



2003-2024 4Runner 3 inch (76mm) lift 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.

Recommended tire/wheel sizes:

STOCK SIZE: 265/70/17 (31.6")

275/70/17 (32")

285/70/17 (32.7") will require fender liner pull

295/70/17 (33.3") will require cutting/trimming fenders

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" (38mm) lift spacers (front)
- 2 2.0" (51mm) lift spacers (rear)
- 6 M10 nuts (front lift spacers)
- 2 M8x25 bolts (rear lift spacers)
- 2 M8 nuts
- 2 2.75x1 M14 spacers (front diff carrier)

2 M14x150 bolts (front diff carrier)

4 M14 nuts

2 M8x40 bolts (skid plate)

2 0.75x1 M8 spacers

2 Rear shock extension brackets

2 M14x70 bolts

Tools required:

Floor Jack, lug wrench, metric socket set to 21mm, metric wrench set to 19mm, impact wrench, heavy hammer, needle-nose pliers, torque wrench, and paint pen.

Skill level: Moderate

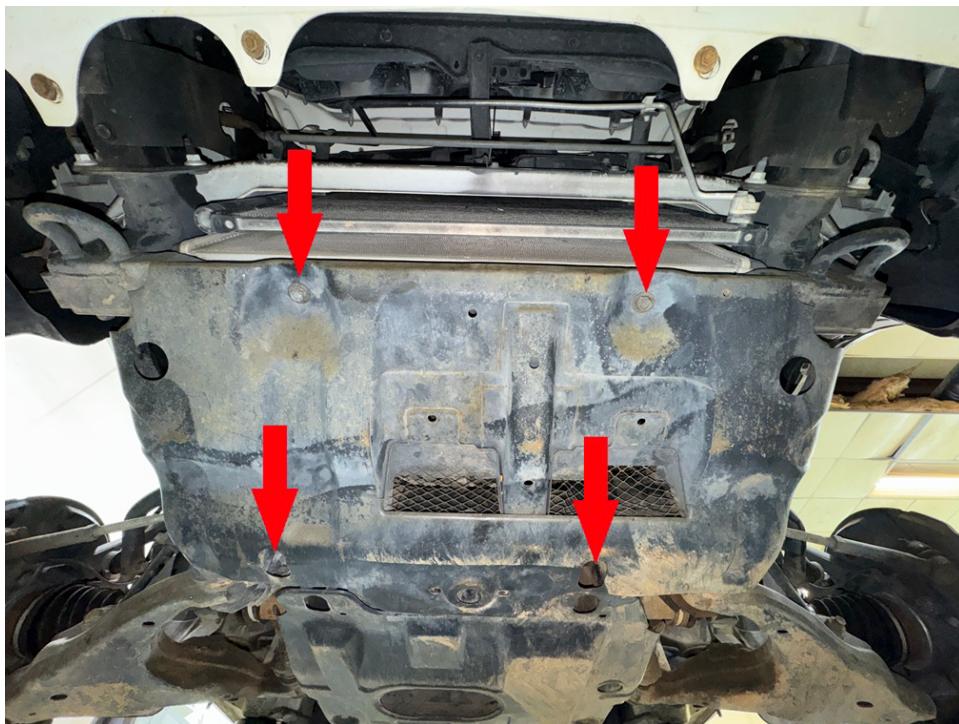
Approximate installation time 4-5 hours

Front installation:

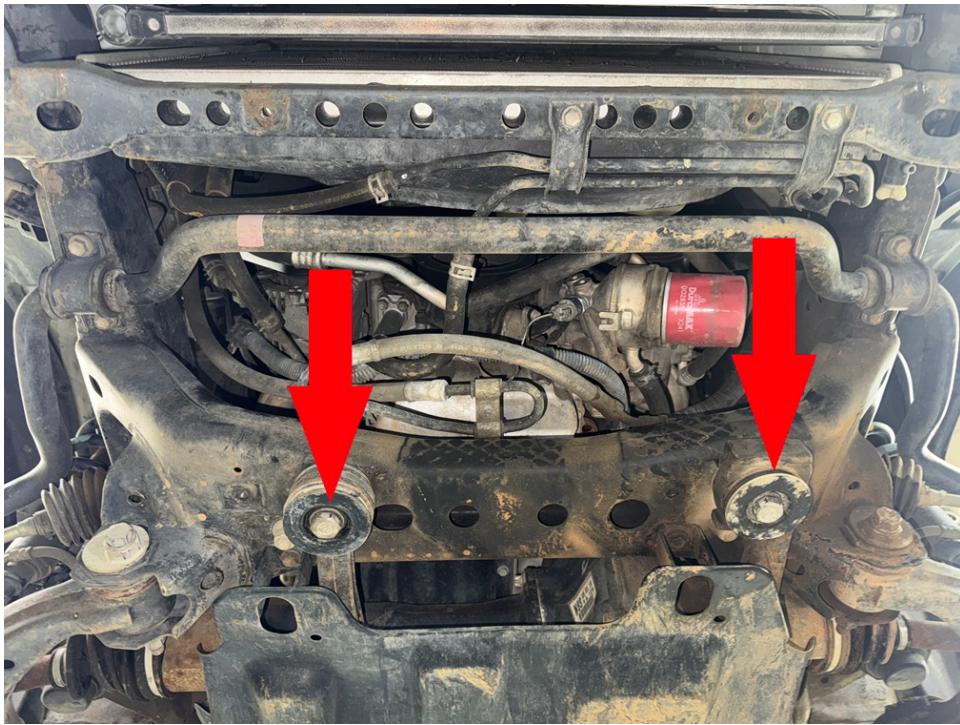
Step 1. Lift vehicle and support with jack stands.

