



## 2003-2008 1" subframe kit installation guide

*Professional installation is recommended*

### **IMPORTANT!**

Lifting and modifying the suspension on your vehicle may result in drive line vibrations, damaged bushings, erratic handling characteristics, and shortened suspension component life. HRG Offroad recommends the following:

- Checking and/or replacing worn drive axles with new parts, not remanufactured.
- Checking and/or replacing all worn factory rubber bushings with urethane bushings, such as Prothane.
- Checking and/or replacing worn shock absorbers and bump stops.
- Performing a 4 wheel alignment after working on suspension components.

**Lift kits may not be legal for use on public highways in your area. Please check local laws before installing!**

### **WARNING!**

***Lifted vehicles are more prone to rolling over.***

Some HRG Offroad products are designed to improve off-road capabilities. Modifying the suspension of your vehicle may result in handling characteristics that are different from a factory equipped vehicle. Extreme care must be used to prevent a rollover or loss of control. Always operate your modified vehicle at a reduced speed to ensure your ability to maintain control under all driving conditions. Driving your vehicle in an unsafe manner may result in serious injury or death. HRG Offroad lift kits are designed and tested to work together. HRG Offroad does not recommend combining this lift kit with any other type of suspension or body lift. Always wear your seat belt.

### **Included in the kit:**

- 2 1.5 inch (38mm) trailing arm spacers (rear trailing arms)
- 6 M12x70 bolts (rear trailing arms)
- 14 1x1 M10 spacers (transmission cross brace, front subframe)
- 4 1.25x1 M14 spacers (front LCA mount)
- 4 M14x80 bolts (front LCA mount)
- 8 1.25x1 M12 spacers (front subframe)
- 4 M12x160 bolts (front subframe)
- 2 M12x120 bolts (front subframe)
- 6 M10x40 bolts (front subframe)
- 2 M10x120 bolts (front subframe)
- 6 M10x40 bolts (transmission cross brace)
- 1 M8x16 bolt (rear undercarriage bracket)
- 4 0.75x1 M8 spacers (differential support beam brackets)
- 2 2.75x1 M12 spacers (differential support beam brackets)
- 4 M8x40 bolts (differential support beam brackets)
- 2 M12x110 bolts (differential support beam brackets)
- 4 2.75x1 M12 spacers (rear subframe)
- 4 M12x100 bolts (rear subframe)

4 extended Subaru exhaust hangers

**Tools required:**

Floor jack, lug wrench, impact driver, metric socket set up to 21mm, metric wrench set up to 19mm, philips screwdriver common pliers, torque wrench, paint pen.

**Installation time: 3-4 hours**

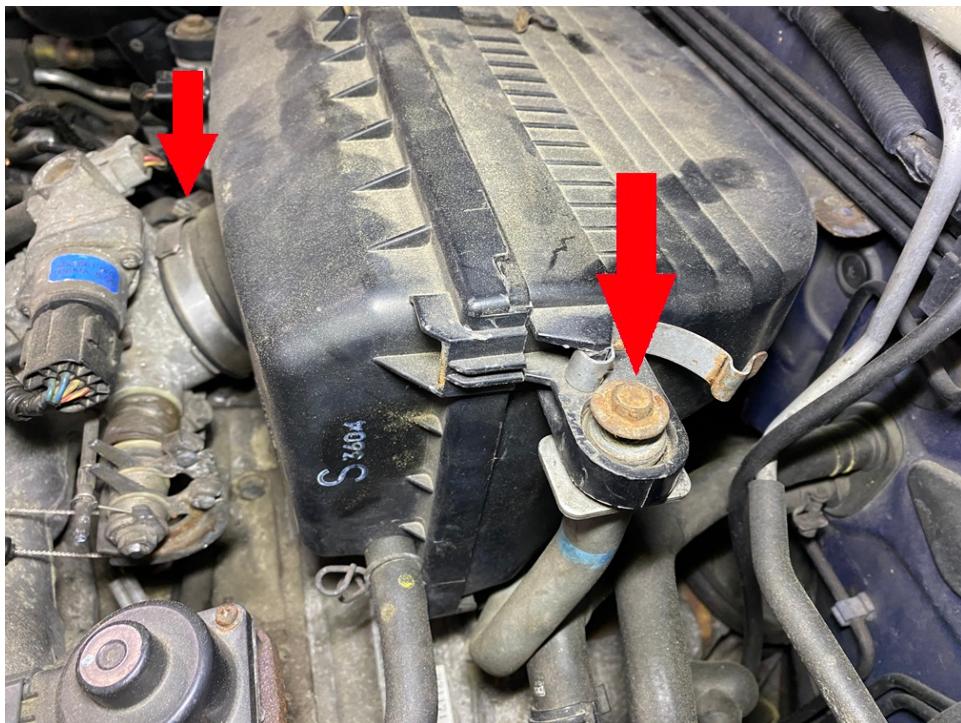
**Skill level: Moderate**

**Front installation:**

**TIP: Installation is made easier by disassembling suspension on both sides before installing spacers. Disconnecting the sway bars during the installation may be necessary.**

Step 1. Measure vehicle height at edge of front and rear fenders. (If parked on unlevel ground, take measurements from both sides and then average them.)

