



Installation instructions

LP Adventure lift kit

Subaru Forester



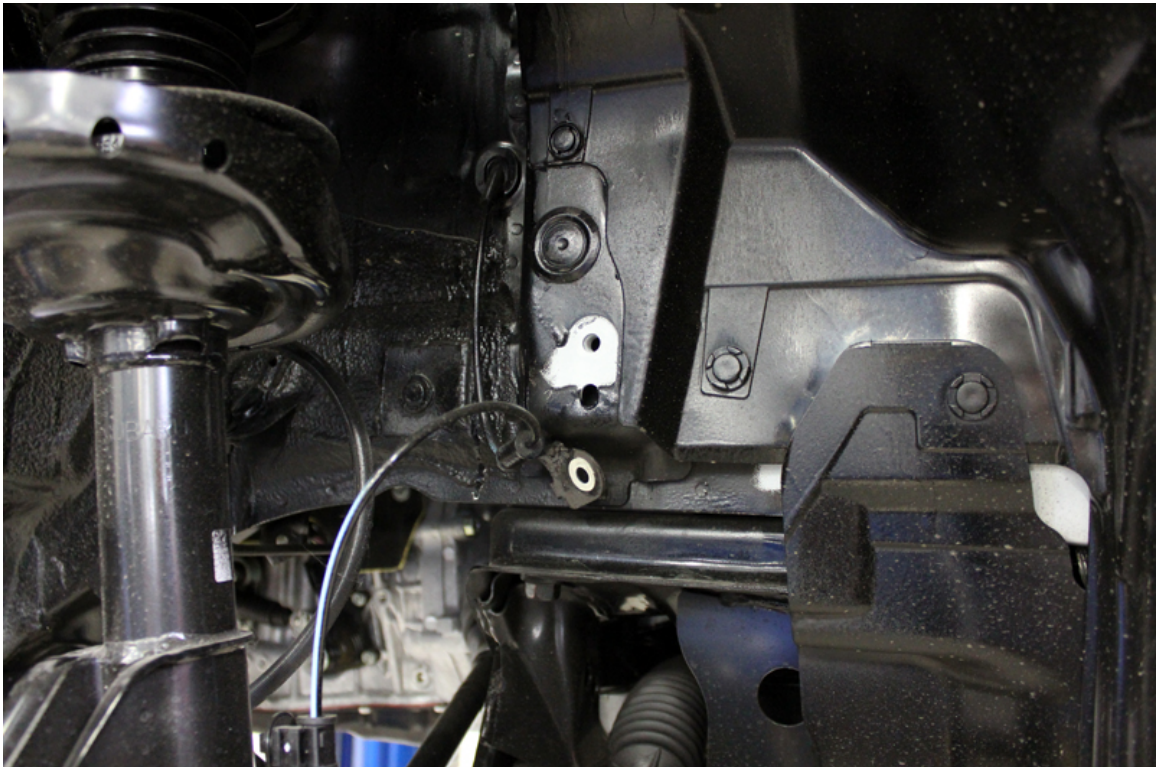
Necessary tools:

- We recommend using a lift to do the installation safely
- Stand (to support the subframe)
- Ratchet
- 12mm Socket
- 14mm Socket
- 17mm Socket
- 19mm Socket
- 22mm Socket
- Key 12mm
- Key 14mm
- Key 17mm
- Long nose pliers
- Torque wrench

