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Part # 11162899 67-69 GM "F" Body & 68-74 GM "X" Body Lower StrongArms For Use w/ Shockwave or CoilOver

Components:

| 1 | 90000621 | Driver side lower arm |
|---|----------|--|
| 1 | 90000622 | Passenger side lower arm |
| 2 | 90000898 | Ball joint (includes boot, grease fitting, castle nut & cotter pin) |
| 8 | 90001089 | Poly bushing half – 1.5" O.D. x .75" I.D. x 1.125" long |
| 4 | 90000516 | Bushing sleeve |
| 4 | 90002062 | Aluminum bearing spacer5" I.D. |
| 4 | 99250001 | 1/4"-28 straight grease fitting – Use Lithium grease in control arm bushings |

Hardware:

| 2 | 99501024 | 1/2"-13 x 3 1/4" Gr.5 bolt | Shockwave to lower arm |
|---|----------|----------------------------|-----------------------------------|
| 4 | 99501005 | 1/2"-13 x 3 ½" Gr.5 bolt | Lower arm to frame |
| 6 | 99502001 | 1/2"-13 Nylok Nut | Lower arm |
| 2 | 99371010 | 3/8" x 5 1/2" USS bolt | Sway bar end link |
| 4 | 99372002 | 3/8" USS Nylok Nut | Sway bar end link & Steering Stop |
| 2 | 99371005 | 3/8" x 1 1/4" USS bolt | Steering stop |

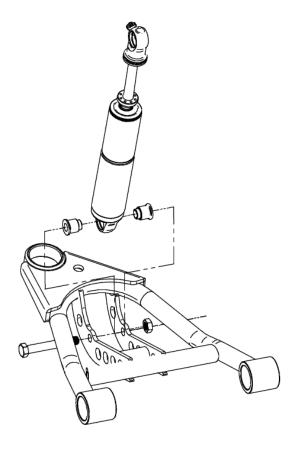


Installation Instructions



- 1. After removing the factory lower control arm, clean the bushing mounting surfaces on the frame and lubricate with lithium grease.
- 2. Fasten the lower arm to the frame with the $\frac{1}{2}$ " x 3 $\frac{1}{2}$ " bolts and Nylok nuts supplied.

Note: On some cars the frame brackets may be pinched and will need to be spread back apart to allow bushing to slide in.



- 3. Swing the lower StrongArm up to the Shockwave and secure with the ½" x 3 ¼" bolt and Nylok nut, an aluminum spacer must be installed on each side of the bearing.
- 4. Slide the ball joint boot over the stud, then push the stud up through the spindle. Secure w/ the new castle nut and cotter pin supplied.
- 5. Grease the ball joints.
- 6. Lubricate lower arm bushings w/ Lithium grease.



- 7. Screw a 3/8" x 1 1/4" bolt and nut into the hole in the side of the lower arm. This will act as an adjustable steering stop. After the wheel is install check wheel clearance all full lock and adjust as necessary.
- 8. If using factory style sway bar, shorten the sway bar end link spacer to 1 ½" tall. New 3/8" x 5 ½" bolts and Nylok nuts are supplied.

Air Ride Technologies

STRONGARMS by Air Ride Technologies

| Item # | Description | Qty. |
|--------|-------------------------|------|
| 1. | Passenger side arm | 1 |
| 1. | Driver side arm | 1 |
| 2. | Aluminum bearing spacer | 4 |
| 3. | Ball joint | 2 |
| 4. | Poly bushing half | 8 |
| 5. | Inner bushing sleeve | 4 |
| 6. | 1/2"-13 x 3 1/4" bolt | 2 |
| 7. | 1/2"-13 x 3 1/2" bolt | 4 |
| 8. | 1/2"-13 Nylok nut | 6 |
| 9. | 3/8"-16 x 1 1/4" bolt | 2 |
| 10. | 3/8"-16 Nylok nut | 2 |