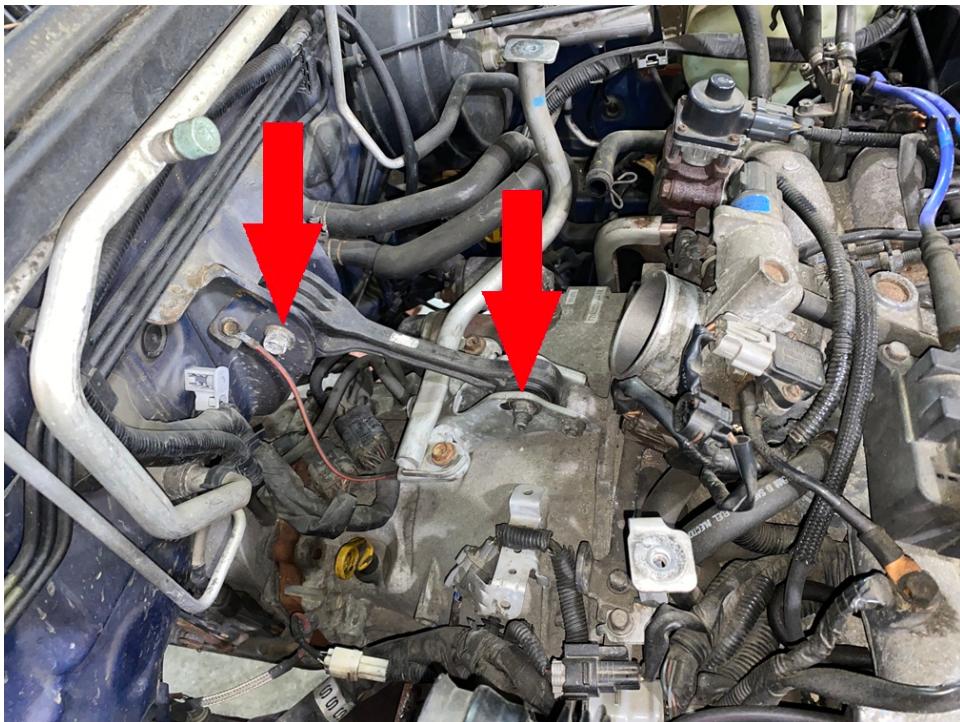
Step 2. Remove air box mounting bolts, remove hose clamp, remove air box.



Step 3. Remove bolts holding washer fluid reservoir, pull reservoir back to gain access to top of driver side frame rail.



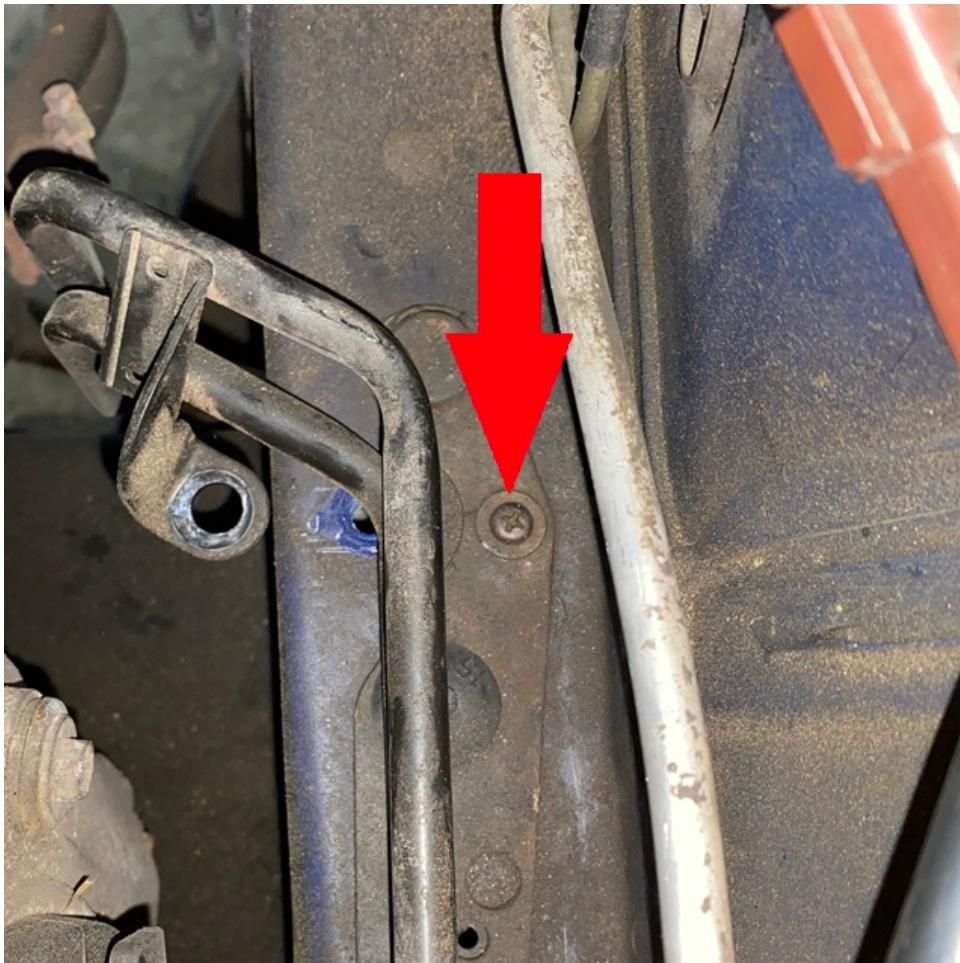
Step 4. Temporarily loosen bolts holding torque damper to firewall and engine. (These bolts will be re-tightened after the subframe kit is installed)



Step 5. Remove bolt holding steel lines to top of frame rail.



