

PART NUMBER

SSF-701-40



BEFORE YOU BEGIN

PRIMARY APPLICATIONS

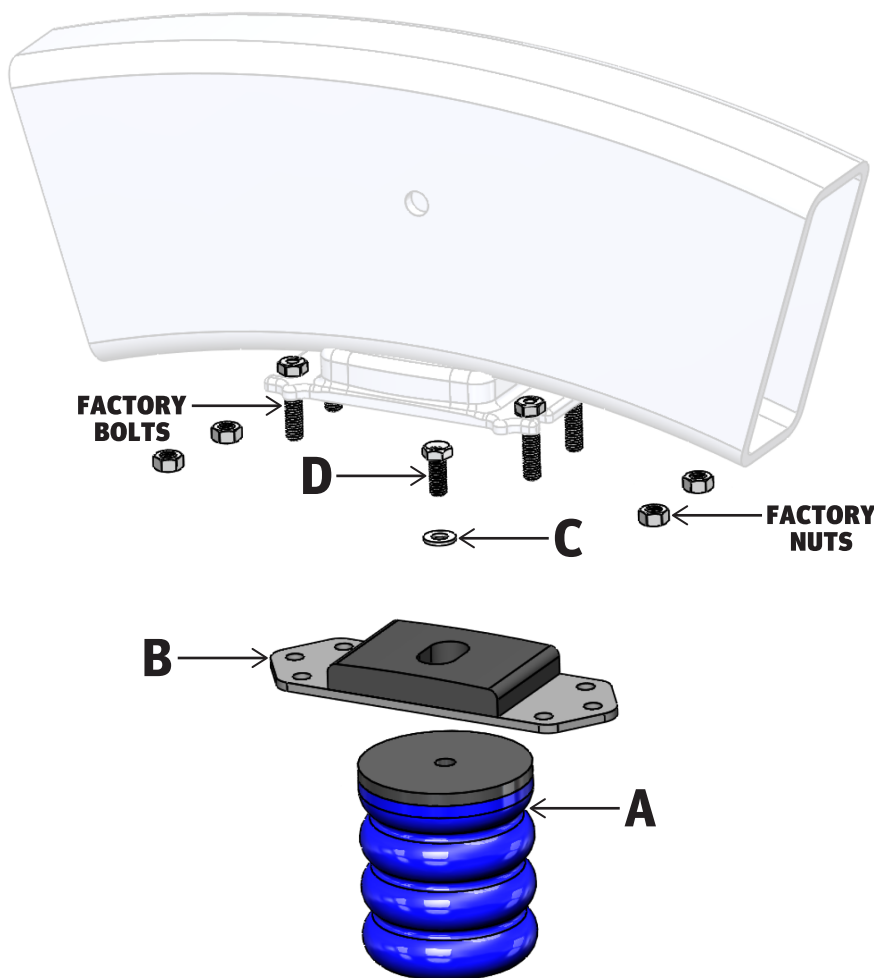
- › Land Rover Defender 4 X 4 (1984 - 2016)
- › Land Rover Discovery I / LR1 4 X 4 (1989 - 1998)
- › Land Rover Range Rover Classic 4 X 4 (1970 - 1995)

PARTS LIST

Item	Part #	Description	QTY
A	511453	SumoSprings Blue -40	2
B	512197	Mounting Bracket	2
C	512215	M8 Flat Washer	2
D	512391	M8 x 20mm Hex Bolt	2

TOOLS REQUIRED

- › Floor Jack
- › Jack Stands
- › Wheel Chocks
- › Ratchet
- › 13mm Socket
- › Socket extension
- › 13mm Wrench



DRIVER SIDE (PASSENGER SIDE SIMILAR)

Part Number: **SSF-701-40**

Product Line: **SUMOSPRINGS REAR**

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Questions or Concerns?

Scan here:



or visit:
superspringsinternational.com

SAFETY NOTICE: We recommend installation be done by a professional or persons with sound mechanical knowledge.

WARNING: These instructions are a general guide for installation. SuperSprings International (SSI) assumes no liability for the actual installation process. Consumers and installers should apply common automotive safety practices when raising and working on any vehicle. **Do not put yourself in a position where, if the vehicle were to move unexpectedly, you may be injured.** SSI's products are designed to improve vehicle ride quality. Do not load any vehicle beyond the manufacturer's specifications.

Never exceed the manufacturer's Gross Vehicle Rating (GVWR) located on your vehicles identification tag.

BEFORE INSTALLATION: Ensure the vehicle is on a hard level surface, the parking brake is ON, with the ignition OFF, and place chocks in front of and behind the tires to prevent the vehicle from moving.

DURING AND/OR AFTER INSTALLATION: Ensure emergency brake cables are not touching the SSI products. Secure any cables out of the way with zip ties or by re-routing. Ensure all A/C lines, brake cables, and frame are clear of contact or interference.

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INSTALLATION

1. Park the vehicle on a hard, level surface and engage the emergency brake. Place chocks in front and behind wheels to prevent rolling. Observe all safety precautions and wear safety glasses.
 2. Raise the front of the Land Rover to allow the axle to hang freely and support the frame using safety jack stands. Removal of the front wheels is optional.
 3. Starting on the driver side, using a socket wrench and a wrench, unbolt and remove the factory bump stop from the underside of the frame and set aside. Keep the factory bolts/nuts, you will use these to attach the SumoSPrings assembly.
 4. Attach the SumoSPrings [ITEM A] to the mounting bracket [ITEM B] using the M8 x 20mm Hex Bolt [ITEM D] with a M8 flat washer [ITEM C], apply a drop of blue thread locker to [ITEM D] prior to assembly.
- NOTE:** Before you attach the SumoSPrings and bracket to the frame, add a drop of Blue Thread Locker onto the threaded portion of the bolts and secure tightly.
5. Use the holes in the frame from which the factory bump stop was removed, attach the SumoSPrings assembly to the underside of the frame using the factory bump stop bolts you saved.
 6. Repeat steps 3 through 5 on the passenger side of the vehicle.
 7. Raise the vehicle to allow room to remove the safety jack stands. If front wheels were removed you can now reinstall them and torque wheel nuts to manufacturers' specifications.
 8. Carefully lower the vehicle to the ground and remove the chocks from the wheels.
 9. Register the warranty for your SuperSprings International part. A warranty card can be found with the stickers in the box your part came in.

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