



2017-2022 Honda CR-V 1.5" lift 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 Off-road 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.

Recommended tire/wheel sizes:

Stock size: 235/65/17 (LX); 235/60/18 (EX, EX-L); or 235/55/19 (Touring)

For OEM 17" wheel:

245/65/17

245/70/17

255/70/17*

For OEM 18" wheel:

245/60/18

245/65/18

255/65/18*

17" aftermarket wheel: 17x8 +40

18" aftermarket wheel: 18x8 +40

For OEM 19" wheel:

245/55/19

255/55/19*

****Be sure to check fitment prior to installation! These sizes are only suggestions. HRG is not responsible for improperly fitted wheels/tires***

Included in the kit:

2 1.5" front spacers 5223

2 1" rear spacers 5226

2 1.5" rear shock extensions

2 Replacement front sway bar end links

4 2.75x1 M14 spacers (Rear subframe spacers)

8 0.75x1 M8 spacers(Rear subframe bracket spacers)

4 1.25x1 M14 spacers (Trailing arm spacers)

4 M14x150 bolts (Front subframe bolts)

4 M14x160 bolts (Rear subframe bolts)

4 M14x90 bolts (Trailing arm bolts)

8 M8x40 bolts (Rear subframe bracket bolts)

4 M8x60 bolts (Rear shock extensions)

6 M10 nuts (Front lift spacers)

TOOLS REQUIRED: Floor jack, lug wrench, metric socket set to 21mm, 36mm axle socket, metric wrench set to 19mm, impact wrench, pliers, heavy hammer, 4-foot pry bar, screwdriver, plastic cutting tool, torque wrench and paint pen.

Installation time: Approximately 4-5 hours

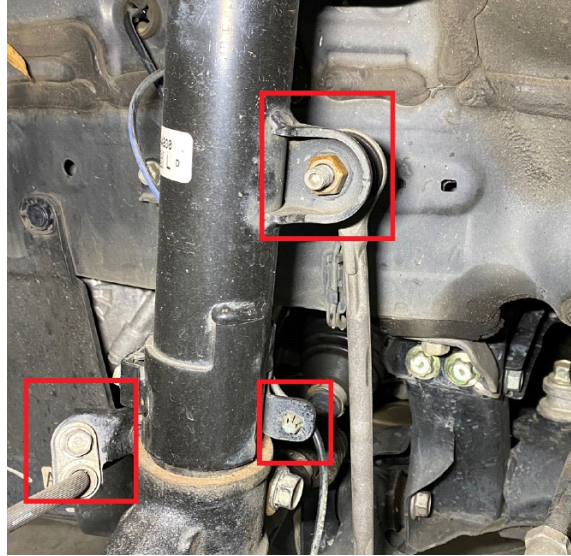
Skill level: Moderate

FRONT INSTALLATION:

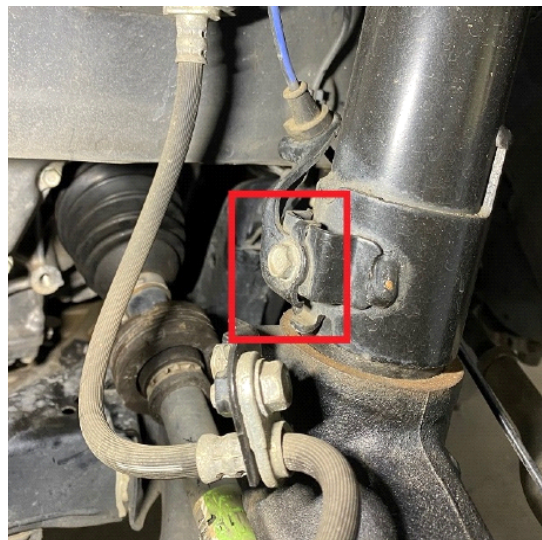
Step 1. Jack up vehicle and support with jack stands.

Step 2. Remove wheels.

Step 3. Remove nuts holding sway bar link. Remove sway bar link.



