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Part # 11163699

67-69 GM "F" Body & 68-74 GM "X" Body Upper StrongArms

Components:

1	90002390	Drivers side arm
1	90002391	Passenger side arm
2	90000908	Ball joint (includes boot, grease fitting, castle nut & cotter pin)
2	90000914	Caster Adjustable Cross shaft
2	70010826	Delrin Bushing – no ledge
2	70010827	Delrin Bushing – small ledge
4	70010759	Delrin Bushing – outer
4	70010883	Zero Offset Caster Slugs
2	90001083	Medium bump stop w/ hardware

Hardware:

4	99163001	Stainless Washer	Cross shaft to bushing
4	99622005	5/8" SAE crimp locking nuts	Cross shaft to bushing

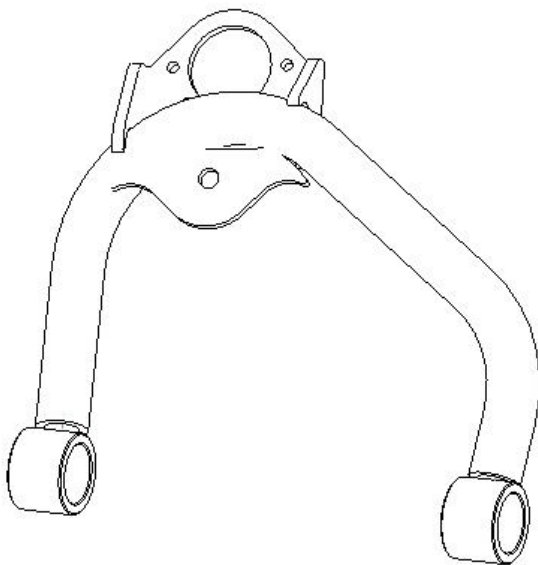
STRONG^{ARMS}TM

by Air Ride Technologies

Installation Instructions



Driver Side Top View



1. On some cars, to remove the upper control arm you must remove the bolts, which are pressed into the frame. We made this slide hammer adapter (a nut with a piece of angle iron welded to it) to aid in removing the bolts.

2. Fasten the upper arm to the frame using the factory hardware. Reinstall the current alignment shims, but **vehicle must be realigned**. This arm was designed with an extra 2 degrees of positive caster with the centered caster slugs. Additional caster slugs are available if more or less caster is desired. By changing the caster slugs you can achieve the caster setting you are wanting without having to run a lot of shims. Caster is explained on the next page.

3. Drop ball joint down through upper arm. Slide ball joint boot over stud, then place boot retainer over the boot. Clamp assembly tight w/ the hardware supplied.

