



## 2003-2011 Element 2WD/4WD 1" sub frame kit installation guide

*Professional installation is recommended*

*FOR OFF-ROAD USE ONLY!*

### **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:**

- 4 1.25x 1" M12 spacers (rear lower arm)
- 4 1.25x1" M12 spacers (rear subframe)
- 2 1.25x1" M12 spacers (engine/transmission)
- 3 1.25x1" M14 spacers (engine/transmission)
- 4 1.25x1" M14 spacers (front subframe)
- 2 0.625x1" M8 spacers (safety loops, **4WD kit only**)
- 2 1x1" M10 spacers (propeller shaft, **4WD kit only**)

2 2.75x1 M10 spacers (rear differential, **4WD kit only**)  
2 M10x120mm bolts (rear differential, **4WD kit only**)  
2 M10x50mm bolts (propeller shaft, **4WD kit only**)  
2 M8x40mm bolts (safety loops, **4WD kit only**)  
4 M14x150mm bolts (front subframe)  
1 M12x70mm bolt (engine)  
1 M12x60mm bolt (transmission)  
4 M12x100mm bolts (rear subframe)  
4 M12x100mm bolts (rear lower arm)  
2 M6x40mm bolts/1" spacers (charcoal canister)  
2 Extended exhaust hangers

**Tools required:**

Floor jack, jack stands, lug wrench, 10mm socket, 12mm socket, 14mm socket, 17mm socket and wrench, 19mm socket, 21mm socket, impact wrench, torque wrench and paint pen.

**Note to installer:** All bolts removed to install subframe kit will be replaced with longer bolts. Some OEM hardware will be reused. Please note this kit is not a suspension lift. It is designed to be used in conjunction with a suspension lift in order to align drivetrain and steering components closer to factory spec. This kit will not work properly with suspension lifted more than 3".

## Front installation:

Step 1. Disconnect and remove the battery to gain access to the transmission bracket.

Step 2. Support engine/transmission with floor jack, taking care not to dent oil pan.

Step 3. Remove factory air box (if applicable) to gain access to transmission mount.

Step 4. Remove 2 M12 nuts and one M12x35 bolt holding the transmission bracket to the transmission. Remove driver side transmission bracket, discard M12x35 bolt. Save 2 M12 nuts.

Step 5. Slide 2 1.25x1-M14 spacers over the studs in the transmission and place one 1.25x1-M12 spacer over the remaining hole. (See diagram.)

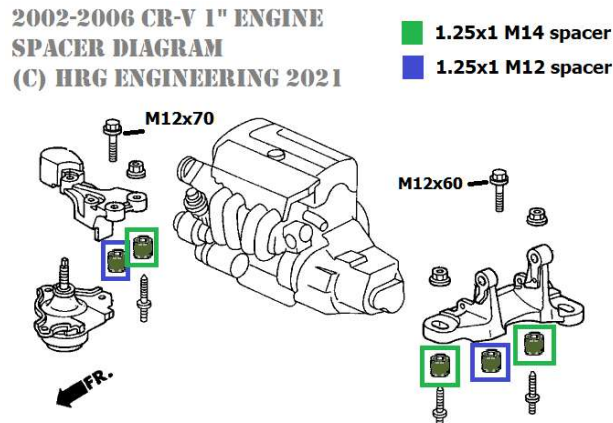
Step 6. Reinstall the transmission bracket and use provided M12x60 bolt in place of the M12x35. (See diagram.) It may be necessary to leave the hardware loose at this time until the subframe spacers are installed.

Step 7. Remove M12 nut and M12x45 bolt holding the engine bracket to the body and the engine. Remove passenger side engine bracket, discard M12x45 bolt. Save M12 nut.

Step 8. Slide one 1.25x1-M14 spacer over the stud in the engine and place one 1.25x1-M12 spacer over the remaining hole. (See diagram.)

Step 9. Reinstall engine bracket and use provided M12x70 bolt in place of the M12x45. (See diagram.) It may be

necessary to leave the hardware loose at this time until the subframe spacers are installed.



Step 10. Jack up vehicle and support with jack stands.

Step 11. Using a floor jack or screw jack, support engine cradle.

## **DO NOT REMOVE ALL OF THE SUBFRAME BOLTS AT ONCE.**

Step 12. Remove 2 of the 4 M14x115 bolts and loosen the other 2 M14x115 bolts holding the sub frame to the body.

Step 13. Carefully lower the subframe enough to slide 2 1.25x1-M14 spacers in between the subframe and the body. (See diagram.)

Step 14. Discard the 2 M14x115 bolts and replace with M14x150 bolts provided in the kit.

Step 15. Repeat step 13-14 for the remaining 2 bolts.

Step 16. (Optional) If installing suspension spacers, do so at this time, refer to lift kit instructions.

Step 17. Tighten all bolts, double check engine and transmission mounting bolts.

Step 18: Use torque wrench to double check all bolts. Refer to factory service manual for torque specifications. Mark bolts with paint pen that have been double checked.