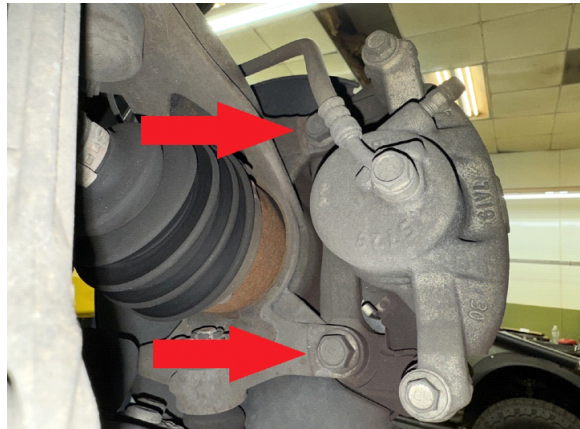
Step 4. Remove 12mm bolt holding brake line to strut and unclip ABS wires from strut.



Step 5. Remove nut and cotter pin, strike knuckle to release tie rod end.



Step 6. Remove 2 17mm bolts holding brake caliper to wheel hub, suspend brake caliper to prevent stress on the flexible brake lines.



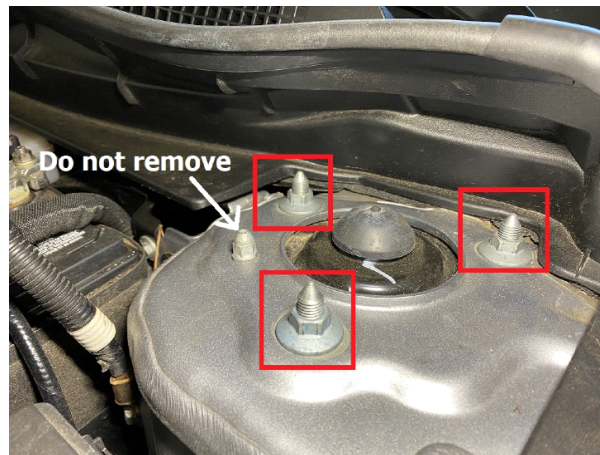
Step 7. Remove 3 17mm nuts holding lower ball joint to hub.



Step 8. Remove brake rotor, remove axle nut and slide axle out.



Step 9. Remove nuts from shock tower on driver side. Have a helper remove the strut and knuckle assembly.



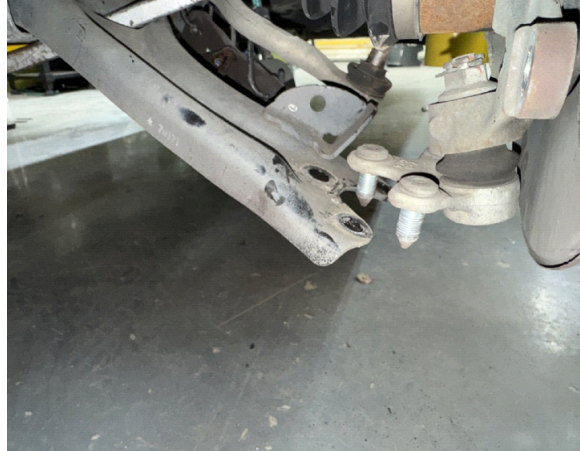
Step 10. Place strut spacer on top of strut and secure with hardware provided in the kit.

Step 11. Spin strut top 180° and slide studs on spacer through original mounting holes in strut tower. Secure strut with OEM hardware. Tighten nuts to 33 ft-lb



Step 12. Slide axle back into hub assembly and thread nut on to axle shaft. Torque axle nut to 242 ft-lb.

Step 13. Using a large pry bar, line up the lower control arm with the hub assembly and reinstall 3 nuts. Tighten nuts to 74 ft-lb.



Step 14. Drill sway bar mounting holes for sway bar link 1/2"



Step 15. Install new sway bar link. **Note: sway bar link holes will not line up until both sides are lifted.**

Step 16. Reinstall ABS wires and flexible brake lines. Tighten brake line mounting bolt to 25 ft-lb

Step 17. Reinstall brake rotor and caliper. Tighten caliper bolts to 80 ft-lb.

