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PRO COMP SUSPENSION

Suspension Systems that Work!

Part # 72090

**2002-2003 FORD F150 2WD
SUPER CREW SHORTBED +
1997-2003 EXTRA CAB 6' BED
(2004 HERITAGE EXTRA CAB 6'
BED)**

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.

Part #	Description	Qty	Illus.	Page
72300	50" TRACTION BARS W/LOGO			
90-2350	LATERAL TRACK BAR DRIVER	1		
90-2353	LATERAL TRACK BAR PASSENGER	1		
72090	TRACTION BAR MOUNTING KIT			
90-71086-3	LATERAL TRACK BAR: AXLE MOUNT	2		
90-1795	LATERAL TRACK BAR: (PASS) FRAME MOUNT	1		
90-1798	LATERAL TRACK BAR: (DRVR) FRAME MOUNT	1		
90-6120	HARDWARE PACK:	1		
70-0505501500	1/2" X 5 1/2" USS GR 5 HEX BOLT	2		
70-0504501500	1/2" X 4 1/2" USS GR 5 HEX BOLT	2		
73-05000030	1/2" SAE FLAT WASHER	8		
72-05000100512	1/2" USS NYLOCK NUT	4		
90-6121	HARDWARE PACK:	1		
70-0431251500	7/16" X 1 1/4" USS GR 5 HEX BOLT	6		
73-04300030	7/16" SAE FLAT WASHER	12		
72-04300100512	7/16" USS NYLOCK NUT	6		
90-6122	HARDWARE PACK: BUSHINGS AND SLEEVES	1		
90-2152	SLEEVE 7/8" X .188 WALL X 3.9375"	2		
90-2153	SLEEVE 7/8" X .180 WALL X 2.9375	2		
15-10953	RED PIVOT BUSHING	8		
90-6029	BRAKELINE SUPPORT KIT	1		

Optional Equipment Available from your Pro Comp Distributor!

Skid Plate
Hoop Style Light Bar

**Also, check out our outstanding selection of Pro Comp tires
compliment your new installation!**

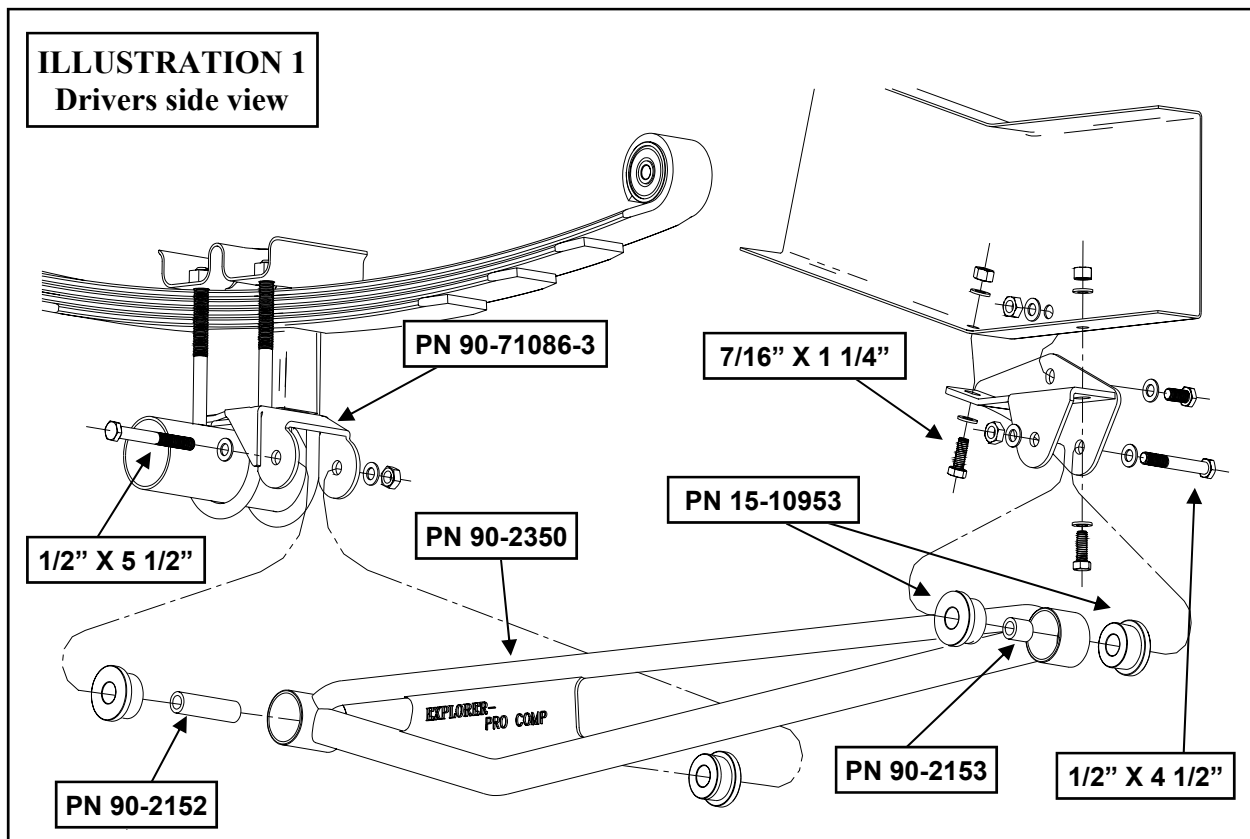
Introduction:

