

# **SWAY-A-WAY®**

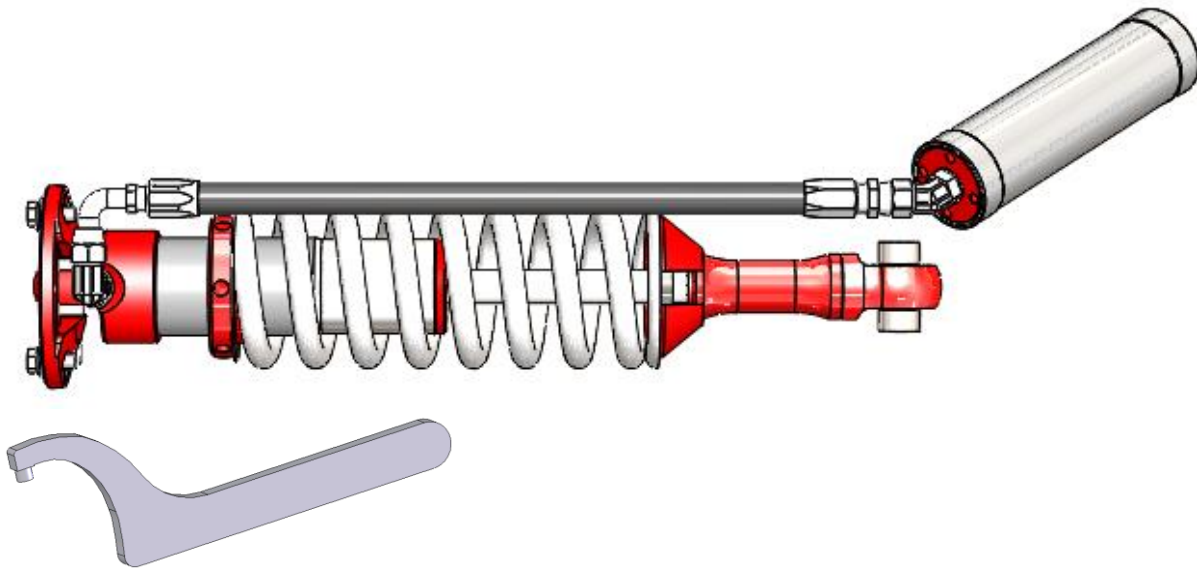
## **RACING TECHNOLOGY**

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### **2009-2013 Ford F150 2wd Coilover Kit Installation**

#### **Parts List:**

- 2 Sway-A-Way shocks.
- 2 Reservoir Mount Brackets, Backing plates and hose clamps.
- 1 Spanner Wrench



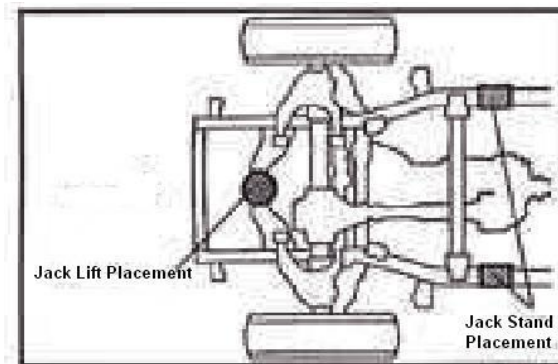
#### **Tool List**

- 8mm, 10mm, 15mm, 21mm, and 30mm sockets
- 16mm and 3/4in deep socket
- 19mm open end wrench
- Crescent wrench
- Ball joint remover
- Jack and jack stands
- Impact wrench (optional)
- Safety glasses

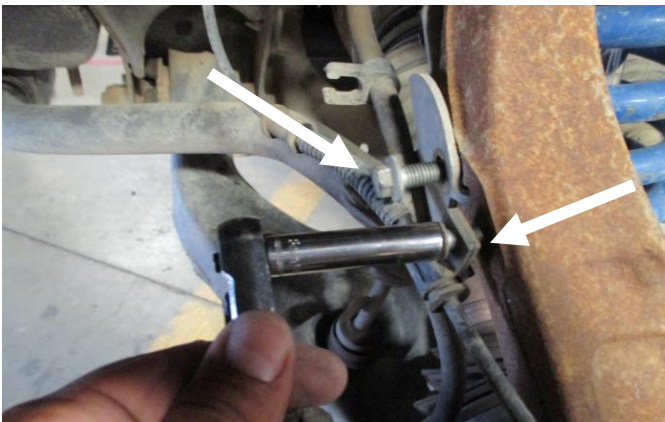
## **Removal and Installation Procedure for F150 Front**

**(Shocks are already charged with 200 PSI of Nitrogen)**

1. Park the vehicle on a level concrete surface where it is safe to work on your vehicle.
2. Lock and center the steering wheel.
3. Place blocks in front and behind the rear tires so as to keep the vehicle from moving forwards or backwards.
4. One side at a time, place the jack under the frame and raise the truck until the jack stand can be placed under the lower arm mount.