Step 18. Reinstall tie rod end and castle nut. Don't forget the cotter pin!

Step 19. Double check all bolts.

Step 20. Reinstall wheel.

Step 21. Repeat installation process for passenger side.

Step 22. Attach sway bar links. Torque nuts to 56 ft-lb.

REAR INSTALLATION:

Step 1. Lift vehicle and support with jack stands.

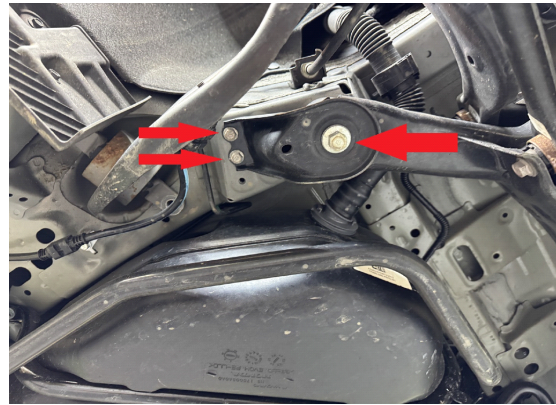
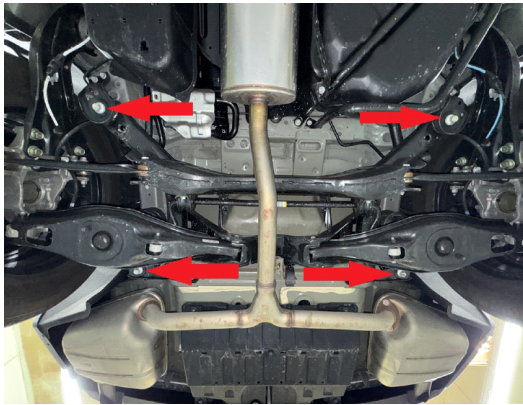
Step 2. Remove wheels.



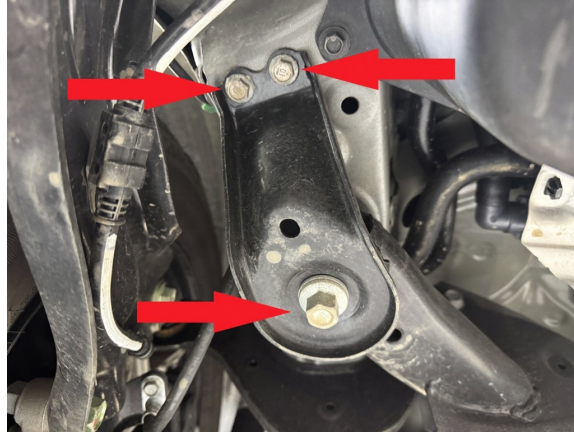
Step 3. support rear subframe with floor jack or screw jack.

Step 4. Remove 12mm bolts holding subframe stiffener brackets to body. See photos below.

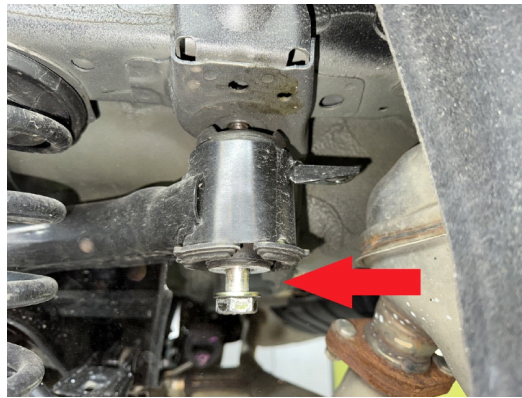
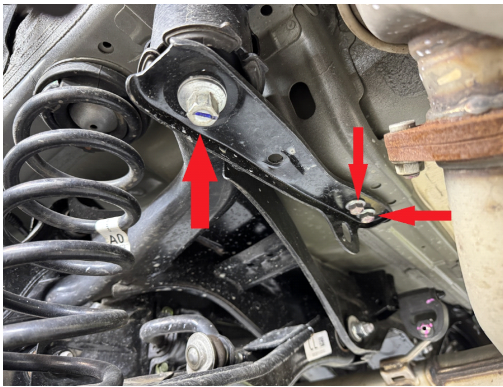
Step 5. Remove main subframe bolt starting with driver side front corner. Temporarily thread in a M14x150 bolt included in the kit. (this will help to maintain rear subframe alignment)