Step 6. Push steel lines to the side to gain access to bolt plate on top of frame rail. Remove retaining screw.



Step 7. Repeat step 6 on passenger side.

Step 8. Lift vehicle and support with jack stands. Do not place jack stands under front subframe.

Step 9. Support front subframe with floor jack.

Step 10. Remove front wheels.

Step 11. Remove clips holding plastic splash guard to subframe.

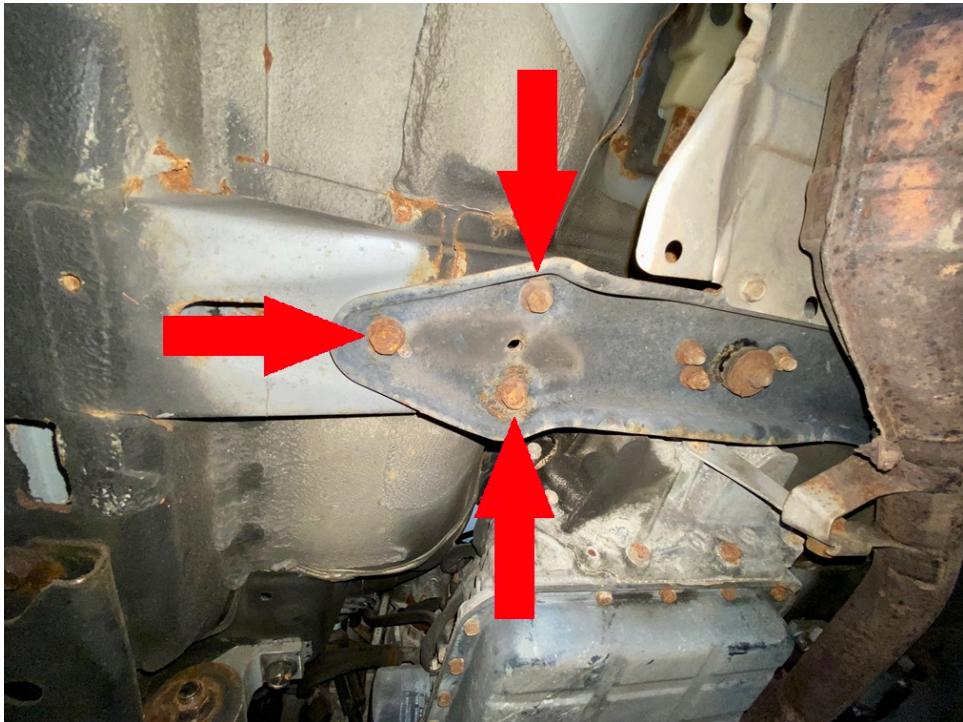


Step 12. Remove nuts holding driver side subframe to front frame rail. Pull bolt plate out from the top. Repeat on passenger side.



Step 13. Install 4 M12x160 bolts in place of bolt plates, temporarily thread OEM nuts on. (this will keep the subframe in alignment while lowering)

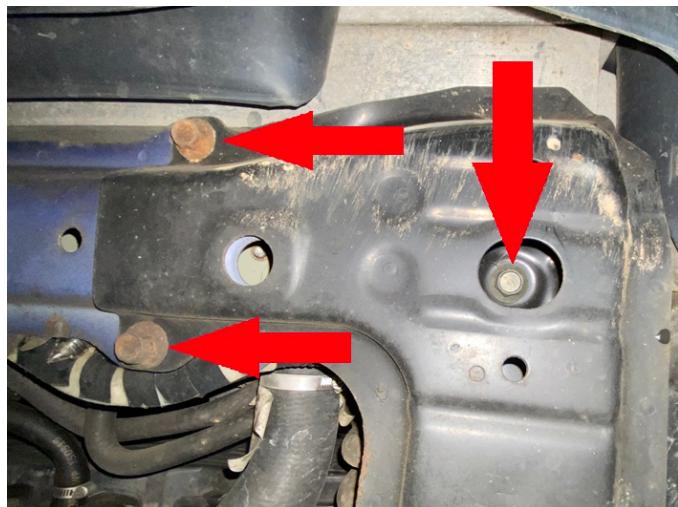
Step 14. Remove 6 bolts on transmission cross brace.



Step 15. Place 6 1x1 M10 spacers between transmission cross brace and body of car. Install 6 M10x40 bolts in place of factory hardware.



Step 16. Remove 6 14mm bolts on front subframe.



