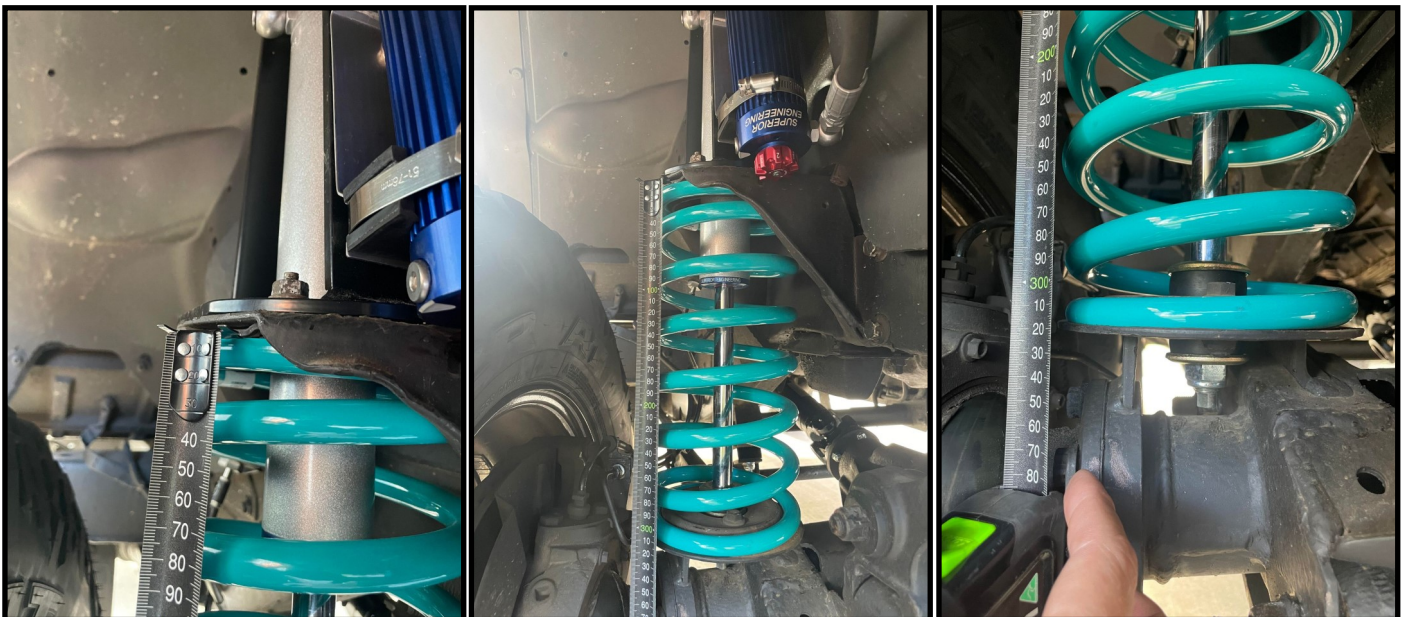

HOW TO MEASURE YOUR SPRING LIFT: (LOAD HEIGHT)

To measure accurately you need to park your Land Rover **on flat level ground**, do not have any wheels sitting in any dips or up on any bumps in the ground. A garage floor, or other concrete surface is always best. If you don't have anywhere to do this at home or a friends place, we strongly encourage you to head out somewhere to find a shopping mall carpark or something similar

FRONT:

You need to measure the SIDE part of the front coil spring from where it touches the chassis spring bucket, down to where it touches the spring seat. (Only Measuring the coil spring itself and take the measurement from as close to the side of the spring as you can. See in the picture where the tape measure is positioned. **Standard front coil springs (no lift) are 250mm to 260mm**



REAR:

As above your aim is to measure the height of the coil itself. At the chassis end on the spring bucket the top of the coil is hidden inside the spring bucket—do your best to estimate where the top of the coil would be. Again measure down to where the spring touches the axle end spring seat. Only measuring the coil spring itself and take the measurement from the rear side of the but as close to the side as possible. See in the picture where the tape measure is positioned. **Defender 90 / Discovery 1/ RRC standard rear coil springs (no Lift) are 300mm. Defender 110/130 measure slightly higher at 320mm to 330mm**



IF YOU HAVE ANY SPRING SPACERS EITHER ON YOUR SPRING ITSELF, OR UNDERNEATH THE SPRING SEATS—LET US KNOW YOU HAVE THEM, AND ADD THEM TO YOUR OVERALL SPRING HEIGHT MEASUREMENTS!