Step 2. Remove wheels.

Step 3. Remove 4 bolts holding front skid plate.



Step 4. Remove bolts holding front differential carrier.



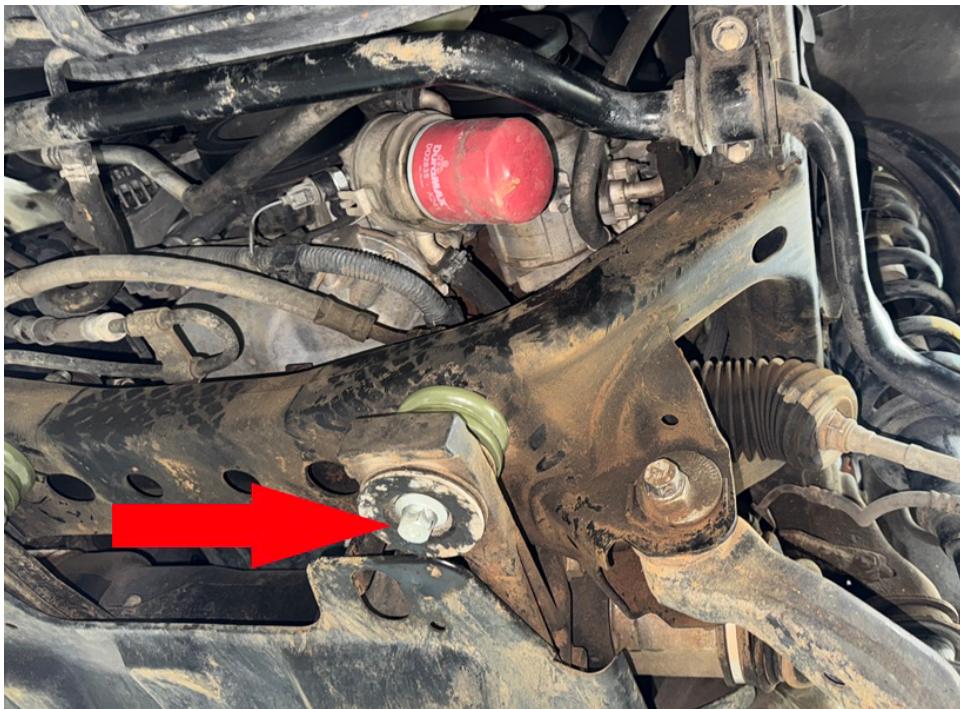
Step 5. Lower front differential carrier approximately one inch.



Step 6. Place 2.75x1 M14 spacers between differential carrier and frame.



Step 7. Install M14x150 bolts and M14 nuts.



