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Latest Revision

**Date:
2.5.2013**



PRO COMP SUSPENSION

Suspension Systems that Work!

**Part# ZX2076
2004-2008
Ford F-150 4WD
PRO RUNNER SS™
0-2" Lift**

This document contains very important information that includes warranty information and instructions for resolving problems you may encounter. Please keep it in the vehicle as a permanent record.

Introduction:

- ◆ **This installation requires a professional mechanic!**
- ◆ We recommend that you have access to a factory service manual to assist in the disassembly and reassembly of your vehicle. It contains a wealth of detailed information.
- ◆ Prior to installation, carefully inspect the vehicle's steering and driveline systems paying close attention to the tie rod ends, ball joints, wheel bearing preload, pitman and idler arms. Additionally, check steering-to-frame and suspension-to-frame attaching points for stress cracks. The overall vehicle must be in excellent working condition. Repair or replace all worn or damaged parts!
- ◆ Read the instructions carefully and study the illustrations before attempting installation! You may save yourself a lot of extra work.
- ◆ Check the parts and hardware against the parts list to assure that your kit is complete. Separating parts according to the areas where they will be used and placing the hardware with the brackets before you begin will save installation time.
- ◆ Check the special equipment list and ensure the availability of these tools.
- ◆ Secure and properly block vehicle prior to beginning installation.
- ◆ **ALWAYS** wear safety glasses when using power tools or working under the vehicle!
- ◆ Foot pound torque readings are listed on the Torque Specifications chart at the end of the instructions. These are to be used unless specifically directed otherwise. Apply thread lock retaining compound where specified.
- ◆ **IT IS ADVISABLE THAT YOU HAVE HELP AVAILABLE WHEN INSTALLING THIS KIT. SOME COMPONENTS ARE HEAVY AND AWKWARD. AN ADDITIONAL SET OF HANDS IS GOOD INSURANCE AGAINST INJURY!**
- ◆ *Please note that while every effort is made to ensure that the installation of your Pro Comp lift kit is a positive experience, variations in construction and assembly in the vehicle manufacturing process will virtually ensure that some parts may seem difficult to install. Additionally, the current trend in manufacturing of vehicles results in a frame that is highly flexible and may shift slightly on disassembly prior to installation. The use of pry bars and tapered punches for alignment is considered normal and usually does not indicate a faulty product. However, if you are uncertain about some aspect of the installation process, please feel free to call our tech support department at the number listed on the cover page. We do not recommend that you modify the Pro Comp parts in any way as this will void any warranty expressed or implied by the Pro Comp Suspension company.*
- ◆ Pro Comp Suspension products are gas-filled and are highly pressurized. Never place any Pro Comp Suspension product in a vise or use a clamp on any Pro Comp Suspension product. Never apply heat near any Pro Comp Suspension product, and never attempt to open or repair any Pro Comp Suspension, in order to prevent serious bodily injury or death. Any attempt to misuse, misapply, modify or tamper any Pro Comp Suspension product voids any warranty and may result in serious bodily injury or death.
- ◆ **DO NOT** use impact tools for loosening or tightening fasteners. This may destroy the bolt threads.
- ◆ Suspension springs are **PRELOADED!** The suspension spring must be compressed with the assistance of an appropriate strut vise and spring compressor. The top mount must not be removed until the preload pressure is no longer present and the spring can be moved by hand, **or serious bodily injury or death may result.**
- ◆ After installing any Pro Comp Suspension product, the caster and camber must be checked and/or adjusted to comply with the vehicle manufacturers specifications. Also, the (load dependent) brake compensator and the anti-lock brake system must be checked and/or reset to comply with the vehicle manufacturers specifications. Also the headlight aim must be checked and adjusted.
- ◆ Reuse the original equipment components only if they are in good condition. Otherwise replace them with new components. Never remove the slight film of oil on the piston rod and seal.
- ◆ All mounting fasteners for struts must be securely tightened before tension is placed on the suspension system. Make sure that the bump stop and dust cover are correctly and properly fastened.
- ◆ When replacing other brands, Pro Comp Suspension shock absorbers should always be installed as a set. Installation of shock absorbers, struts and cartridges requires special tools and expert knowledge. Accordingly, installation of all Pro Comp Suspension products must be performed by a qualified suspension specialist.
- ◆ All Pro Comp Suspension products must only be used for the specific, intended application as indicated in the application guide. **Any use of any Pro Comp Suspension product other than for it's intended use may result in serious bodily injury or death.**

