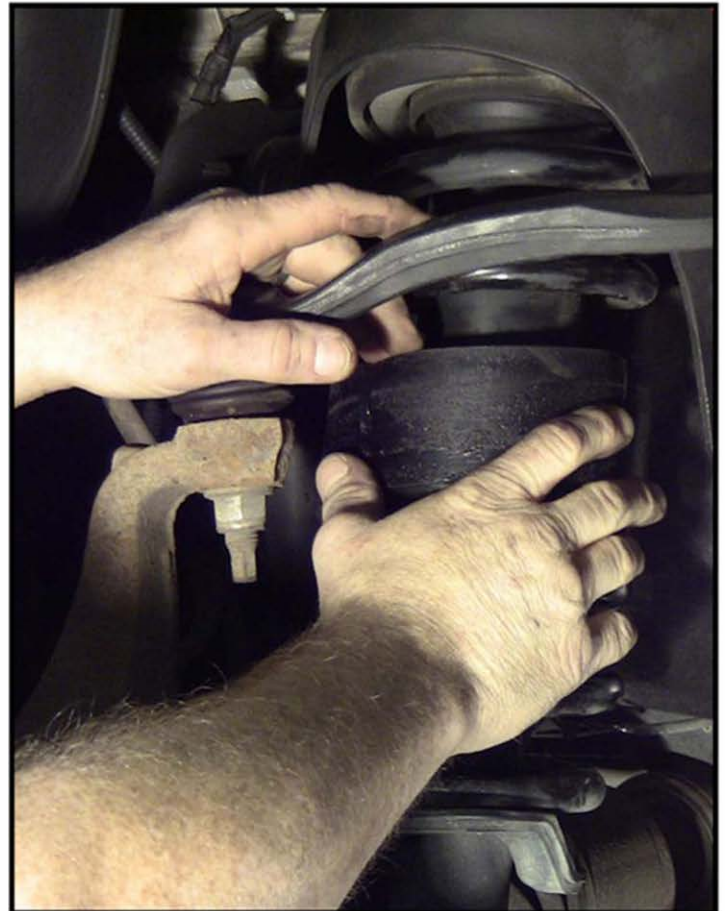


Coil SumoSprings

***A Typical Coil SumoSprings Installation
without the insert overlapping***



***SumoSprings installation possible
with or without removal of
strut from truck***



Installed

Coil SumoSprings Installation when overlapping occurs



Overlap should be approximately 1/2" to an 1"

The amount you trim will vary with each make and model of vehicle.

The amount trimmed below is unique to the 2011 Outback.



SumoSprings installation possible with or without removal of strut from the vehicle.



***Installed on a 2011 Outback
To complete installation install nylon wire ties***

Installation Instructions

1. With the vehicle on a solid surface, apply the parking brake and chock the rear wheels to prevent any rolling. Raise the vehicle by the frame with a floor jack or lift sufficiently rated for the job until the front suspension is fully extended.
2. Place adequately rated safety jack stands under the frame and lower the vehicle so that they support the weight.
3. The Coil SumoSprings can be installed without removing the wheels, but removal does allow for easier installation.
4. Remove the wheels at the front or rear if desired.
5. SumoSprings installation is possible with or without removal of the strut.
6. Using a damp cloth, wipe the coil spring to remove all debris from the center three coils.
7. Apply soapy water to the coil to make installation easier. Suggestions: Tire soap or handsoap. **Do not use petroleum product/oil for lubricant.**
8. The Coil SumoSpring has a deeper coil groove and a shallower one on each end. Care should be taken to insure that the deeper groove is always at the bottom.
9. Place the Coil SumoSpring around the coil spring like a collar with the ends toward the outside and place it between the second and third turns from the top.
10. Using only your hands, slide the bottom of the left hand side (deeper groove) onto the coil until it is fully seated. Continue this motion until it is fully seated about a quarter way around the coil spring.
11. Using your fingers only, fold down the inner upper groove lip under the coil directly above it and with the palm of your other hand begin to push it into position between the turns of the coil spring. Generally this doesn't require any tools but, if necessary, the bottom of a small hammer handle can also be used.
12. Follow this motion until the Coil SumoSpring is fully inserted into the coil spring. **Some installations will have the ends overlap and others will not.** This will vary with each vehicle and the insert will function properly either way.
13. If the Coil SumoSpring overlaps care should be taken to properly overlap the groove lips, with the top over the bottom, where the Coil SumoSpring overlaps each other.
14. Overlap should not be more than ½"-1". Cut off excess overlap with knife or utility knife.
15. A small #1 Phillips screw driver can be inserted into the holes provided in the Coil SumoSpring to slide and rotate it into desired position preferably between the second and third or third and fourth turns of the coil spring.
16. If strut was removed, replace strut.
17. Repeat the procedure for the opposite side of the vehicle. When completed, align both sides so that the Coil SumoSpring on each side is in the same position.
18. Utilizing the holes provided in the Coil SumoSpring, insert the tie straps provided and turn it upward around the coil spring directly above it. Insert the end into the catch and securely it tight. Trim off all excess straps. Repeat procedure for the opposite side.
19. Install front wheels, if removed, and torque wheel nuts to the manufactures specifications.
20. Raise vehicle to allow removal of the safety stands. Lower the vehicle and remove rear wheel chocks.

Tool List

- Floor Jack 1
- Jack Stands 2
- Wheel Blocks 4

Parts List

- Coil Sumo Springs 2
- Cable ties 10