Step 17. Remove 2 14mm bolts on the back edges of the front subframe. (see photo)



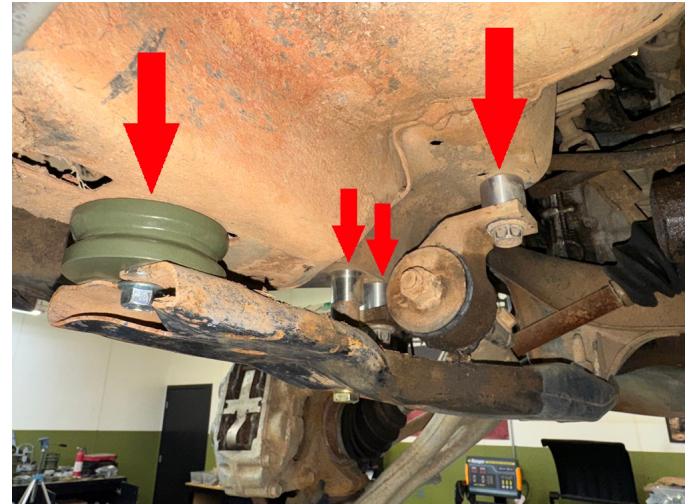
Step 18. Remove plastic cover from subframe to access and remove 17mm bolt.



Step 19. Carefully lower the subframe approximately one inch.

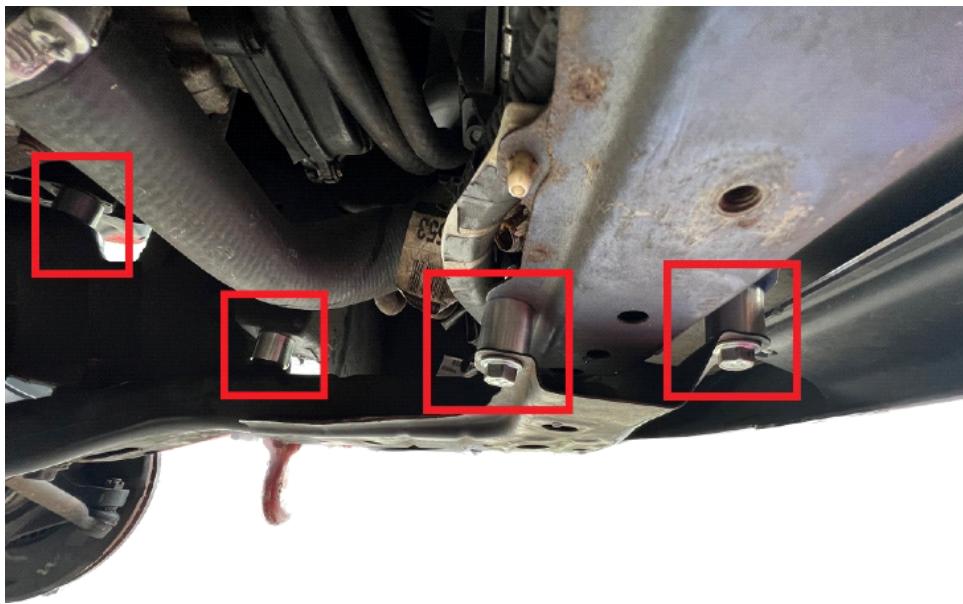
Step 20. Place 1 2.75x1 M10 spacer between back edges of the front subframe and body on both driver and passenger side, then install 2 M10x50 bolts in place of factory hardware. (see photo below)

Step 21. Place 2 1.25x1 M12 spacers between subframe and body, install 2 M12x120 bolts in place of M12 bolts removed during disassembly. (see photo)



Step 22. Place 4 1x1 M10 spacers between front subframe and body, install 4 M10x40 bolts in place of the shortest factory bolts removed during disassembly. (see photo below)

Step 23. Place 2 1x1 M10 spacers between front subframe and body, install 2 M10x120 bolts in place of the 2 longest bolts removed during disassembly. (see photo)