Part #	Description	Qty.	Illus.	Page
<u>PRO COMP SUPPLIED PARTS: (per shock)</u>				
OE18935	SHOCK W/ CIRCLIP	1	-	-
90-4441	MULTI POSITION SPRING SEAT	1	-	-
1374000172	JOUNCE BUMPER	1	-	-
111963916	M12 LOCK NUT	1	-	-
129400024	SPRING SEAT COLLAR	1	-	-
103300060	BUMPSTOP CAP ASSY	1	-	-
160300053	LOWER ISOLATOR (P01381)	1	-	-
<u>ORIGINAL PARTS TO BE REUSED:</u>				
	UPPER MOUNT (with Isolator and Dust Cover)	1	-	-
	COIL SPRING	1	-	-

Equipment Available from your Pro Comp Distributor!

Rear Shock Options: ZX2019 0-1.5" Rear Lift or ZX2023 4" Rear Lift

2004-2008 F-150 (4WD) 6" Suspension Lift Kit:	52204/52204MX
2004-2008 F-150 (2WD) 6" Suspension Lift Kit:	52205/52205MX
2004-2008 Coil over upgrade kit: (Use with Suspension lift kit)	52206MX (4WD), 52207MX (2WD)
2004-2008 Skid plate:	52104 (4WD)
2004-2008 Traction Bars (Extra cab):	Mounting kit: 72095, Bars: 72500
2004-2008 Traction bars (Super Crew cab):	Mounting kit: 72096, Bars: 72500
2004-2008 MX-6 Rear shock: (Use with Suspension lift kit)	MX6009 (4WD), MX6079 (2WD)
2004-2008 MX-6R Reservoir Rear shock: (Use with Suspension lift kit)	MX6068R (4WD), MX6066R (2WD)
2004-2008 MX-6R Reservoir Mounting Kit: (Use with Suspension lift kit)	63012 and 63013
2004-2008 Add a leaf kit: (Use with Suspension lift kit)	13134
2004-2008 Light Bar:	24700
2004-2008 Rear end shim kit:	52700

