

SumoSprings *Front*

Suspension Enhancement
FORD F-53 Chassis [1990 ~ 2015]
SumoSprings Part#SSF-182-54



SumoSprings SSF-182-54 installed

Refer to SumoSprings application guide for part selection www.supersprings.com [Tech line # 866-898-0720]
SumoSprings enhance load carrying capability, handling & towing. Never exceed vehicle manufacturer's GVWR rating.

Installation Instructions

- 1) Park vehicle on level hard surface. Engage emergency brake. Place blocks in front and behind the rear wheels to prevent rolling. Observe all safety precautions and wear safety glasses.
- 2) Raise front of vehicle allowing the axle to hang freely. Support the frame using safety jack stands.
- 3) Remove existing factory jounce bumper assembly from the frame.
- 4) Apply Loctite to the end of the threaded bolt and insert it into the threaded aperture on top of the SumoSPring. Ensure Loctite is set before proceeding.
- 5) Insert the stud of the SumoSPring through the urethane washer and then place the metal block on top of the washer.
- 6) Insert the stud of the SumoSPring into the hole in the frame where the factory jounce bumper was located. Install the supplied flat washer and nut on top of the stud and tighten securely.
- 7) Repeat steps three through six on the other side of the vehicle.
- 8) Jack up vehicle, remove safety jack stands.
- 9) Carefully lower vehicle to the hard surface. Remove the blocks in front and back of the rear wheels. Release emergency brake.

Fill out warranty card and mail or fax it to SuperSprings.

Tool List

- Floor Jack 1
- Jack Stands 2
- 13mm Socket/Wrench 1
- Ratchet 1
- Wheel Blocks 4

Parts List

- SumoSPrings 2
- M8 Nuts 2
- M8 Washer 2
- Urethane Washer 2
- Mounting Block 2
- Loctite 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. If they have been replaced with aftermarket springs then please consult with SuperSprings International at 866-898-0720.
- 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.
- 6) For technical support contact SuperSprings International at 866-898-0720.

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