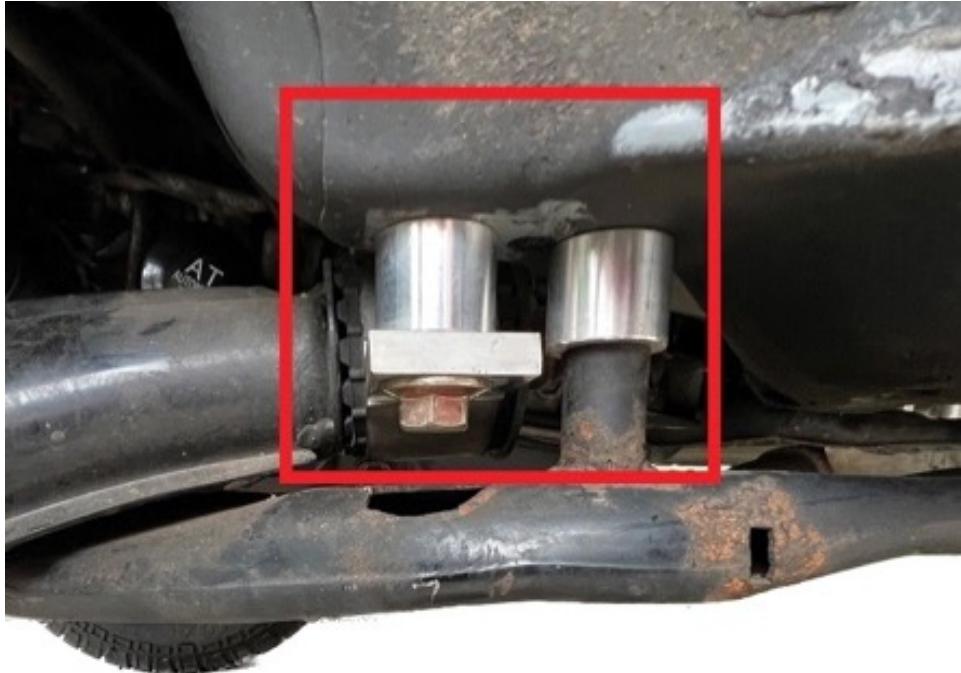


Step 24. Remove 4 M12x160 bolts and place 4 1.25x1 M12 spacers between engine cradle and body, reinstall M12x160 bolts. Reuse OEM 17mm nuts.(see photo)



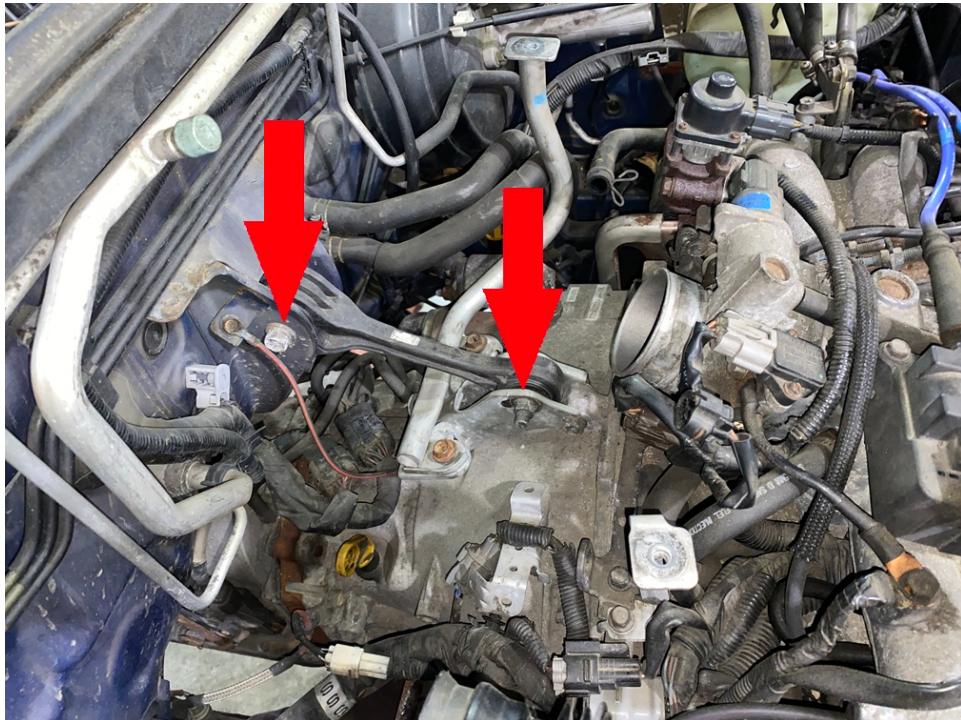
Step 25. Remove bolts holding driver side front lower control arm to body of vehicle.

Step 26. Place 2 1.25x1 M14 bolts between driver side front lower control arm and body, install 4 M14x80 bolts in place of factory hardware. (see photo)



Step 27. Repeat installation process on passenger side. Double check all bolts in front subframe.

Step 28. Re-tighten bolts on “dog bone”



Step 29. Torque all nuts and bolts to spec. (Refer to factory service manual)

Step 30. Reinstall air box in reverse order of removal.

Step 31. Reinstall bolt holding metal lines on driver side frame rail.



Step 32. Reinstall washer fluid reservoir.



Step 33. Reinstall clips holding plastic splash guard under front bumper (if applicable)

### Rear Installation:

Step 1. Lift vehicle and support with jack stands.

Step 2. Remove rear wheels.

Step 3. Remove 3 bolts holding driver side trailing arm to body.

Step 4. Place trailing arm spacer between trailing arm mount and body.