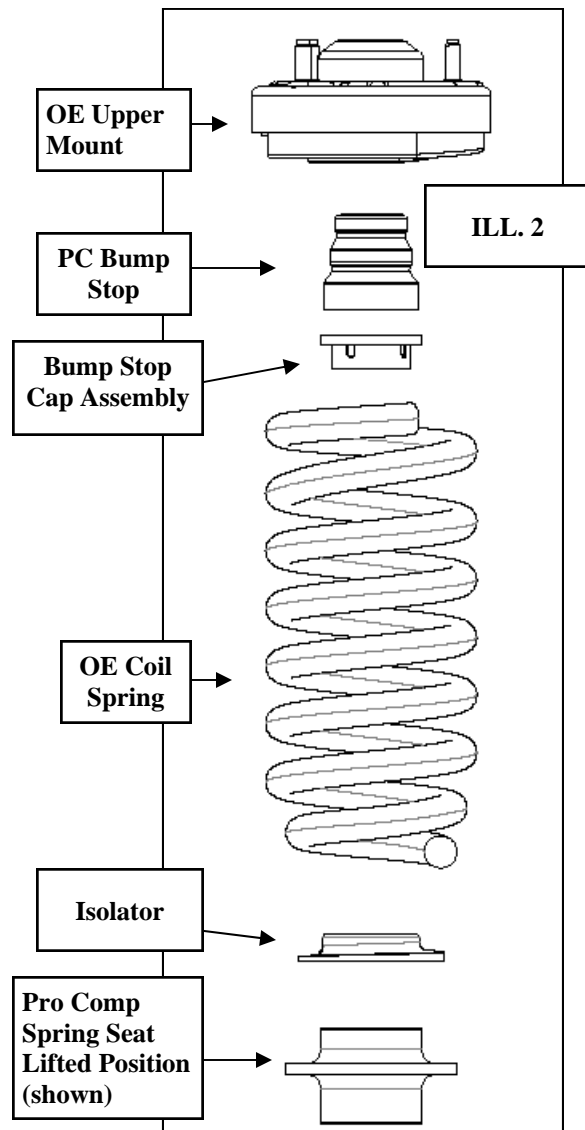
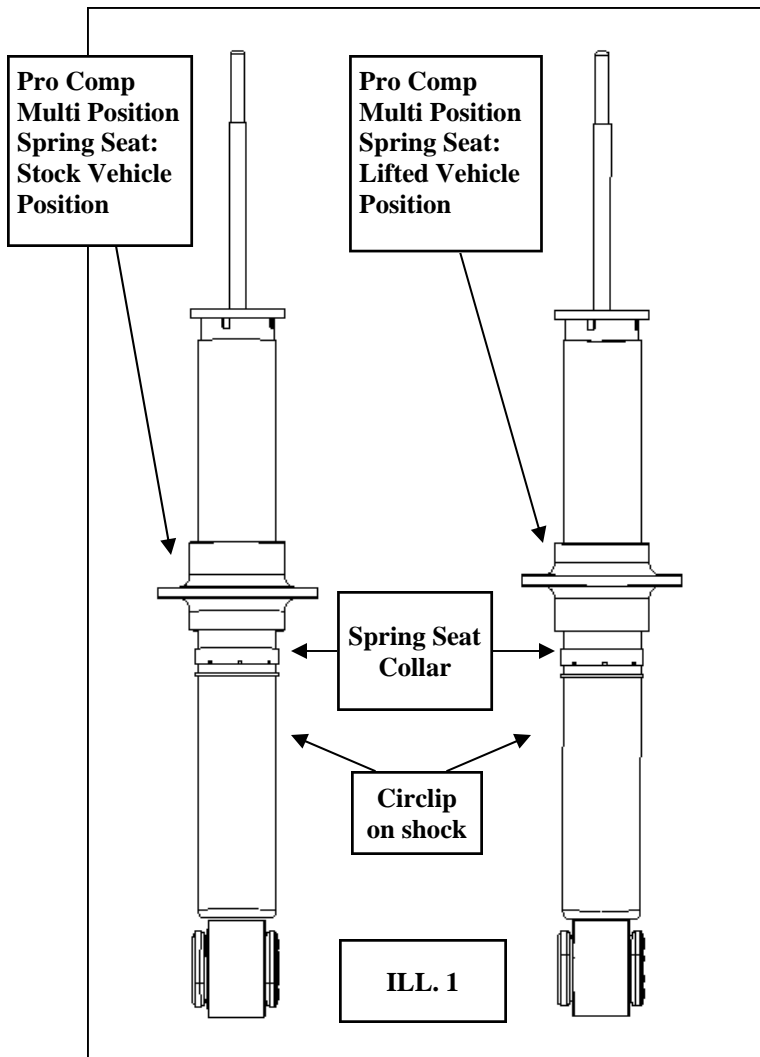
Also, Check out our outstanding selection of Pro Comp tires to compliment your new installation!

Assembly Instructions:

1. Ensure that your work space is of adequate size and the work surface is level. Set the emergency brake. Place your floor jack under the front axle and raise vehicle. Place jack stands under the frame rails behind the front wheel wells and lower the frame onto the stands. Remove the jack and place blocks both in front of and behind the rear wheels. Remove the wheels. **CAUTION:** The coil is under extreme pressure and severe bodily injury may occur if the coil spring is disassembled without using a coil spring compressor.
2. Unbolt and remove the OE strut assembly from the vehicle. **NOTE:** The position of the upper studs relative to the lower mount.
3. Compress the coil spring on the strut assembly with a suitable coil spring compressor so that the coil spring can be rotated by hand.