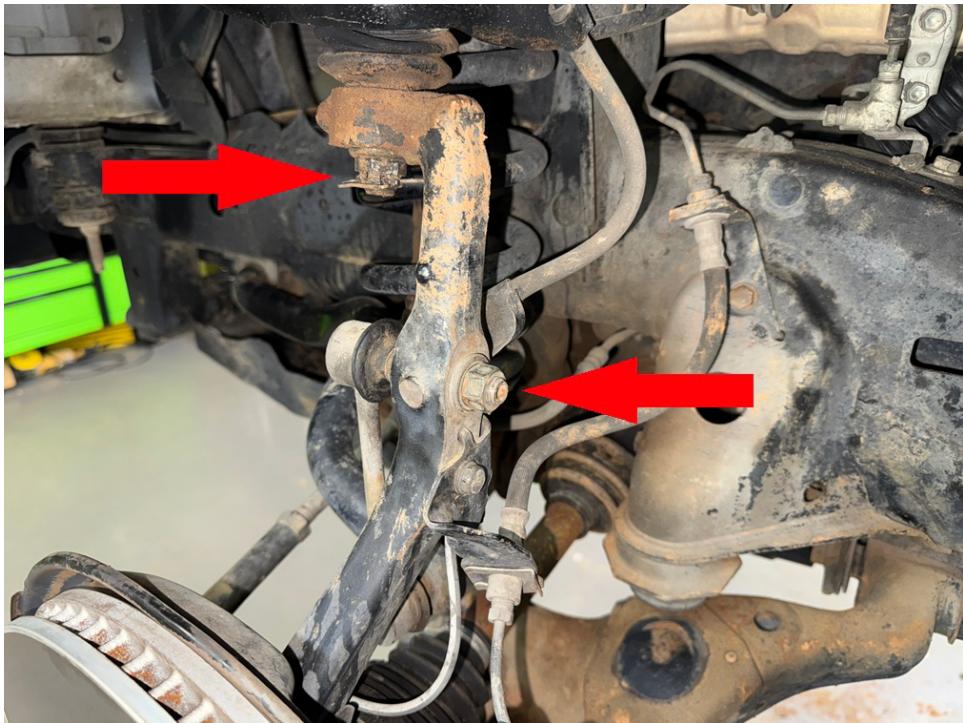
Step 8. Loosen bolts holding driver side upper control arm.



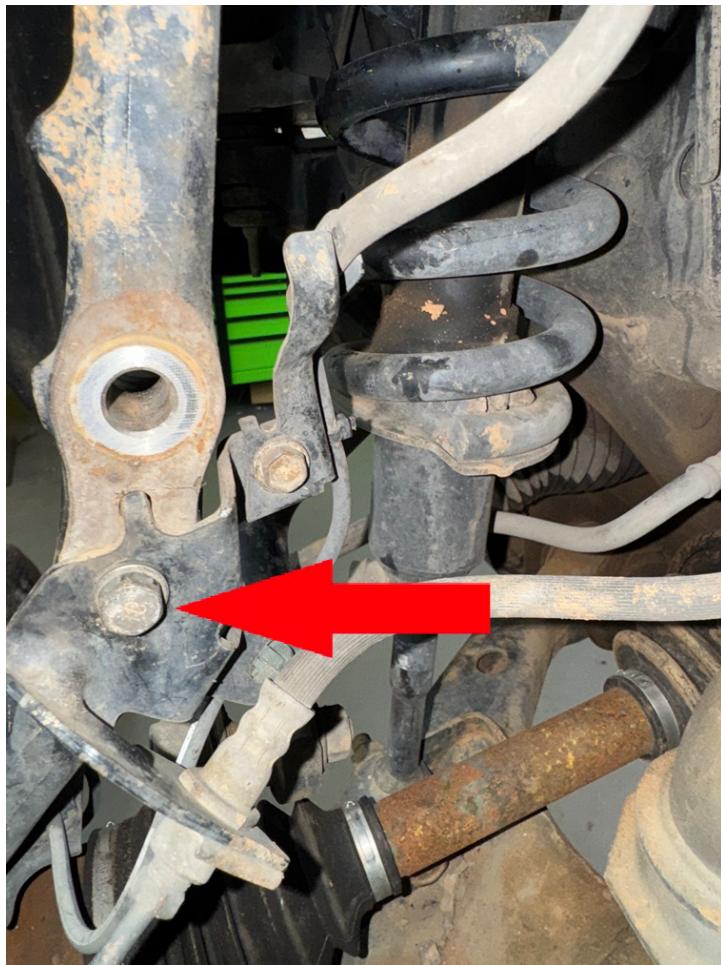
Step 9. Loosen bolts on lower control arm.



Step 10. Remove sway bar end link nut and loosen upper ball joint nut.

