove the bolt and retaining cup. Retain the jounce bumper, retaining cup and bolt in the event that the SumoSprings are ever removed.
- 5) Detach the SumoSpring from the adaptor plate (grip adaptor plate and twist off jounce). Attach the adaptor plate through the threaded hole where the factory jounce bumper was located using the flat head countersunk M10 screw. *Options: To avoid the metal lip on the frame, year models [1999~2002] require installation of urethane washer. On [2003~ present] washer installation is optional. Install urethane washer creates a space which will reduce the space between the frame and the axle . Apply Lock-Tite (supplied) to protruding threaded stud from underside of adaptor plate and screw the SumoSpring back onto the adaptor plate securely.*
- 6) Repeat procedure on the other side.
- 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
- 13mm Socket/Wrench 1
- Ratchet w/extension 1
- Wheel Blocks 4

### **Parts List**

- SumoSprings 2
- Optional Urethane Washer 2
- Plate Adaptor 2
- 10mm bolt FHCS 2
- Lock-Tite sachet 1

### **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).***