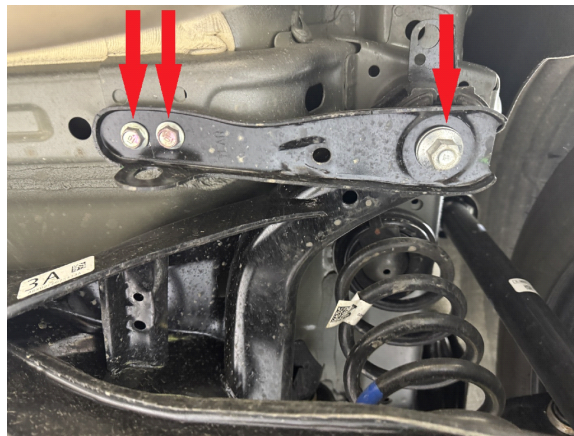
Step 6. Repeat this process on passenger side.



Step 7. Remove driver side rear main subframe bolt. Temporarily thread in a M14x160 bolt included in the kit. (see photos)



Step 8. Repeat this process on passenger side.

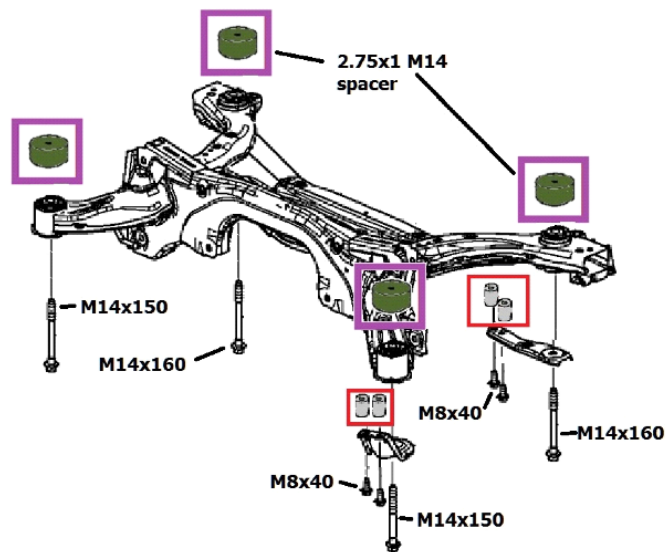


Step 9. Carefully lower subframe approximately 1 inch.

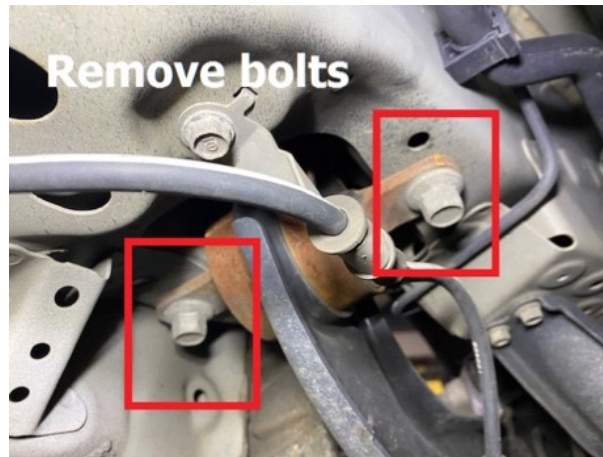
Step 10. Remove M14x150 bolt from driver side front corner and place 2.75x1 M14 spacer between subframe and body. Place 2 0.75x1 M8 spacers between subframe stiffener bracket and body. Reinstall M14x150 bolt, install 2 M8x40 bolts into stiffener bracket. (see photo) Torque M14 bolts to 110 ft-lb. Torque M8 bolts to 30 ft-lb