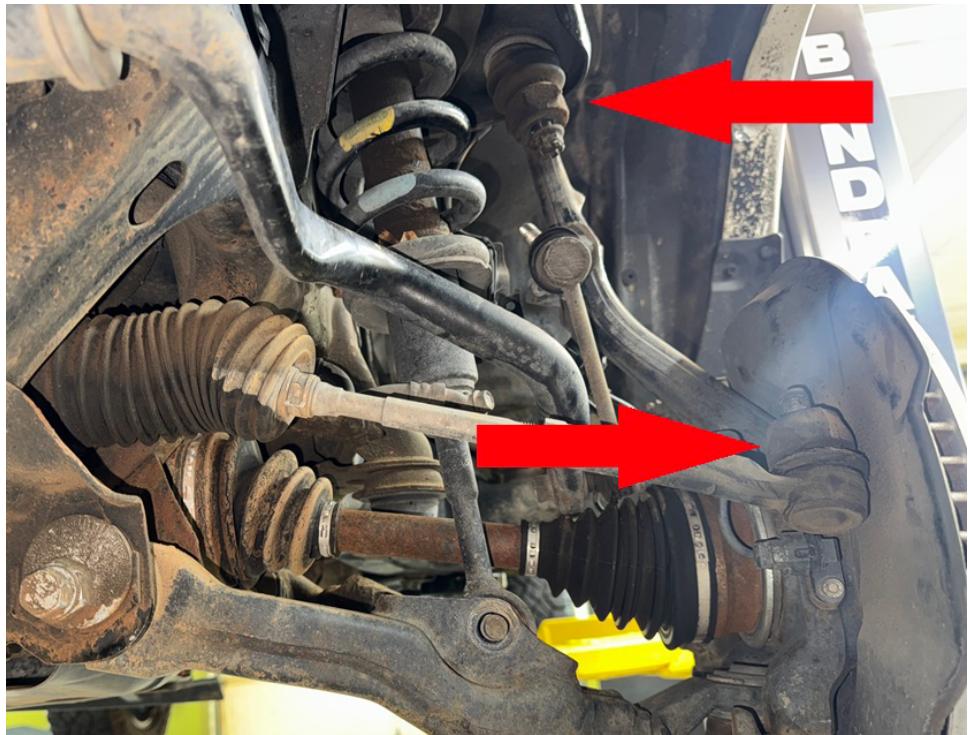


Step 11. Remove bolt holding brake line bracket.



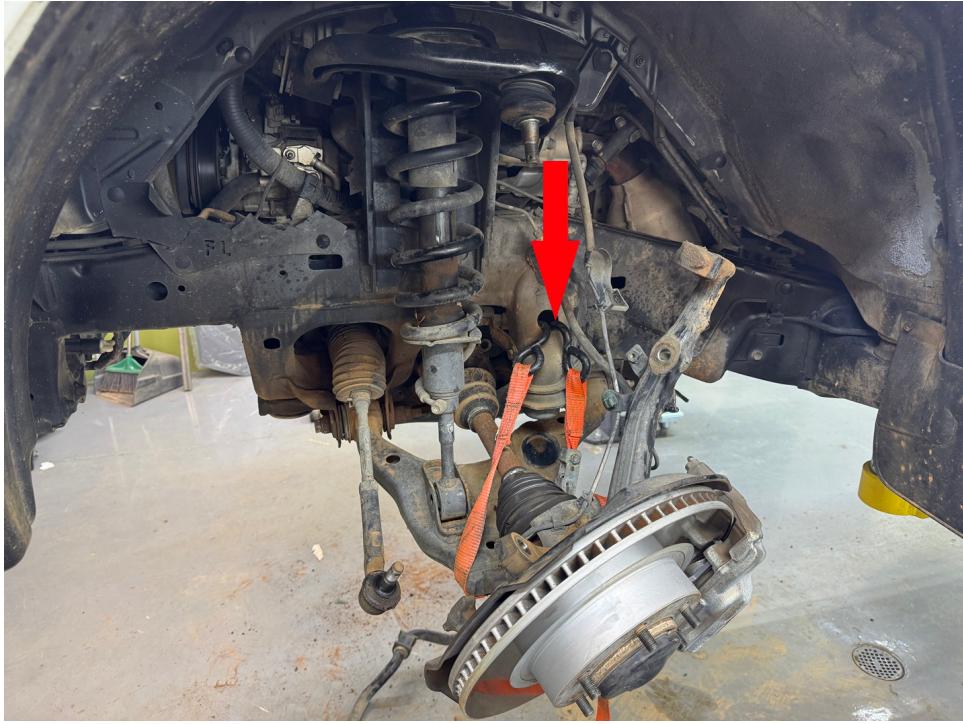
Step 12. Using a heavy hammer, strike spindle to shock ball joint loose. (see photo)

Step 13. Loosen tie rod end nut and strike spindle to shock tie rod end loose.