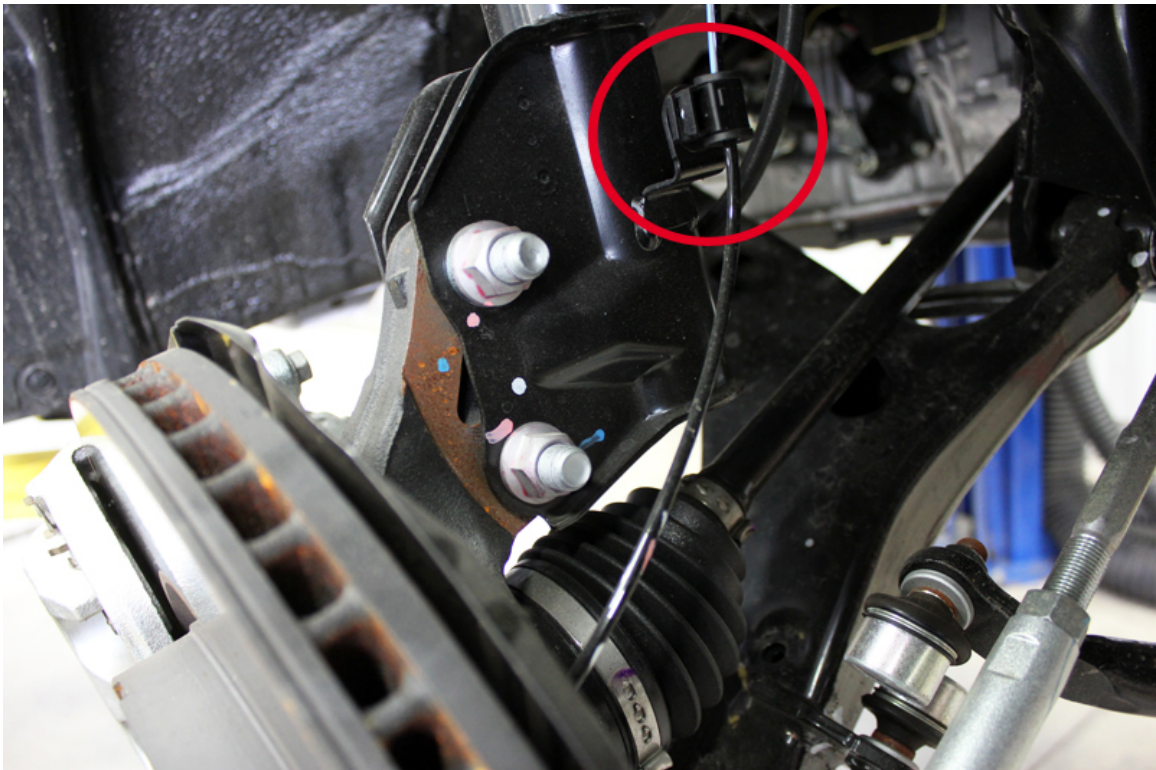
1. Remove the wheels



2. Unbolt the ABS sensor bracket

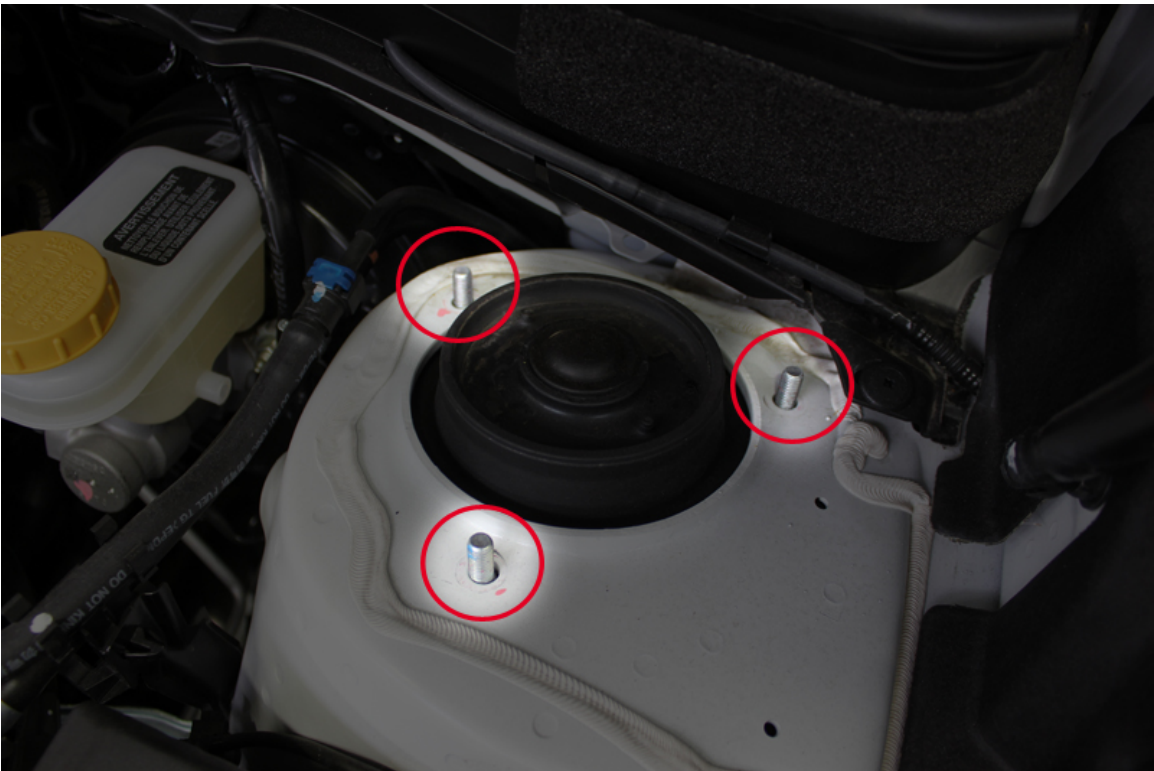


3. Unbolt the brake line and ABS sensor bracket.



4. Unbolt the bottom and head of the suspension.

Note: Be careful, to not drop the suspension on the axel.