72090
Revised
12.5.2005

- ◆ This installation requires a professional mechanic!
- ◆ We recommend that you have access to a factory service manual for your vehicle to assist in the disassembly and reassembly of your vehicle. It contains a wealth of detailed information.
- ◆ Ensure that your work space is of adequate size and the work surface is level. Place the vehicle in neutral. Place your floor jack under the front cross member 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 the vehicle back in gear, set the emergency brake, and place blocks both in front and behind the rear wheels.
- ◆ 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 arm. 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!
- ◆ Use caution when cutting is required under the vehicle. The factory undercoating is flammable. Take appropriate precautions. Have a fire extinguisher close at hand.
- ◆ 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 Loctite® retaining compound where specified.
- ◆ *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.*
- ◆ Check the parts and hardware against the parts list to assure that your kit is complete.
- ◆ Always use new cotter pins (these items are not supplied) when replacing them.

INSTALLATION INSTRUCTIONS:

- 1) Place floor jack under rear axle and raise vehicle. Place jack stands under frame to support vehicle. Set emergency brake and block front wheels, in front and behind tires. Remove rear wheels and shocks.
- 2) Unbolt u-bolts, lower axle and install the lateral traction bar rear mount (**90-71086-3**) between the lift block and the axle housing as shown in ILLUSTRATION 1. Make sure the index pin on the block goes through the mount plate and into the hole in the housing. Reinstall the u-bolts and tighten.
- 3) Install the bushing and sleeves into the lateral traction bar tubes as shown in ILLUSTRATION 1. Use lubricant as necessary.
- 4) Install lateral traction bars, driver and passenger side, into rear mounts. Refer back to ILLUSTRATION 1.
- 5) Raise rear axle until the frame begins to clear the jack stands. Attach the lateral traction bar front mounts (**90-1795**) passenger. and (**90-1798**) driver. to the lateral traction bars. Locate the brackets on the frame. Using the hole locations on bracket as guides, mark and drill the **1/2"** holes into the frame. Install the brackets with the **7/16"** hardware as shown in ILLUSTRATION 3 and tighten.
- 6) After installation is complete, retighten and torque all bolts as specified in the torque chart.



Use this only as a guide for hardware without a called out torque specification in the instruction manual.

Bolt Torque and ID						
Decimal System			Metric System			
All Torques in Ft. Lbs. Maximums						
Bolt Size	Grade 5	Grade 8	Bolt Size	Class 9.8	Class 10.9	Class 12.9
5/16	15	20	M6	5	9	12
3/8	30	45	M8	18	23	27
7/16	45	60	M10	32	45	50
1/2	65	90	M12	55	75	90
9/16	95	130	M14	85	120	145
5/8	135	175	M16	130	165	210
3/4	185	280	M18	170	240	290

<p>1/2-13x1.75 HHCS</p> <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 2px;">D</div> <div style="border: 1px solid black; padding: 2px;">T</div> <div style="border: 1px solid black; padding: 2px;">L</div> <div style="border: 1px solid black; padding: 2px;">X</div> </div>	<p>Grade 5 Grade 8 (No. of Marks + 2)</p>	<p>M12-1.25x50 HHCS</p> <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 2px;">D</div> <div style="border: 1px solid black; padding: 2px;">T</div> <div style="border: 1px solid black; padding: 2px;">L</div> <div style="border: 1px solid black; padding: 2px;">X</div> </div>	
<p>G = Grade (Bolt Strength) D = Nominal Diameter (Inches) T = Thread Count (Threads per Inch) L = Length (Inches) X = Description (Hex Head Cap Screw)</p>		<p>P = Property Class (Bolt Strength) D = Nominal Diameter (Millimeters) T = Thread Pitch (Thread Width, mm) L = Length (Millimeters) X = Description (Hex Head Cap Screw)</p>	

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.

E-Mail: tech@explorerprocomp.com
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PLACE
WARRANTY REGISTRATION
NUMBER
HERE: _____