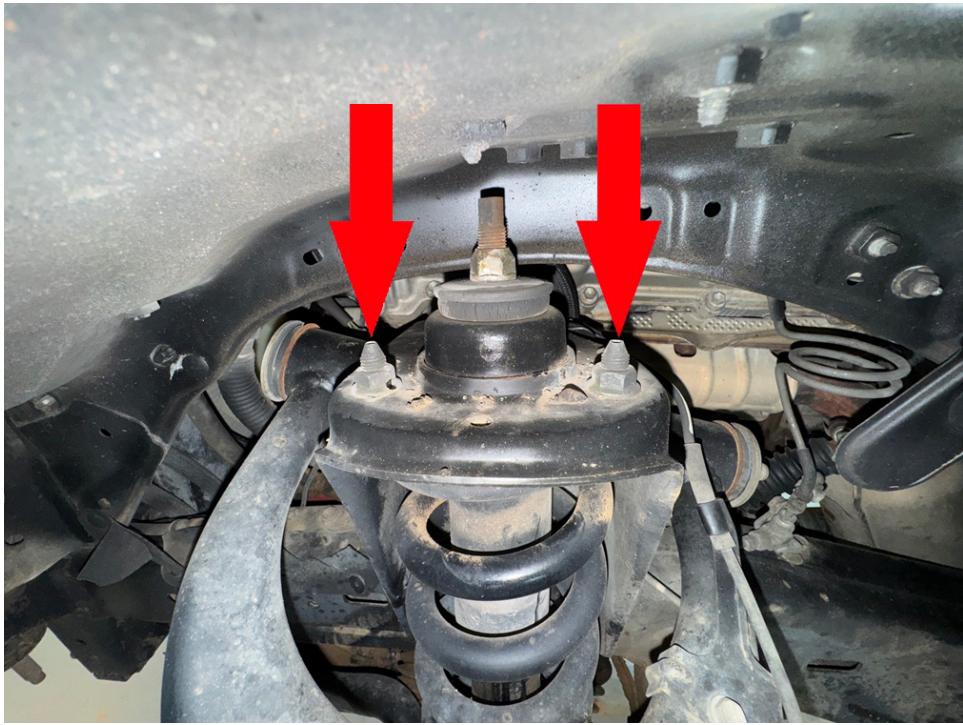


Step 14. Remove lower strut mounting bolt. Support front suspension with a ratchet strap to prevent axle from separating.





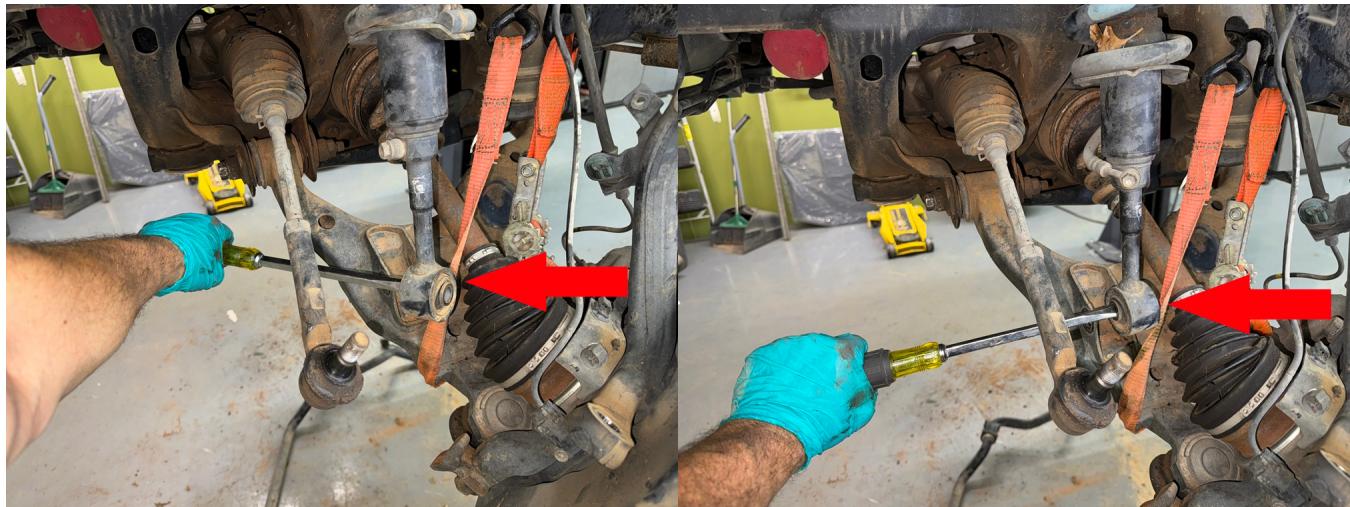
Step 15. Remove 3 nuts holding strut to strut mount. Remove strut (X-REAS suspension will stay connected via the hydraulic hose during the installation)





Step 16. Bolt spacer to strut using nuts provided with the kit and reinstall strut/spacer assembly.