5. Remove the front shocks

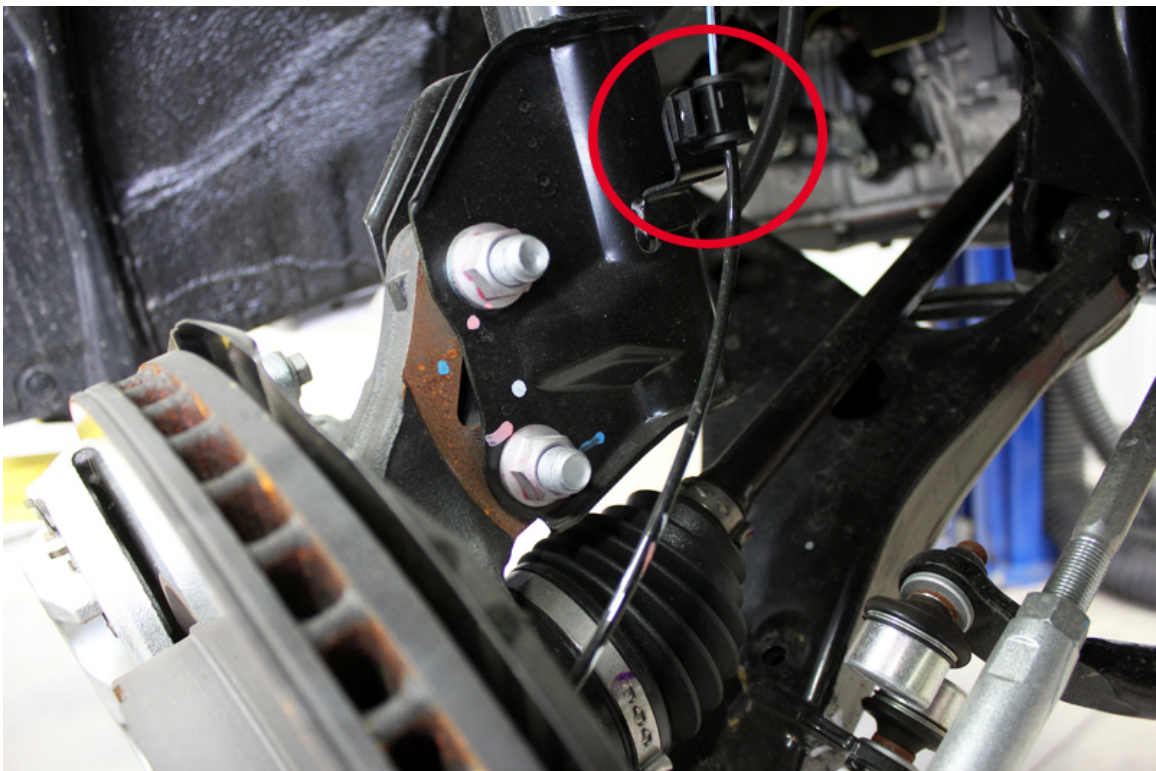
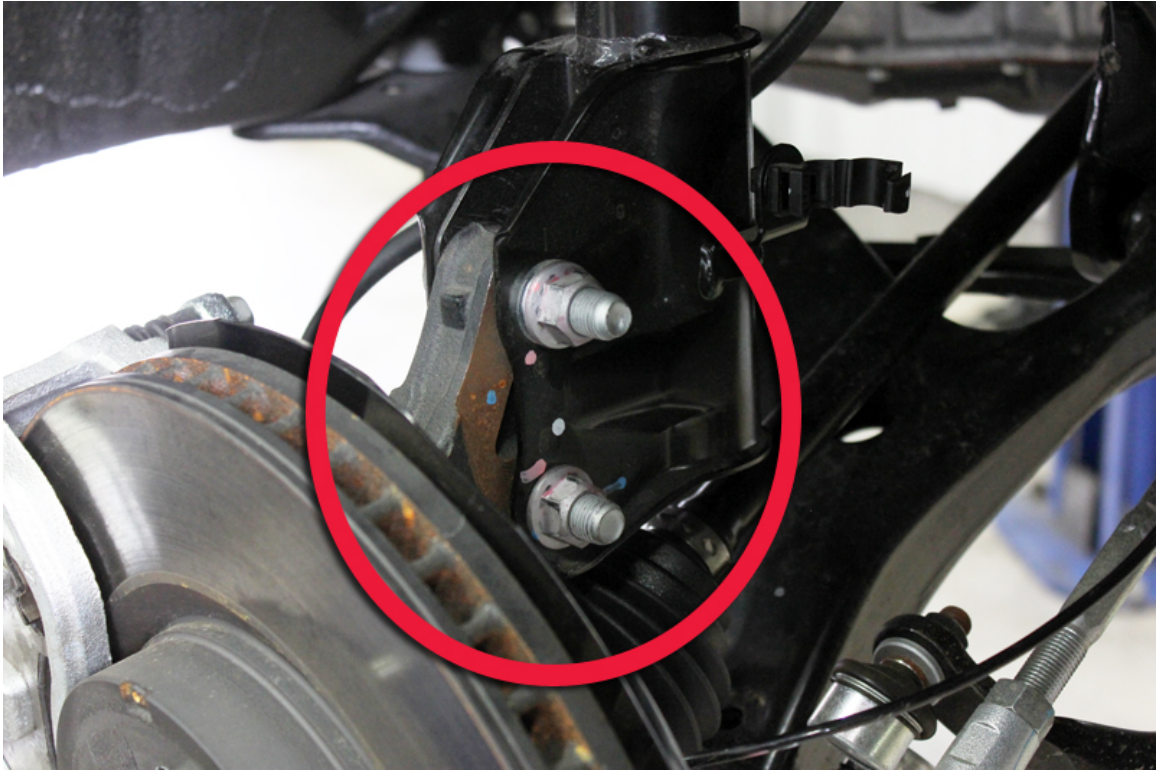


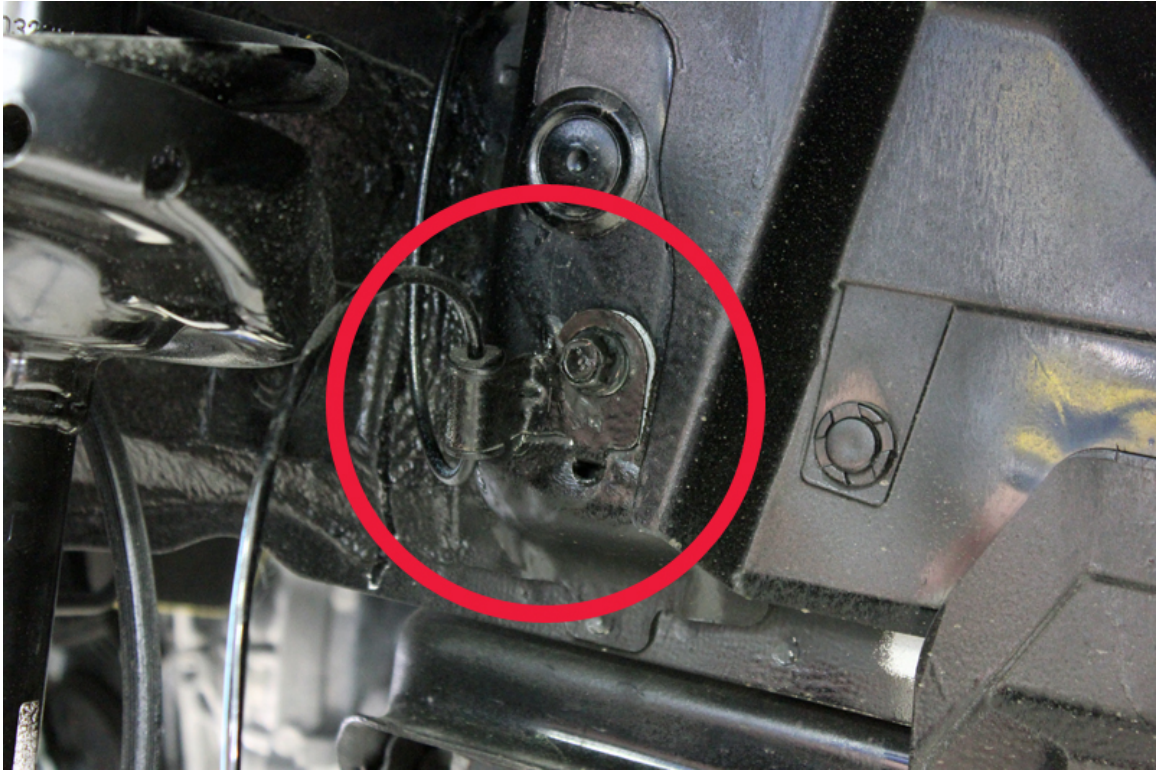
6. Install spacers on the head of the suspension



***** Reinstall the front suspension *****

- Bolt the bottom and head of the suspension
- Reinstall the brake line and ABS sensor brackets.



