

**TF142: TERRAFIRMA COMMERCIAL HD SHOCK ABSORBER – STANDARD TRAVEL – FRONT****DEFENDER 90 / 110 / 130, DISCOVERY 1 & RANGE ROVER CLASSIC****FITTING INSTRUCTIONS**

1. Put the car into gear and apply the hand brake, loosen front wheel nuts, raise vehicle on a jack and then support the front axle on axle stands.
2. Remove the front wheels.
3. Remove the plastic cover on the inner wheel arch and expose the top of the turret.
4. Undo the nut on the bottom of the shock absorber remove all bushes and washers.
5. Undo the 4 nuts securing the shock absorber turret to the chassis bracket then Pull the turret and shock absorber out through the hole in the inner wing.
6. Undo the nut on the top of the shock absorber and then pull out of the turret removing all bushes and washers.
7. Fit the new shock absorber in through the turret, with the new washers and bushes in the correct order, then tighten the top nut.
8. Drop the turret and shock absorber back through the hole in the inner wing, fit the washers and nuts and tighten down the turret onto the chassis bracket.
9. 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.
10. Replace the inner wing cover.
11. When both sides are done refit wheels lower the car off of the axle stands and torque the wheel nuts correctly.



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