Step 17. Rotate strut 60° as shown to line up the bottom bolt hole. Install lower shock bolt. (X-REAS shown)

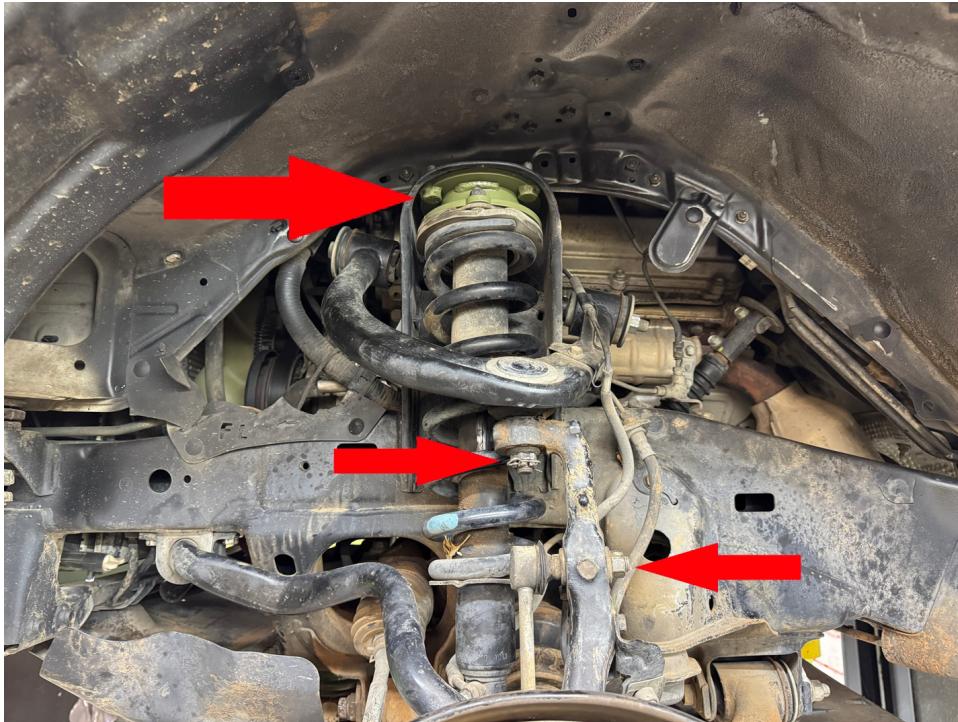


Step 18. Using a floor jack or screw jack, compress front suspension enough to line up the upper ball joint.



Step 19. With the suspension compressed, simulating ride height, tighten upper and lower control arm bolts. Note, alignment technician will be loosening the lower bolts to perform an alignment.

Step 20. Reinstall all bolts and nuts in driver side front suspension. Don't forget the brake line bracket! NOTE: sway bar link WILL NOT line up until both sides are completed.

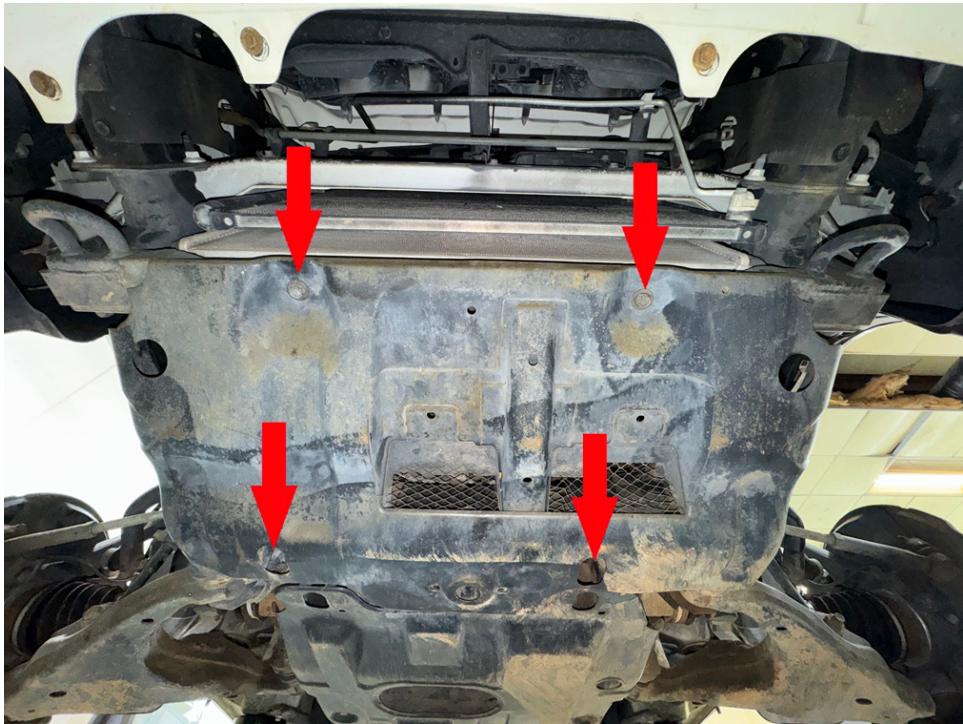


Step 21. Repeat spacer installation process on passenger side.

