

**TF036: TERRAFIRMA HEAVY LOAD COIL SPRINGS (PAIR) – STANDARD HEIGHT – FRONT****DEFENDER 90 / 110 / 130****FITTING INSTRUCTIONS**

1. Put the car into gear or park and apply the hand brake, loosen the front wheel nuts on one side, raise the vehicle on a trolley or bottle jack under the axle and then support the vehicle with an axle stand under the chassis. It's easier and safer to do this job one side at a time.
2. Remove the front wheel.
3. Undo the nut on the bottom of the shock absorber remove all bushes and washers.
4. Gently lower the axle on the jack, the axle will lower the spring away from the chassis and the spring will become loose. Once this happens stop lowering the axle. Take care not to stretch the brake lines.
5. Compress the shock absorber upwards to allow the spring to be removed. If the car has gas shock absorbers fitted it may be necessary to undo the 4 nuts securing the turret and then pull the shock absorber and turret up out of the way.
6. Clean the spring plate on the axle and fit the new spring ensuring you use the correct spring for the side of the vehicle you are changing as the springs are normally handed.
7. Gently raise the axle back up using the jack and ensuring the spring relocates into the top chassis mount.
8. Pull the shock absorber back down through the new spring, refit the turret if you had to remove it, Fit the upper bottom washers and bush, before pulling the lower part of the shock down through the spring seat. Then fit the lower bottom washers and bush and the securing nut, Tighten the bottom securing nut.
9. Refit the wheel, lower the car off of the axle stand and torque the wheel nuts correctly.
10. Repeat the procedure on the other side.



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