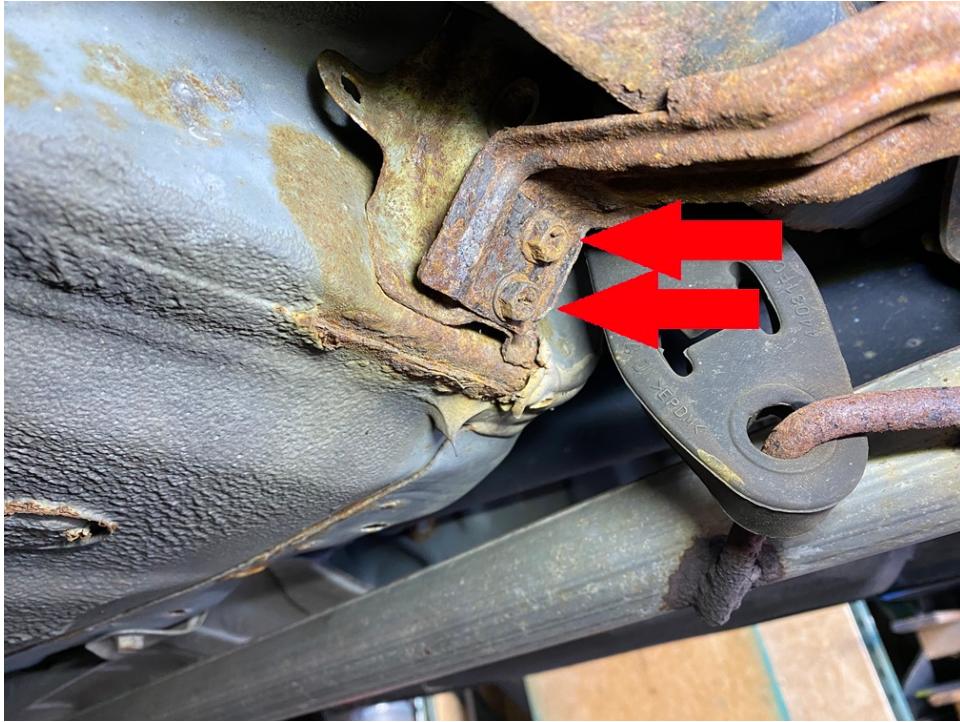


Step 5. Install 3 M12x70 bolts in place of factory hardware.

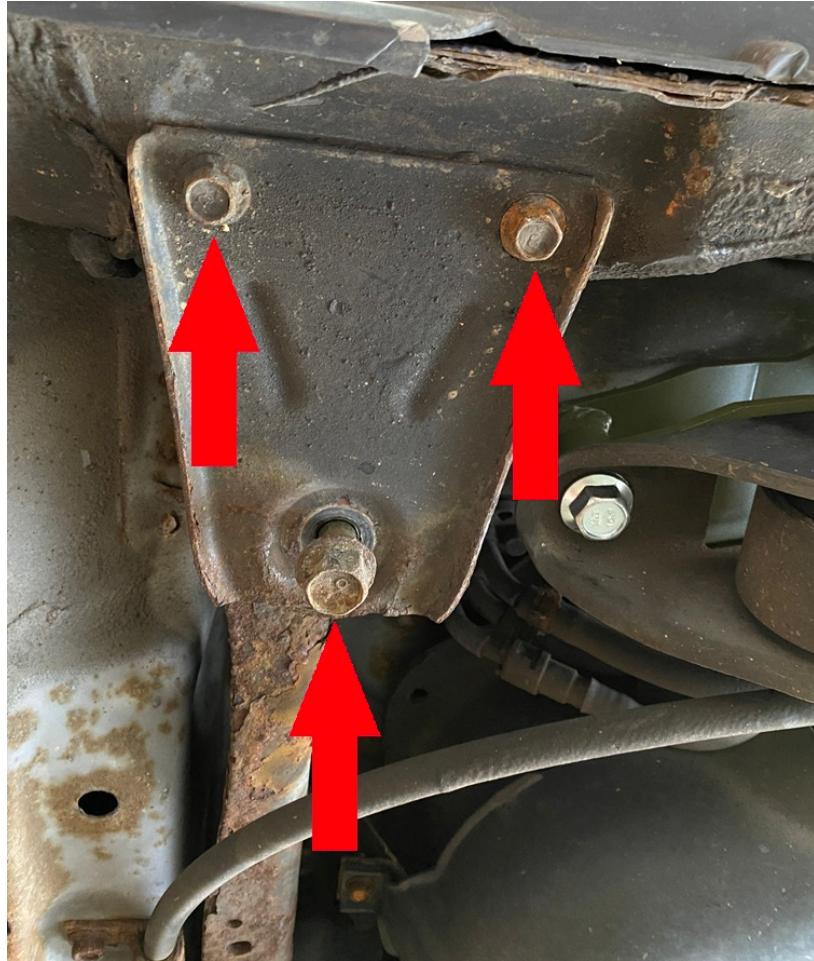
Step 6. Repeat trailing arm spacer installation process on passenger side.

Step 7. Support rear differential with floor jack.