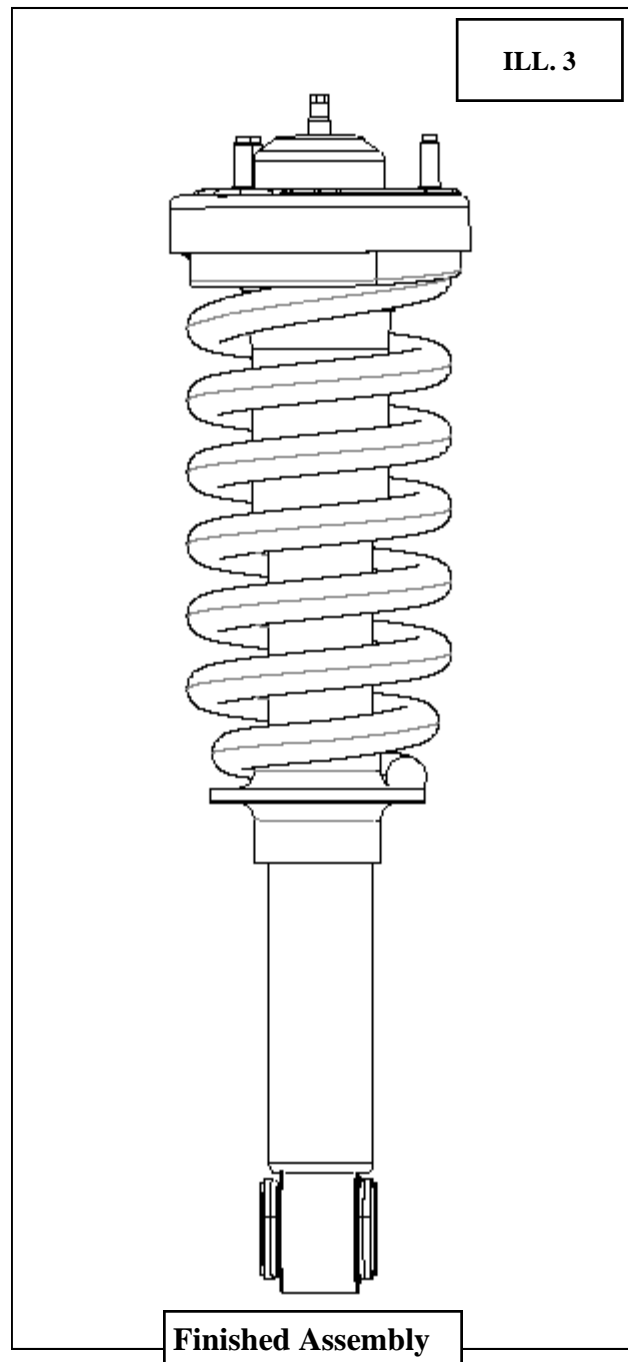
Remove the upper strut isolator retaining nut. **NOTE:** Do not use an impact gun to remove the retaining nut. It will damage the strut shaft.

4. Install the supplied PC SPRING SEAT COLLAR onto the new strut body with the collar sitting over the circlip. **IMPORTANT!:** Be sure the spring seat holder fits squarely over the circlip on the strut body.
5. Install the MULTI POSITION SPRING SEAT on to the new strut body and into place. It will slide over and sit on the previously installed PC SPRING SEAT COLLAR. **NOTE: Ill. 1 shows stock and lifted position orientations. (Shown not fully seated for illustration purposes.)**
6. Install the PC LOWER ISOLATOR over the strut piston rod.



