

	Spring	Part	Best suited for	Spring R Front	Rate (Ib/in) Rear	Dro Front	p (in) Rear	Comp Factory shocks & struts	Pro-Action shocks & struts	Recommendations	Notes
			Street/Track					,			
AN AN	Sport (Linear)	GT/V6: 555-8208 EcoBoost: <u>555-8209</u>	Track the car several times a year. Good handling is more important than a plush ride. Great budget friendly alternative to the Competition (Dual Rate) springs.	200	800	1	1	\checkmark	\checkmark	Best paired with non-adj Pro-Action	Upgraded swaybars recommended Not compatible with MagneRide
			Street/Track								
	Sport <u>(Progressive)</u>	GT/V6: 555-8210 EcoBoost: <u>555-8212</u>	A lower/more-aggressive stance without sacrificing ride comfort, and better handling. Tracking the car a couple times a year. Daily driven car. Perfect Street spring with nice track manors.	145 - 225	525 - 820	1.125	1	\checkmark	\checkmark	Best paired with non-adj Pro-Action	Upgraded swaybars recommended Not compatible with MagneRide
	Ultralite (Linear)	GT/V6: 555-8211 EcoBoost: <u>555-8213</u>	Street/Track								
N N N N N N N N N N N N N N N N N N N			Track the car several times a year. Good handling is more important than a plush ride. Still good on the street. Light weight design.	225	880	1.125	1	\checkmark	\checkmark	Best paired with adj Pro-Action	Upgraded swaybars recommended Not compatible with MagneRide
MANA	<u>Ultralite Extreme</u> <u>(Linear)</u>	GT/V6: 555-8214 EcoBoost: <u>555-8222</u>	Street								
			Slammed stance without running coilovers. Aggressive show car look.	225	880	2	2	\checkmark	\checkmark	Best paired with adj Pro-Action	Upgraded swaybars recommended Not compatible with MagneRide Camber plates required
			AutoX/Track								
	Competition (Dual Rate)	All: 555-8246	Track car often, almost monthly. Want an aggressive spring with an acceptable ride on the street. A great all around spring.	220 - 350	800 - 1200	0.75	0.75		\checkmark	Best paired with adj Pro-Action	Upgraded swaybars necessary Not compatible with MagneRide
			Street/Track								
	Drag Race	GT: 555 8231	Drag racing is what I like to do as well as drive the car on the street.	150	800	1.25	0.50	\checkmark	\checkmark	Best paired with adj or non-adj Pro-Action	No front swaybar recommended Drag rear swaybar recommended Not compatible with MagneRide
			Street/Track								
S S S S S S S S S S S S S S S S S S S	Minimum Drop	All: 555-8223	Slightly lower stance, but don't want to worry about hitting parking curbs. Daily driven car.	200	750	0.5	0.5	\checkmark	\checkmark	Best paired with non-adj Pro-Action	Not compatible with MagneRide
	Adjustable Rear <u>(Progressive)</u>	All: 555-8171	Street/Track	N/A	850 - 1000	N/A	0.75 - 1.5	\checkmark	\checkmark	Best paired with adj Pro-Action	Upgraded swaybars necessary Not compatible with MagneRide
	MageRide Springs	All: <u>555-8242</u>	Street/Track Slightly lower stance, great ride quality and improved aerodynamics.	170	715	1	1	\checkmark			Fully compatible with MagneRide