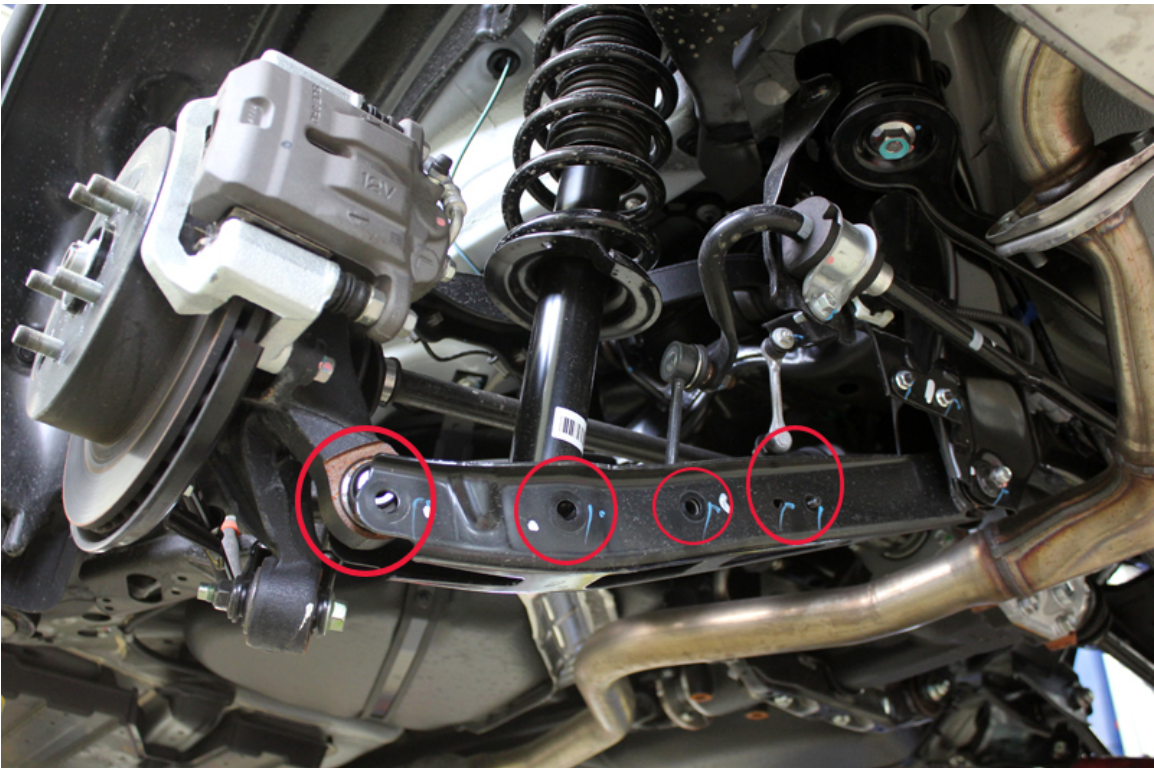


The rear.

7. Unbolt the brake line bracket



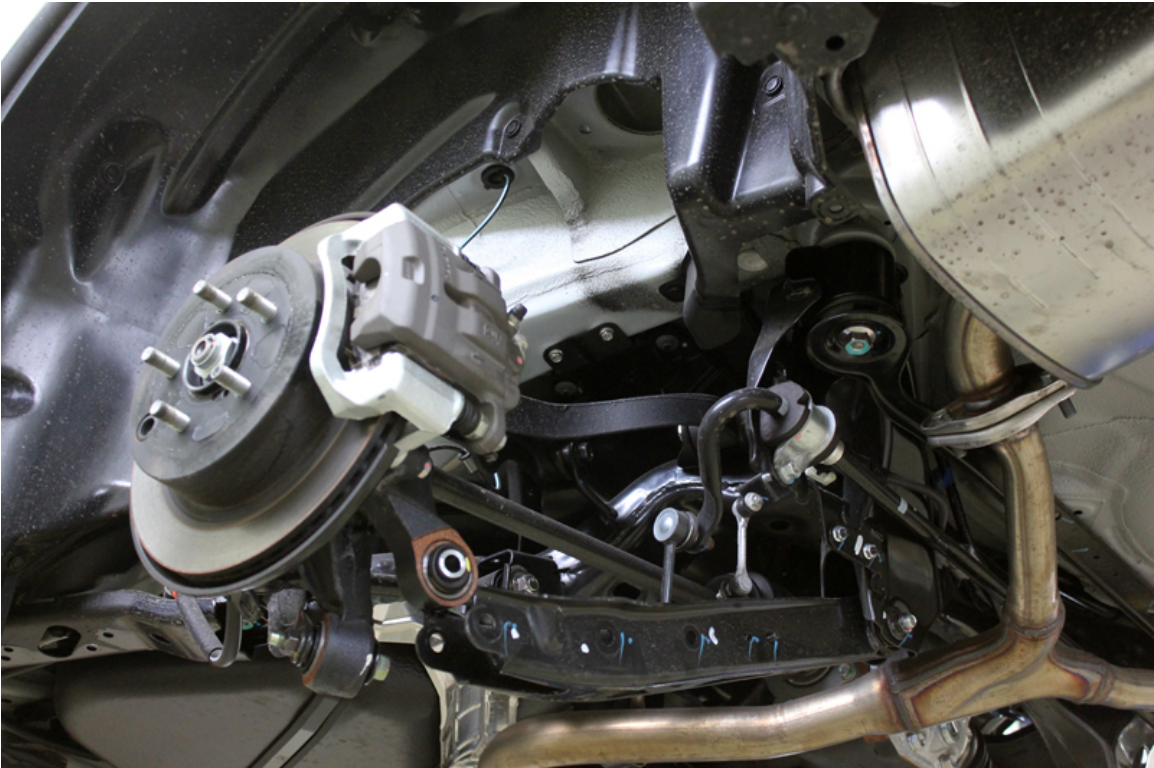
8. Unbolt the bottom and the top of the suspension



Note: You must remove the carpet and plastic covers in the trunk to have access to the suspension bolts.