Assembly Instructions:

7. Install the PC BUMP STOP CAP ASSEMBLY over the strut rod, tapping it down until fully seated. **NOTE:** Use caution not to damage the strut rod while seating the assembly.
8. Install the PC BUMP STOP over the strut piston rod.
9. Reinstall the compressed OE COIL SPRING onto the strut assembly using the reference marks as a guide.
10. Install the OE UPPER STRUT MOUNT over the piston rod end onto the top of the coil spring. Align the coil spring with the rubber isolator in the upper mount.
NOTE: Rotate the upper mount so that the studs are in their original position, relative to the lower mount.
11. Secure the upper strut mount using the supplied M12 NUT. Torque the upper strut mount retaining nut to 19 ft./lbs.
12. Decompress the coil spring on the strut assembly.
NOTE: Make sure that the spring is seated correctly into the upper and lower strut mounts.
13. Fit the strut assembly into the stock mounting locations. Fasten using the previously removed OE hardware on the top mount.
14. Install the OE bolt through the lower strut mount and a-arm.
15. Torque the upper and lower OE strut mounting hardware to manufacturers specifications.
16. Reinstall the front wheels and lower the vehicle to the ground. Torque the front lug nuts to manufacturers specifications.
17. Check the front wheel alignment. If necessary, align the vehicle to manufacturers specifications.



Notice to Owner operator, Dealer and Installer:

Vehicles that have been enhanced for off-road performance often have unique handling characteristics due to the higher center of gravity and larger tires. This vehicle may handle, react and stop differently than many passenger cars or unmodified vehicles, both on and off-road. You must drive your vehicle safely! Extreme care should always be taken to prevent vehicle rollover or loss of control, which can result in serious injury or even death. Always avoid sudden sharp turns or abrupt maneuvers and allow more time and distance for braking! Pro Comp reminds you to fasten your seat belts at all times and reduce speed! We will gladly answer any questions concerning the design, function, maintenance and correct use of our products.

Please make sure your Dealer/Installer explains and delivers all warning notices, warranty forms and instruction sheets included with Pro Comp product.

Application listings in this catalog have been carefully fit checked for each model and year denoted. However, Pro Comp reserves the right to update as necessary, without notice, and will not be held responsible for misprints, changes or variations made by vehicle manufacturers. Please call when in question regarding new model year, vehicles not listed by specific body or chassis styles or vehicles not originally distributed in the USA.

Please note that certain mechanical aspects of any suspension lift product may accelerate ordinary wear of original equipment components. Further, installation of certain Pro Comp products may void the vehicle's factory warranty as it pertains to certain covered parts; it is the consumer's responsibility to check with their local dealer for warranty coverage before installation of the lift.

Warranty and Return policy:

Pro Comp warrants its full line of products to be free from defects in workmanship and materials. Pro Comp's obligation under this warranty is limited to repair or replacement, at Pro Comp's option, of the defective product. Any and all costs of removal, installation, freight or incidental or consequential damages are expressly excluded from this warranty. Pro Comp is not responsible for damages and / or warranty of other vehicle parts related or non-related to the installation of Pro Comp product. A consumer who makes the decision to modify his vehicle with aftermarket components of any kind will assume all risk and responsibility for potential damages incurred as a result of their chosen modifications. Warranty coverage does not include consumer opinions regarding ride comfort, fitment and design. Warranty claims can be made directly with Pro Comp or at any factory authorized Pro Comp dealer.

IMPORTANT! To validate the warranty on this purchase please be sure to mail in the warranty card.

Claims not covered under warranty-

- Parts subject to normal wear, this includes bushings, bump stops, ball joints, tie rod ends and heim joints
 - Discontinued products at Pro Comp's discretion
- Bent or dented product
- Finish after 90 days
- Leaf or coil springs used without proper bump stops
- Light bulbs
- Products with evident damage caused by abrasion or contact with other items
- Damage caused as a result of not following recommendations or requirements called out in the installation manuals
- Products used in applications other than listed in Pro Comp's catalog
- Components or accessories used in conjunction with other manufacturer's systems
- Tire & Wheel Warranty as per Pro Competition Tire Company policy
- Warranty claims without "Proof of Purchase"
- Pro Comp Pro Runner coil over shocks are considered a serviceable shock with a one-year warranty against leakage only. Rebuild service and replacement parts will be available and sold separately by Pro Comp. Contact Pro Comp for specific service charges.
- Pro Comp accepts no responsibility for any altered product, improper installation, lack of or improper maintenance, or improper use of our products.

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PLACE
WARRANTY REGISTRATION
NUMBER
HERE: _____