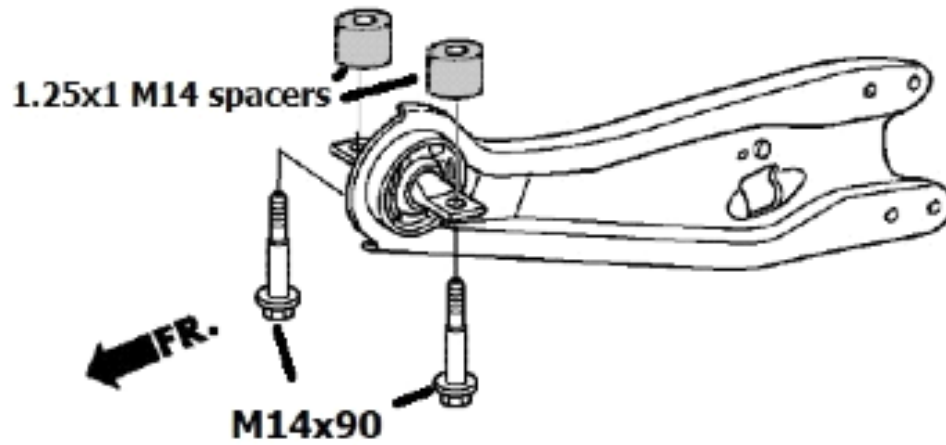
Step 11. Repeat this process on all 4 corners of the subframe.



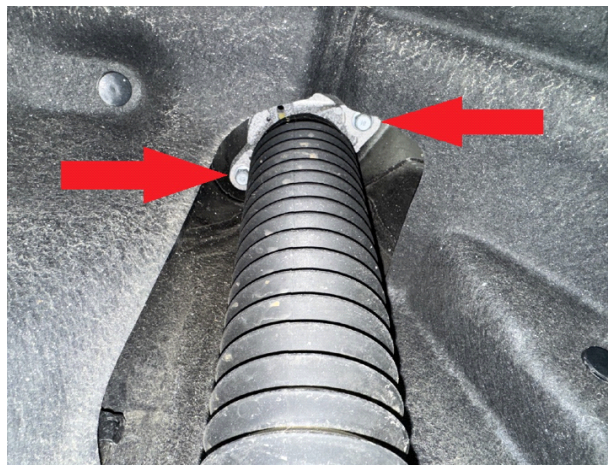
Step 12. Remove 2 bolts holding driver side trailing arm to body.



Step 13. Place 1.25x1 M14 spacers between trailing arm and body. Install M14x90 bolts.



Step 14. Remove 2 12mm bolts holding shock absorber into wheel well.



Step 15. Support driver side lower control arm with floor jack or screw jack.

Step 16. Remove bolts holding rear sway bar link and wheel hub to lower control arm on driver side. Loosen, do not remove rear alignment bolt, allowing lower control arm to drop. Carefully release pressure on spring by lowering jack.



Step 17. Remove spring and place lift spacer on top of rubber isolator as shown.



Step 18. Reinstall spring and spacer. Be sure lower spring coil is rotated properly and fully seated in the lower rubber isolator.



Step 19. Place rear shock spacer between rear shock and body, install M8x60 bolts. torque bolts to 30 ft-lb



Step 20. Use jack to compress the spring and raise the lower control arm back into place.



Step 21. Reinstall bolt holding lower control arm to wheel hub.

Step 22. Reinstall sway bar link bolt and tighten alignment bolt.

Step 23. Repeat installation process for passenger side.

Step 24. Double check all bolts.

Step 25. Reinstall wheels.

Step 26. Get a professional 4-wheel alignment.

Step 27. Find some trails!



Note: Installing a lift kit 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.

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

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