Step 19. Reinstall air box.

Step 20. Reinstall battery.

## **Rear installation:**

Step 1. Jack up vehicle and support with jack stands.

Step 2. Remove wheels.

Step 3. Support rear cross member with floor jack.

## ***For steps 4-10 please refer to diagram on last page.***

Step 4. Loosen 4 17mm bolts holding rear cross member to frame but do not remove. Using the jack, carefully lower the rear cross member about one inch.

Step 5. Install 4 1.25x1-M12 spacers between subframe and body using M12x100 bolts. Install new bolts one by one to maintain alignment of subframe.

Step 6: Remove M6x16 bolts retaining charcoal canister to body, install 2 1" black spacers and M6x40 bolts between charcoal canister and body, keep charcoal canister attached to rear subframe.

**If 2wd, skip to step 10.**

Step 7. (**4WD only**) Support rear differential with floor jack.

Step 8. Remove 2 bolts connecting rear differential support bracket to body. (**See diagram.**)

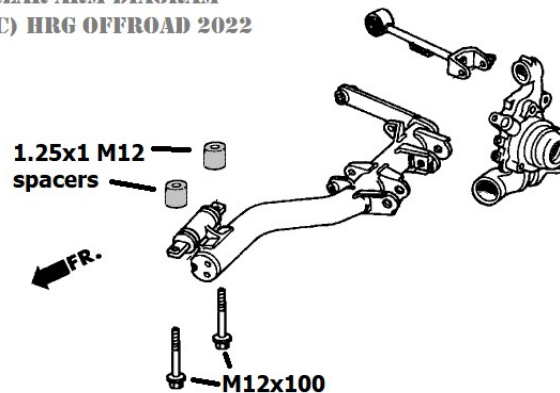
Step 9. Install 2 2.75x1 M10 spacers between differential support bracket and body, using M10x130 bolts.

Step 10. Loosen 2 17mm bolts in driver side rear trailing arm to frame.

Step 11. Install 2 1.25x1" M12 spacers and M12x100 bolts one at a time between rear trailing arm and body.

Step 12. Repeat steps 8 and 9 for passenger side.

**2002-2006 CRV/ELEMENT  
REAR ARM DIAGRAM  
(C) HRG OFFROAD 2022**



**If 2WD, skip to step 15.**

Step 13. Remove 1 M8 bolt from each of the 2 propeller shaft safety loops. Install 0.625x1 M8 spacers and M8x40 bolts. (See diagram below.)

Step 14. Remove 2 M10 bolts connecting carrier bearing to body. Install 2 1x1 M10 spacers and 2 M10x50 bolts. (See

diagram on last page of instructions.)

Step 15. (Optional) If installing suspension spacers, do so at this time, refer to lift kit instructions. When installing the 3 inch kit, be sure to install the rear brake line relocation brackets.

Step 16. Remove rubber exhaust hangers from muffler and replace with supplied extended exhaust hangers.

Step 17. Using a torque wrench and double check all bolts. Refer to factory service manual for torque specifications and mark bolts with paint pen that have been double checked.

Step 18. Reinstall wheels.