Step 22. Reinstall sway bar links on both driver and passenger side.

Step 23. Place 0.75x1 M8 spacers between skid plate and rear mounting points, install M8x40 bolts in place of OEM

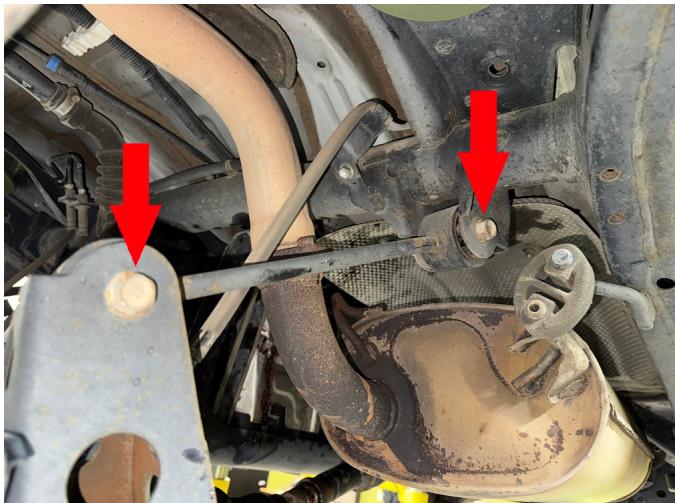
bolts. Use OEM bolts in front 2 mounting holes.



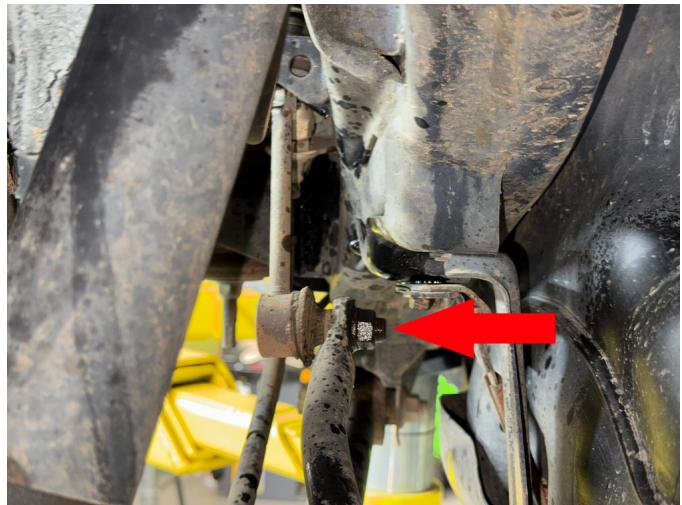
Step 24. Double check all bolts, torque to factory spec (refer to Toyota service manual) and mark torqued bolts with a paint pen.

Rear installation:

Step 1. Loosen all bolts in upper link arms.



Step 2. Remove nuts holding rear sway bar end links (ours were badly rusted and needed replacing)



Step 3. Loosen bolts in rear lower link arms.