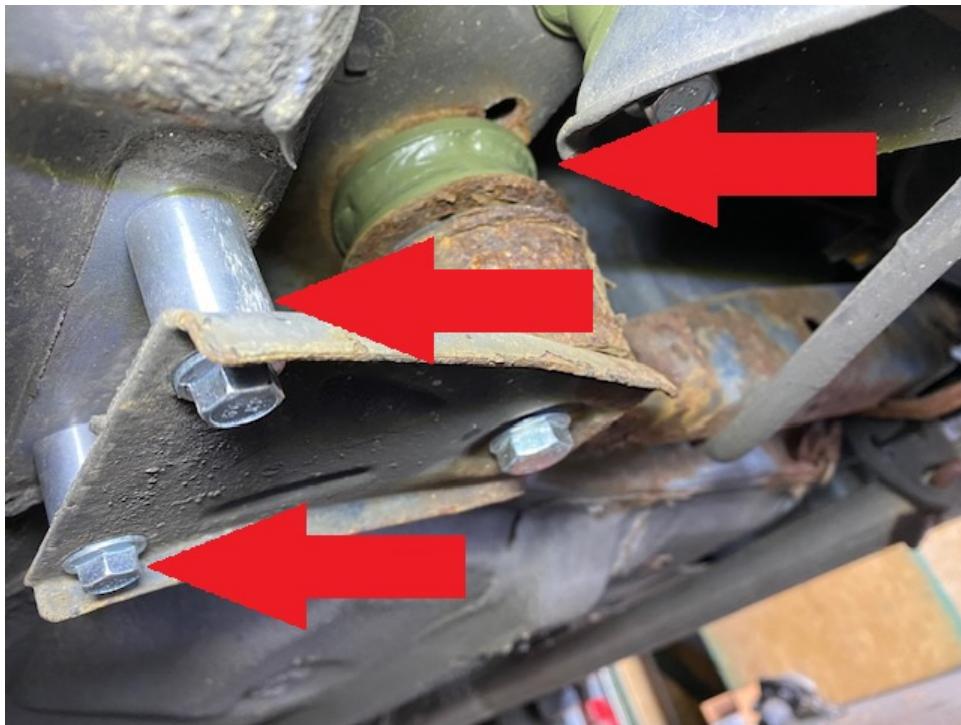
Step 8. Remove bolts holding center bracket below differential support crossmember. Take care as these bolts may be rusted.



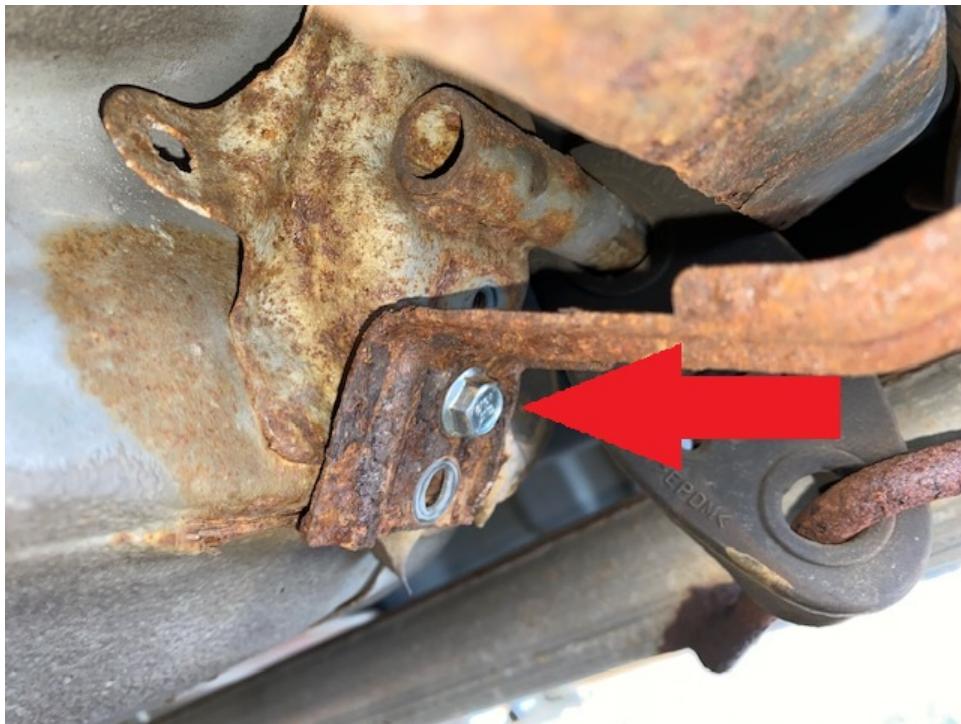
Step 10. Remove 6 bolts holding rear differential support crossmember to body. (3 on driver side and 3 on passenger side) Carefully lower crossmember.



