

MGF

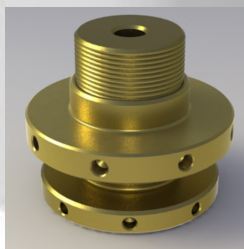
SPRING CONVERSION

INSTRUCTIONS FOR FITTING

PARTS INCLUDED IN KIT



TOP HAT x 4



LOWER ADJUSTER x 4



**SPRINGS 2 x REAR (SHORT)
2 x FRONT (LONG)
4 x GAZ SHOCKS**

**HEIGHT ADJUSTMENT TOOLS x 2
GREASE X 1**

WARNING

The conversion requires the original suspension to be depressurized and should only be undertaken by trained technicians using the correct equipment for the job.

REMOVAL

Depressurize the suspension system using a suspension pump designed for this purpose.

For front units remove plastic inner wheel arch for access

Remove shock absorber

Remove hose from suspension unit.

Unbolt retaining plate that holds suspension unit to sub frame and remove retaining plate. (top 2 bolts have nuts behind)

Remove suspension unit from vehicle.

MODIFICATIONS

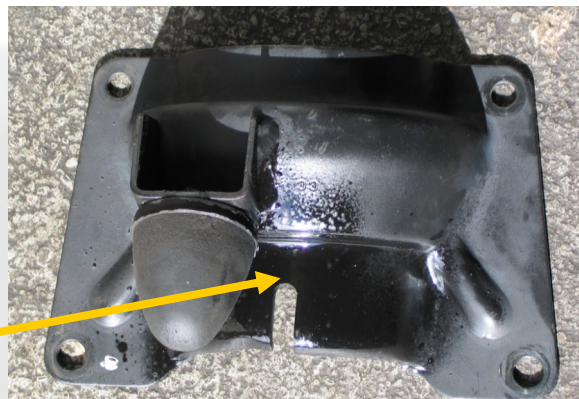
For ease of fitting it is recommended that the pin that the unit sits on is shortened using a cutting disc by approx 15mm as pictured.

The spring fitted to the pin is removed

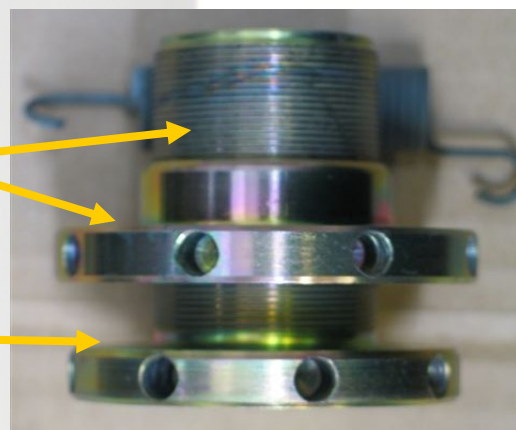


For ease of height adjustment a slot is cut in the unit retaining plate.

Drill a 6-7mm hole approx 15mm from the bottom edge and cut a slot using a cutting disc or hacksaw as pictured.



Lubricate lower adjuster thread and spring seating using grease supplied, screw spring seat down against lower flange.



Assemble spring, top hat and lower adjuster together and fit to vehicle. Lower plates should be against each other when fitting to car.

Fit retaining plate to mount unit.

Longer spring is used in the front.



Adjust plates using tools to lock and rotate adjusters to load spring.

Approx 20mm between plates at rear will give ride height around 340mm wheel arch to wheel centre.

Front will require approx 8mm between plates for a 350mm ride height.



Fit shock absorbers and adjust to approx 10 clicks clockwise as a starting point.

Fit wheels and drive car a short distance to settle springs.

Jack car and remove wheels as required and move adjusters until desired ride height is achieved.



Once you have settled on an acceptable height the vehicle should have a 4 wheel alignment carried out.

**A good starting set up would be; rear 340mm centre to arch
front 350mm centre to arch**

This setting is close to the specified ride height for an MGF Trophy

This kit is a replacement option for cars with damaged suspension bags enabling the continued long term usage of the vehicle.

It is not intended as a performance upgrade and should only be used to set the vehicle to the recommended ride heights specified by MG/ROVER.

RV8 CARS AUSTRALIA P/L 02 9682-6655