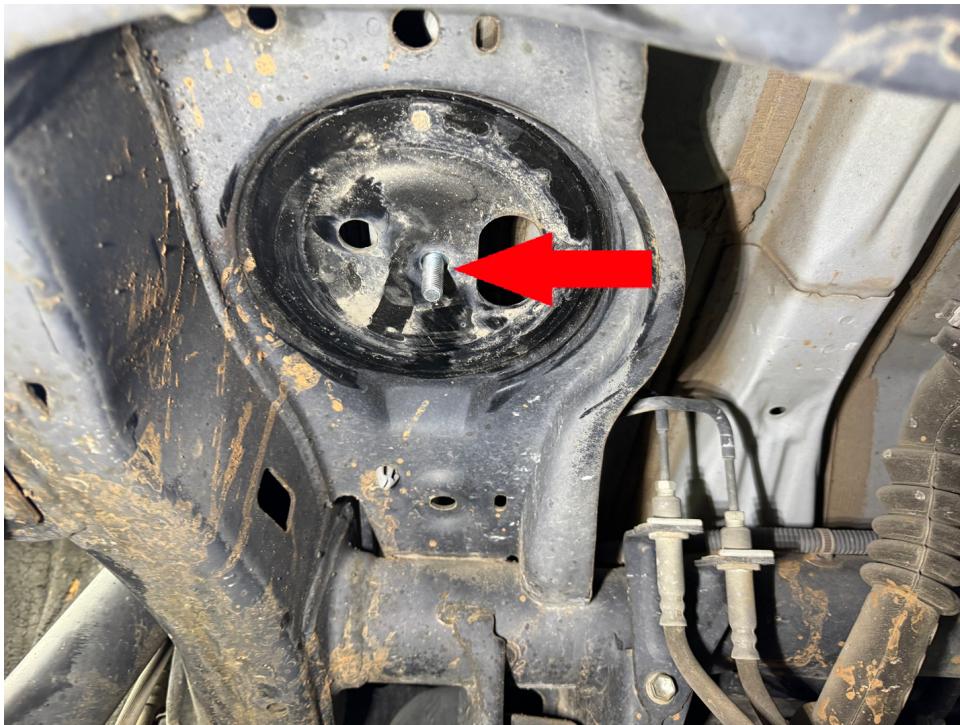
Step 4. Using a floor jack or screw jack, lift rear axle approximately 1.5 inches.

Step 5. Remove bolts holding shock absorbers to rear axle. Slide shocks off of mounting studs.

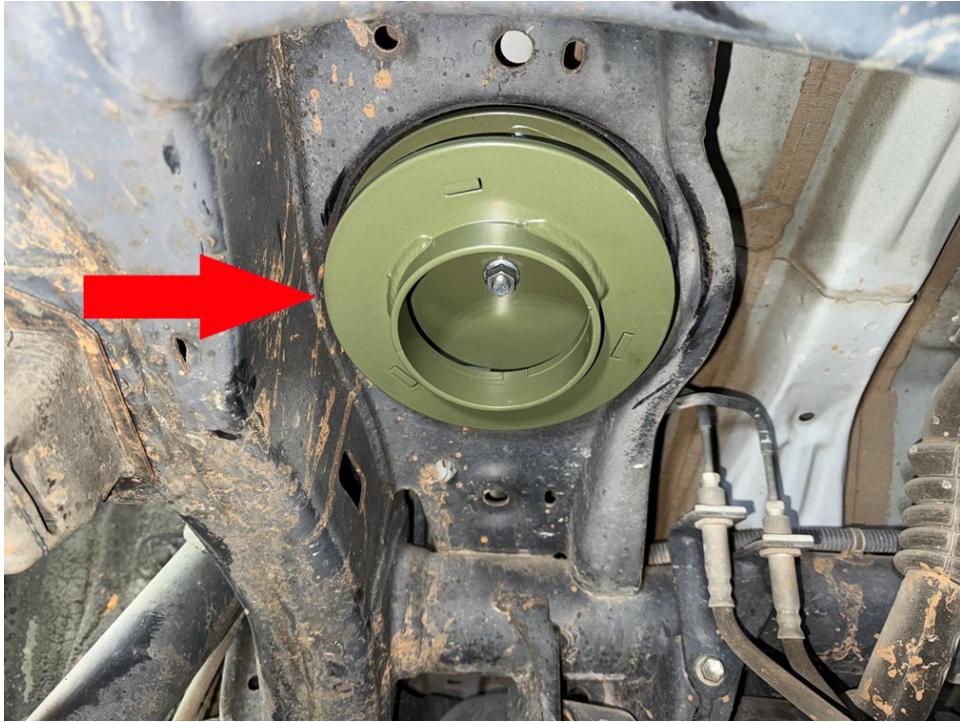


Step 6. Carefully lower axle to release pressure on springs, remove springs.

Step 7. Place M8x25 bolt through hole in top of spring perch. (see photo)



Step 8. Attach rear spring spacer to spring perch using M8 nut.



Step 9. Reinstall springs.

Step 10. Install bolt sleeve into shock mounting hole.



Step 11. Install shock extension onto shock mounting stud as shown. Loosely install OEM bolt. Rotate shock absorber 90°.



Step 12. Lift rear axle back into position.

Step 13. Align shock extension holes with shock absorber, install M14x70 bolt and M14 nut. Tighten all shock mounting bolts.



Step 14. Using a floor jack or screw jack, lift axle to compress rear suspension to approximately ride height.

Step 15. Tighten all upper and lower suspension link arms.

Step 16. Reinstall sway bar end links (we installed new ones)

Step 17. Double check ALL BOLTS!

Step 18. 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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