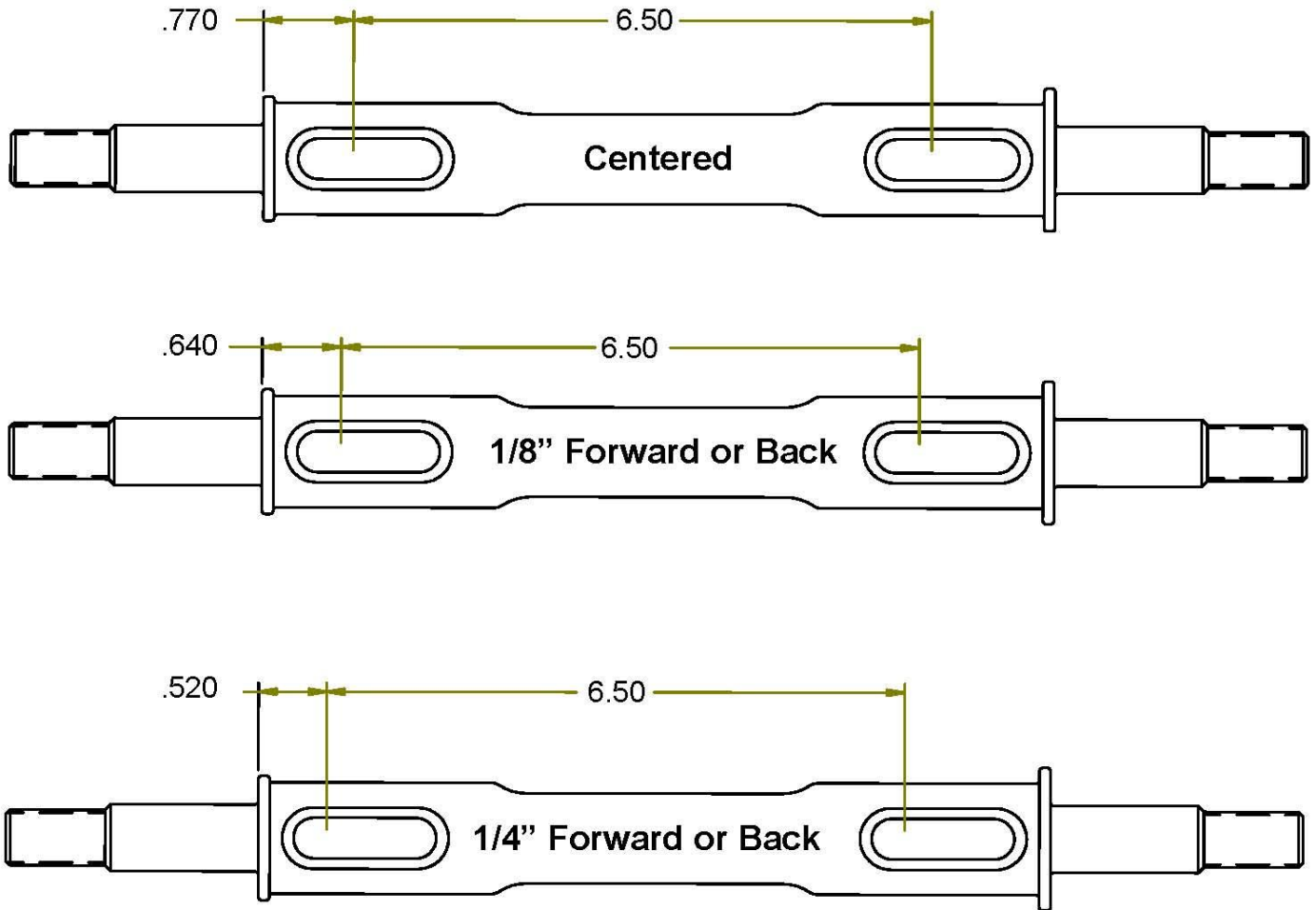
4. Fasten the ball joint to the spindle w/ the new castle nut and cotter pin supplied.

5. Tighten the cross shaft nuts enough to create drag on the delrin bushings, the arm should still move.

6. Lubricate the ball joint w/ standard grease.

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These Strong Arms come equipped with a changeable caster slug setup. This allows you to add or remove caster from the front suspension, if desired. The caster slugs that come in the kit are setup to put the control arm in the centered position, which is approximately 3 degrees of caster. The caster slugs allow you to add or remove caster without having to use a stack of shims. If more or less caster is desired, optional caster slugs can be purchased from your Ridetech dealer or Ridetech.

Caster Explained:

To understand caster you need to picture an imaginary line that runs through the upper ball joint and extends through the lower ball joint. From the side view the imaginary line will tilt forward or backward. The tilting of this imaginary line is defined as caster.

Caster is measured in degrees by using a caster camber gauge. If the imaginary line described above tilts towards the back of the car, at the top, then you will have positive caster. If the imaginary line tilts forward then you would have negative caster.

Positive caster provides the directional stability in your car. Too much positive caster will make the steering effort difficult. Power steering will allow you to run more positive caster. Negative caster requires less steering effort but can cause the car to wander down the highway.

STRONG ARMS™

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Item #	Description	Qty.
1.	Passenger side arm	1
1.	Driver side arm (Shown)	1
2.	Extension stop	2
3.	Ball joint	2
5.	3/8"-16 Nylok nut & washer	2
6.	1/4"-28 x 7/8" hex bolt	8
7.	1/4"-28 nut	8
8.	Inner Delrin bushing w/ledge	2
9.	Inner Delrin bushing no ledge	2
10.	Outer Delrin bushing	4
11.	Stainless washer	4
12.	5/8"-18 lock nut	4
13.	Caster Adjustable Cross shaft	2
14.	Caster Slug	4