9. Remove the rear shocks



10. Remove the plastic deflectors.







11. ** Repeat this step with the other side panel **

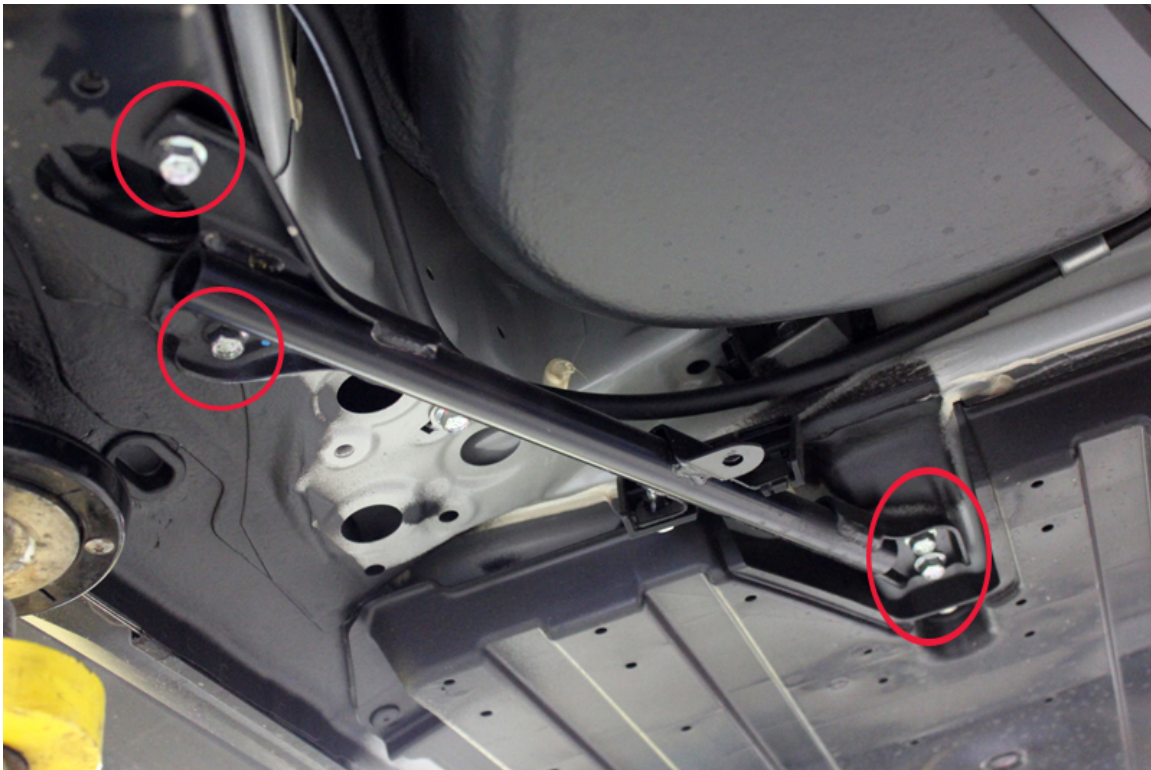
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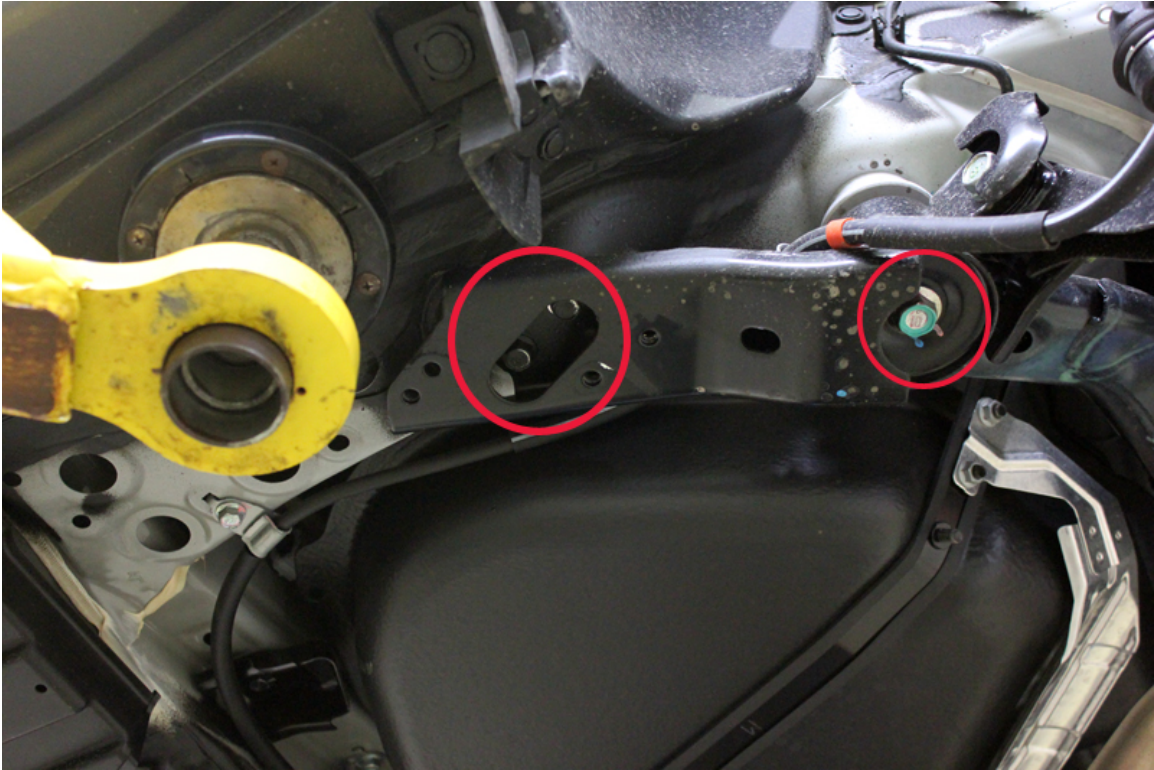
12.