**Note: Installing sub frame spacers will change the suspension geometry and will require a 4 wheel alignment.**

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

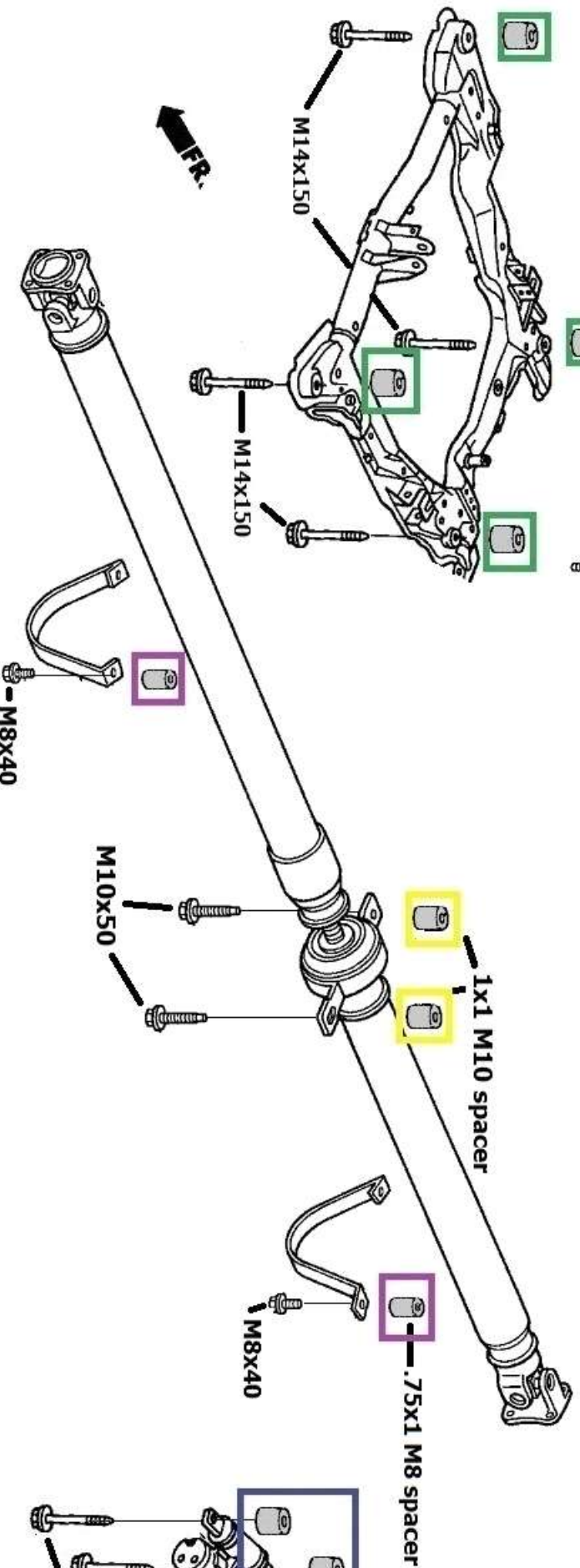
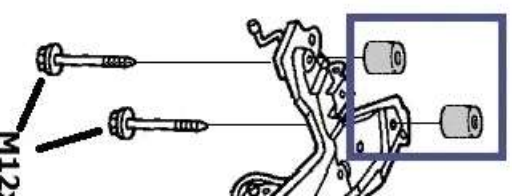
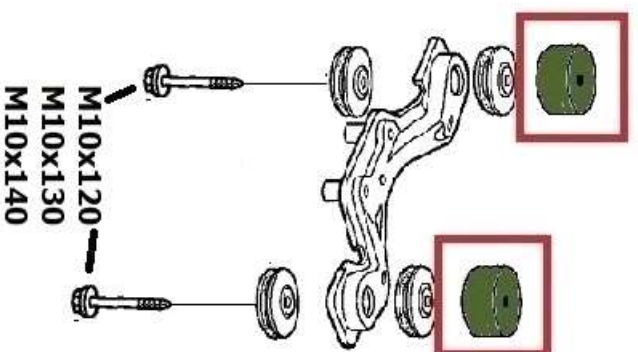
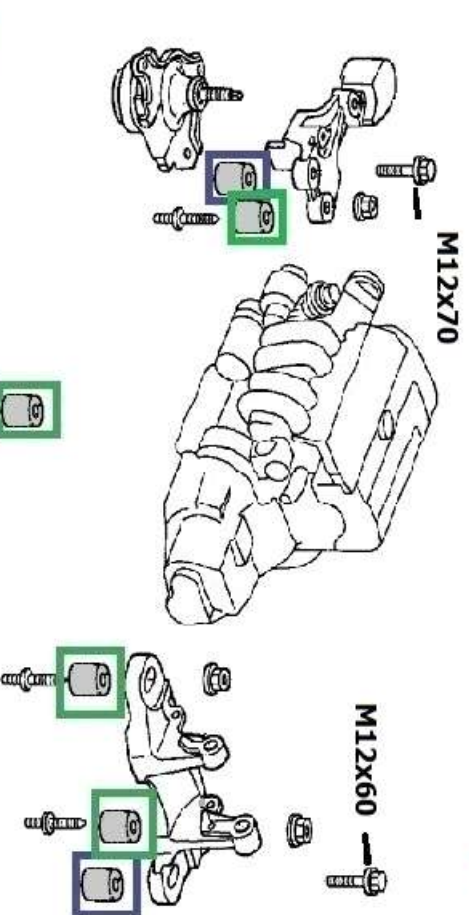
**For tech support, please call 1-844- HRG LIFT (474-5438) from 8-4:30 PM EST Mon-Thu 8-3:30 PM Fri or email us 24/7 at [support@hrgoffroad.com](mailto:support@hrgoffroad.com).**

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

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# 2002-2006 CR-V/2003-2011 ELEMENT SUBFRAME KIT INSTALLATION DIAGRAM (C) HRG OFFROAD 2022

- 1.25x1 M12 spacer
- 1.25x1 M14 spacer
- 2.75x1 M10 spacer



## Element 03-11 1" Subframe Checklist

___ 1.25x 1 M12 (1 pack of 10)	2-w
___ 1.25x1 M14 (1 pack of 7)	2-v
___ 0.75x1/M8x40 (1 pack of 2)( <b>4wd kit only</b> )	2-k
___ 1x1 M10 (1 pack of 2)( <b>4wd kit only</b> )	2-s
___ 2.75x1 M10 (2)( <b>4wd kit only</b> )	3-b
___ M6x40/0.5x1 (1 pack)	2-l
___ Extended exhaust hangers (2)	6-g

### **Bolt pack:**

___ M10x120 (2)	1-h
___ M10x50 (2)( <b>4WD kit only</b> )	1-f
___ M14x150(4)	2-n
___ M12x60/70 (1 of each)	1-k
___ M12x100 (8)	2-g
___ sticker	