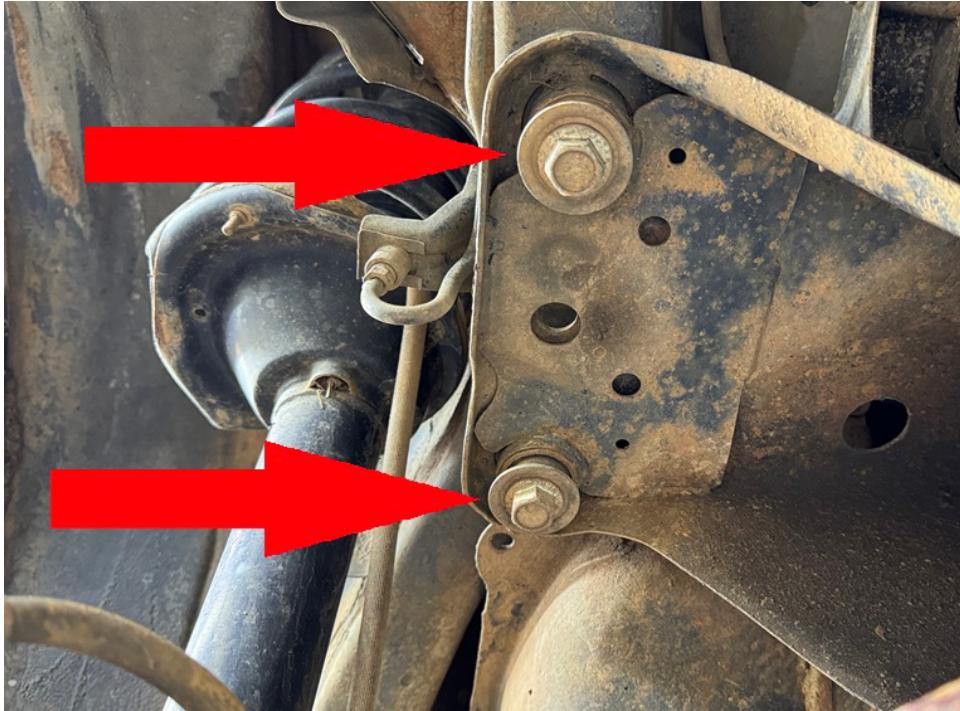
Step 11. Place 1 2.75x1 M12 spacer and 2 0.75x1 M8 spacers between rear differential support crossmember and body. Install 1 M12x110 bolt and 2 M8x40 bolts in place of factory hardware. (repeat for passenger side)



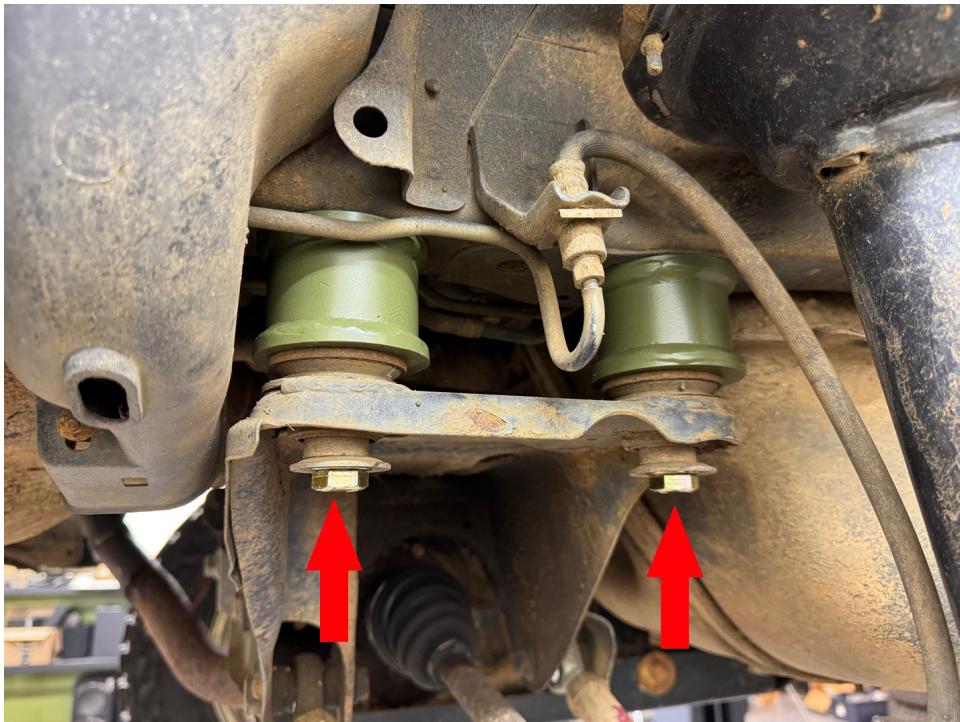
Step 12. Move center bracket to the lower mounting hole and install M8x16 bolt.



Step 13. Remove the 17mm bolts in the rear subframe one at a time, replacing them with the M12x100 bolts included in the kit. Leave the bolts loose enough that the subframe can drop approximately one inch.



Step 14. Using a floor jack, lower the subframe and place 2.75x1 M12 spacers between rear subframe and body of vehicle. Permanently install M12x100 bolts. (NEVER REMOVE ALL 4 BOLTS AT THE SAME TIME!)



Step 15. Replace OEM rubber muffler hangers with longer hangers included in the kit as needed.

Step 16. Referring to factory service manual, torque all bolts to spec.

Step 17. Reinstall rear wheels.

Step 18. Get a professional alignment

Step 19. Find some trails!



**NOTE: FAILURE TO PERFORM A WHEEL ALIGNMENT WILL RESULT IN DECREASED TIRE LIFE, DECREASED FUEL MILEAGE, AND UNSAFE HANDLING CHARACTERISTICS!**

**Warning: Failure to follow the procedures in these installation instructions may result in unsafe handling characteristics, damage to vehicle, or loss of control.**

**For tech support, please call 1-844- HRG LIFT (474-5438) from 8-4:30 PM EST Mon-Thu 8-3:30 PM Fri or email us 24/7 at [support@hrgoffroad.com](mailto:support@hrgoffroad.com).**

*This product is intended for off-road use only!!*

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