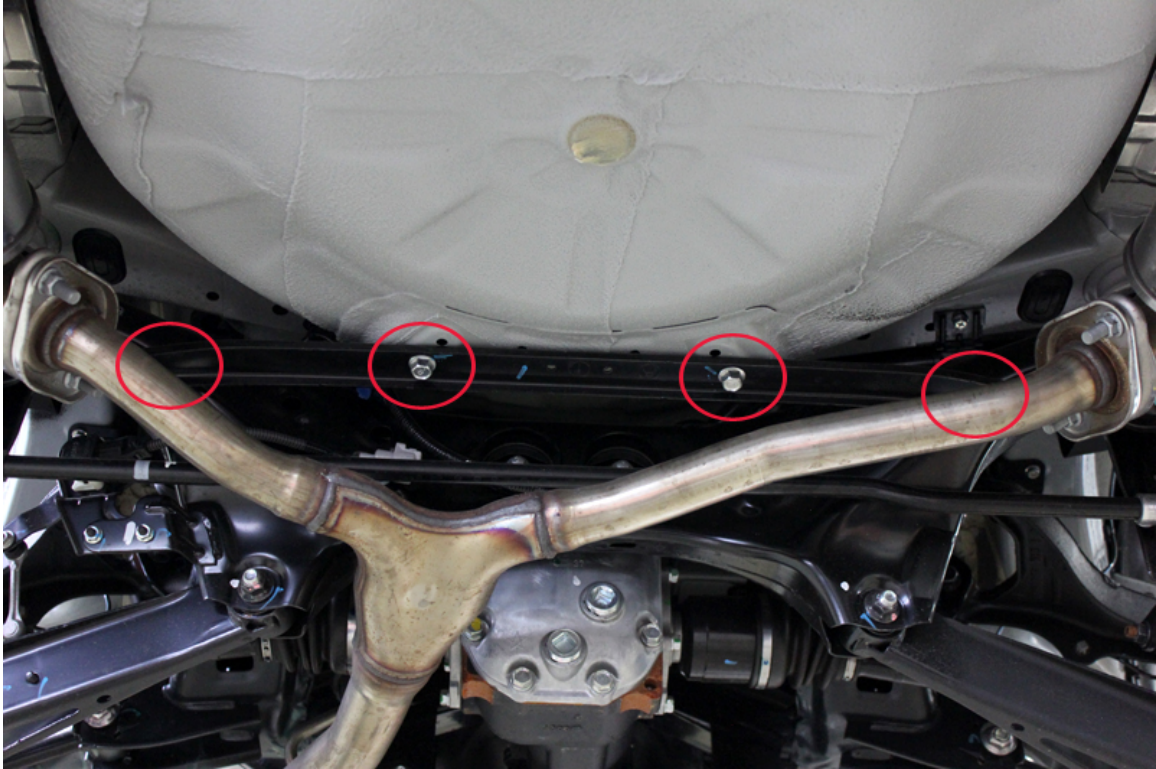
****** SAFETY TIPS******

Install a crutch (Stand) under the differential to hold the subframe.

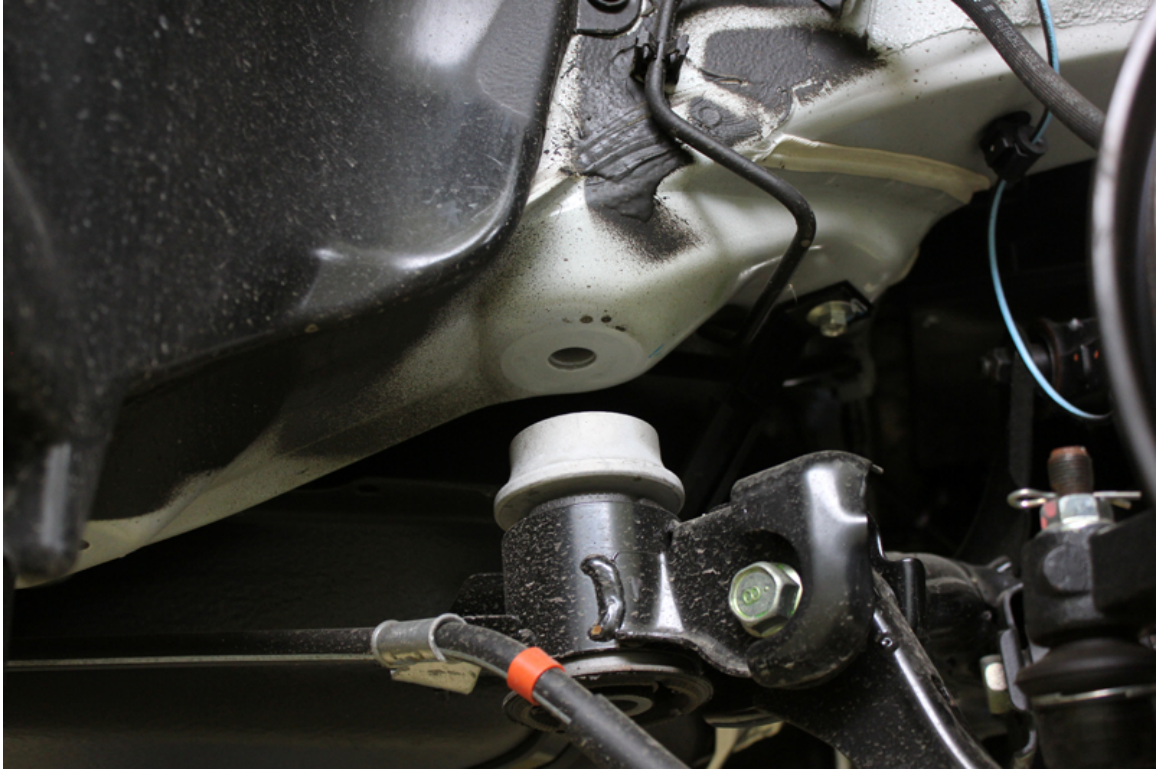
13. Remove the subframe reinforcement.