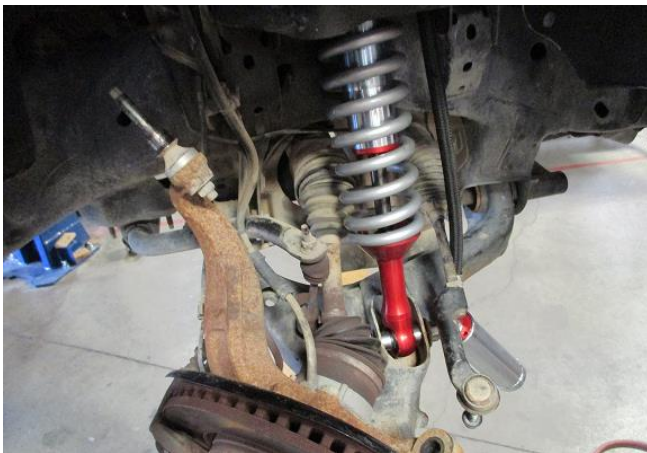


5. Once both sides are safely on jack stands, use the 3/4in deep socket and impact gun to remove the lug nuts and wheels.
6. Use the 21mm socket to remove the upper spindle ball joint nut.
7. Use the 18mm open end wrench and 8mm socket to remove the swaybar linkage.
8. Use the 8mm socket to remove the ABS sensor from the spindle.
9. Use the 10mm socket to remove the brake line from the spindle and upper arm.



10. Follow the ABS sensor wire to the back of the wheel well, disconnect the plug, remove the wire from the clip on the upper arm, and let the wire hang free.
11. Use the 21mm socket to remove tie rod end from the spindle.

12. Place and raise the jack under the lower arm to take the weight off the shock.
13. Use the 16mm deep socket to remove the 3 nuts holding the top of the shock to the mount
14. Remove the lower shock mount bolt using the 30mm socket and impact gun on the nut and a crescent wrench on the bolt head.
15. Use the ball joint remover to remove the upper spindle ball joint and slightly lower the jack to allow the arm to droop.
16. Remove the old shock and install the new shock by reversing the above steps. Be sure to reconnect the ABS sensor plug, and reinstall the sensor, brake line, and sensor wire back into the clip on the upper arm. **WARNING:** the shocks are directional. When installing the new shocks, be sure the 90° fitting in the top cap is pointing forward and the reservoir hose is routed under the upper arm.



17. Remove the 2 15 mm bolts that are holding the front splitter to the body.
18. Disconnect the radiator cowl from the bottom of the bumper by prying out the 5 plastic screws.



19. Remove 15 of the 8mm bolts to remove the lower lip of the front bumper and pry off lower bumper cover off

20. Slide the included bracket backing plate into the frame rail.



21. Install the reservoir mount with the supplied bolts to the frame with the bracket facing downwards. Use the stock stud for the rear mounting hole on the bracket and the backing plate for the front mounting hole.



22. Place the reservoir in the bracket and tighten the hose clamps. Hose clamps should be placed through the openings in the bracket.



23. Reinstall everything in reverse order except the lower splitter as that will not be reused. Double check that every bolt that was removed has been retightened. Reinstall wheels and tighten lug nuts to factory spec.
24. If you are happy with the achieved lift you are done. If you would like to change the height of the vehicle, you can use the supplied spanner wrench to raise or lower the height. Loosen the set screw on the coil nut, then turn clock wise to raise the vehicle, or counter-clockwise to lower the vehicle. Repeat until you have achieved the desired lift. Lifting the vehicle from the frame will take pressure off the spring and make it easier to turn. Remember to tighten the setscrew when all adjusting has been completed.

**After you have finished installing your suspension kit, you must have the front end aligned.**