14. Unbolt one side of the subframe at a time to keep it aligned.

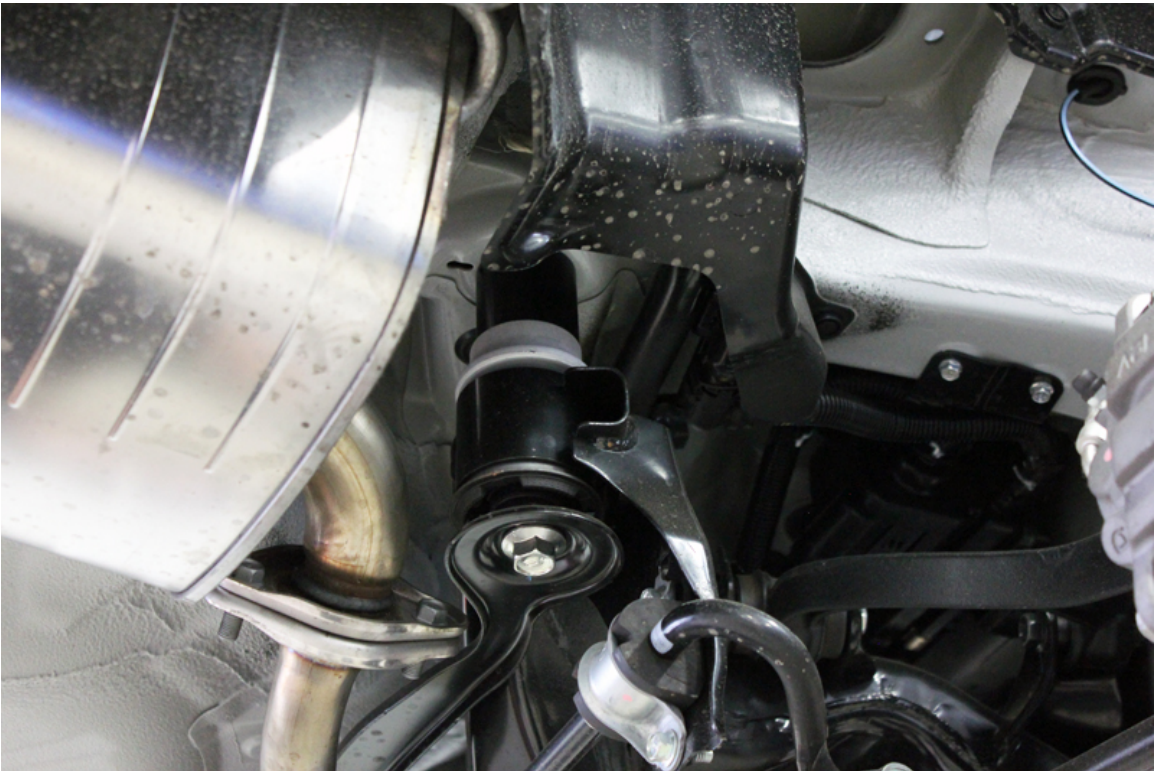


Note: You can coat your bolts with Copper Anti-Seize



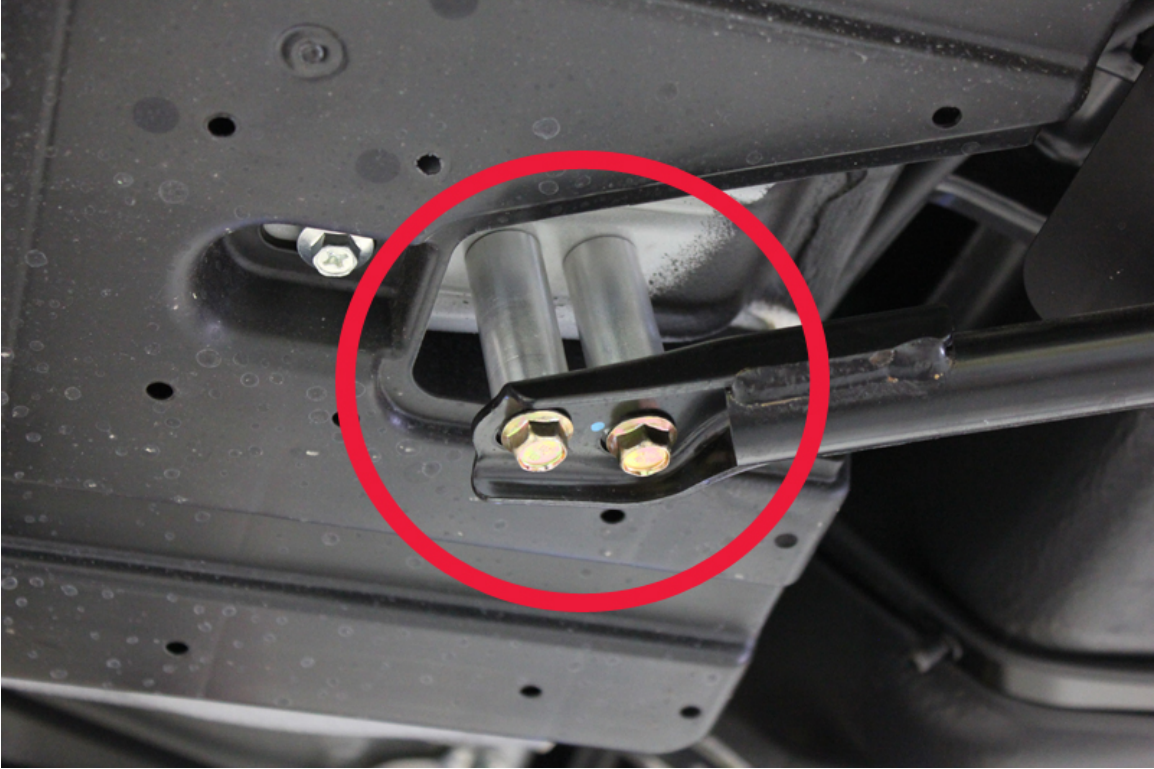
15. Insert the rear & front spacers





16. Reinstall the sub-frame reinforcement.







17. Install the rear top plate spacers



18. Tighten the two bolts of the top plate
(Into the trunk)



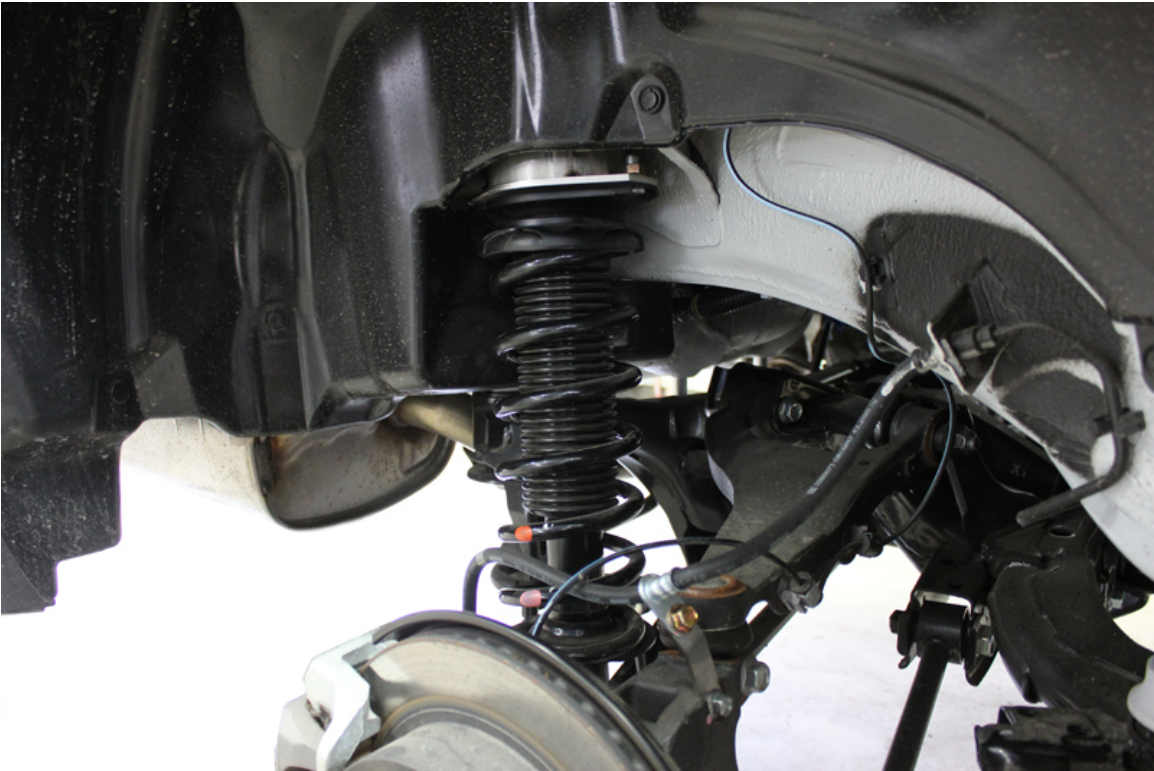
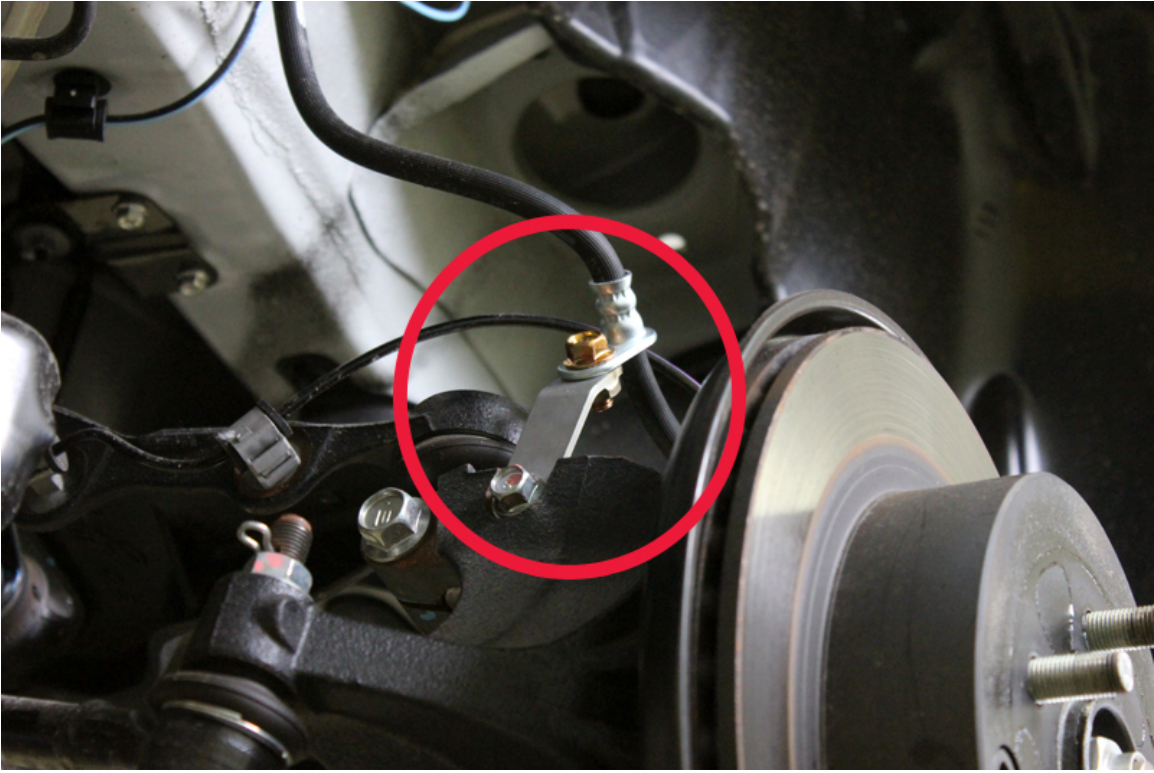
19. Reinstall the plastic cover and trunk carpet



20. Reinstall the bolts of the knuckle and of the suspension arm. (Note: Insert the bolt in the opposite direction to facilitate installation.)



21. Install the brake line bracket extension



22. Install the long exhaust hanger



You have completed the installation.

Double check your work.

**Replace the wheels and be sure to tighten the nuts
with a torque wrench.**

Wheel alignment is recommended.

Thank you for your interest in our products.

For all requests, information or assistance:

Contact our team by phone at

1 - (450) 562-0344

We are available Monday to Friday

Between 8AM and 5PM (EST).

Or by email at :

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