



# Alpine A110 Sports Springs Installation Instructions

TEL: +44 (0) 7525 893025

EMAIL: [david@life110.co.uk](mailto:david@life110.co.uk)

WEB: [www.life110.co.uk](http://www.life110.co.uk)

## INSTALLATION INSTRUCTIONS

Before installation commences please read the following instructions carefully.

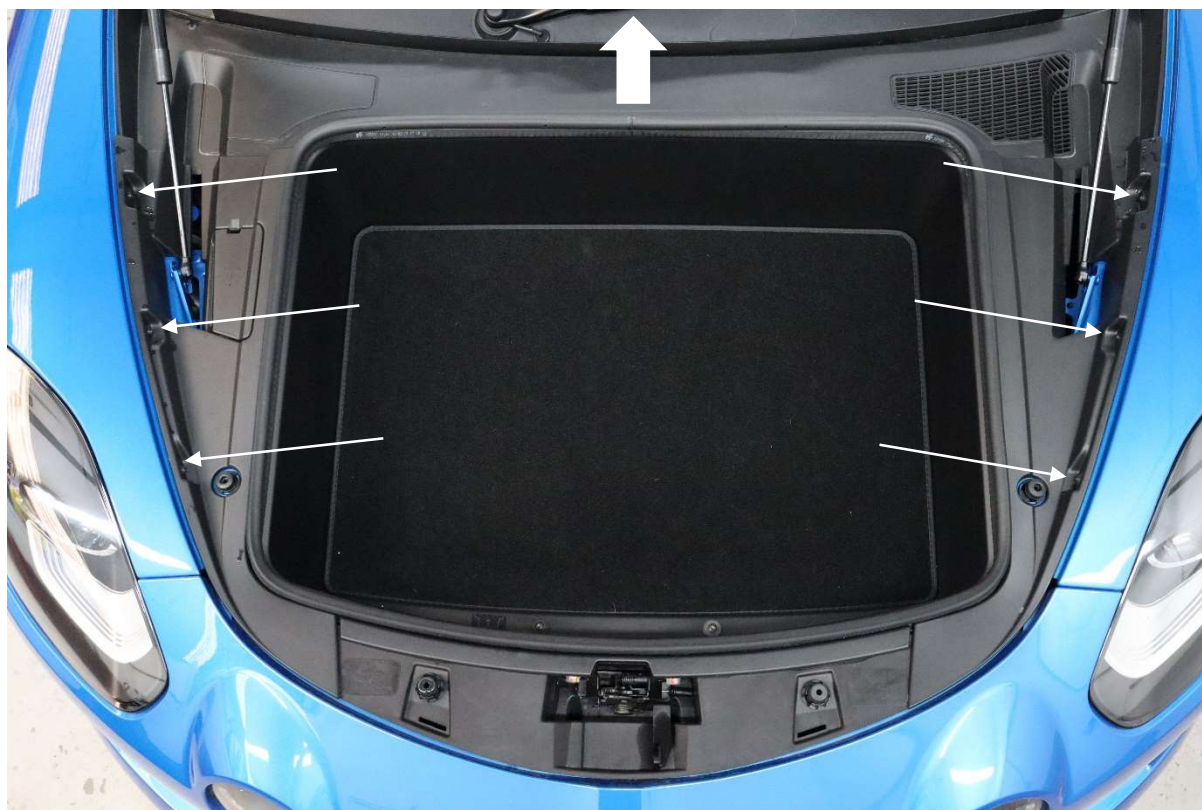
All components should be removed and refitted in accordance to the manufacturer's specifications for installing and removing standard springs and dampers. At time of printing all instructions are correct.

Please read the Eibach common notes provided before installation starts.

Warning:

1. We recommend the use of a vehicle lift for the installation of the springs.  
Where this is not available commercially available jacks and stands should be used to ensure the vehicle is supported safely.
2. The springs may only be installed by trained technical personnel using the proper tools.
3. After installation a geometry alignment of the vehicle's suspension must be carried out before the vehicle is driven on public roads.

1. Remove the trim from the rear and then the sides of the front trunk.



2. Remove the front trunk, take care to unplug the light.





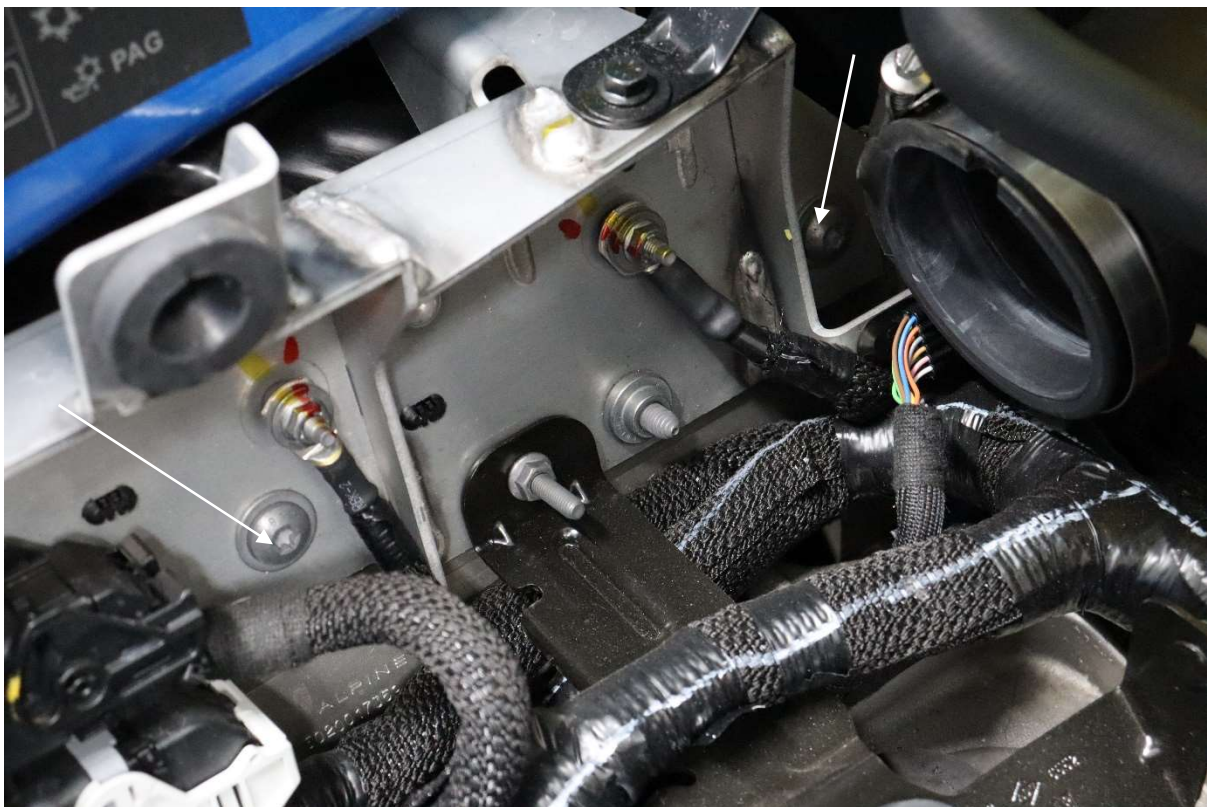
3. Unbolt the washer bottle and fuse box and move to one side.



4. Remove the air filter box from the engine bay. Take care when disconnecting each intake hose. The box will pull up and out of rubber bungs located underneath.

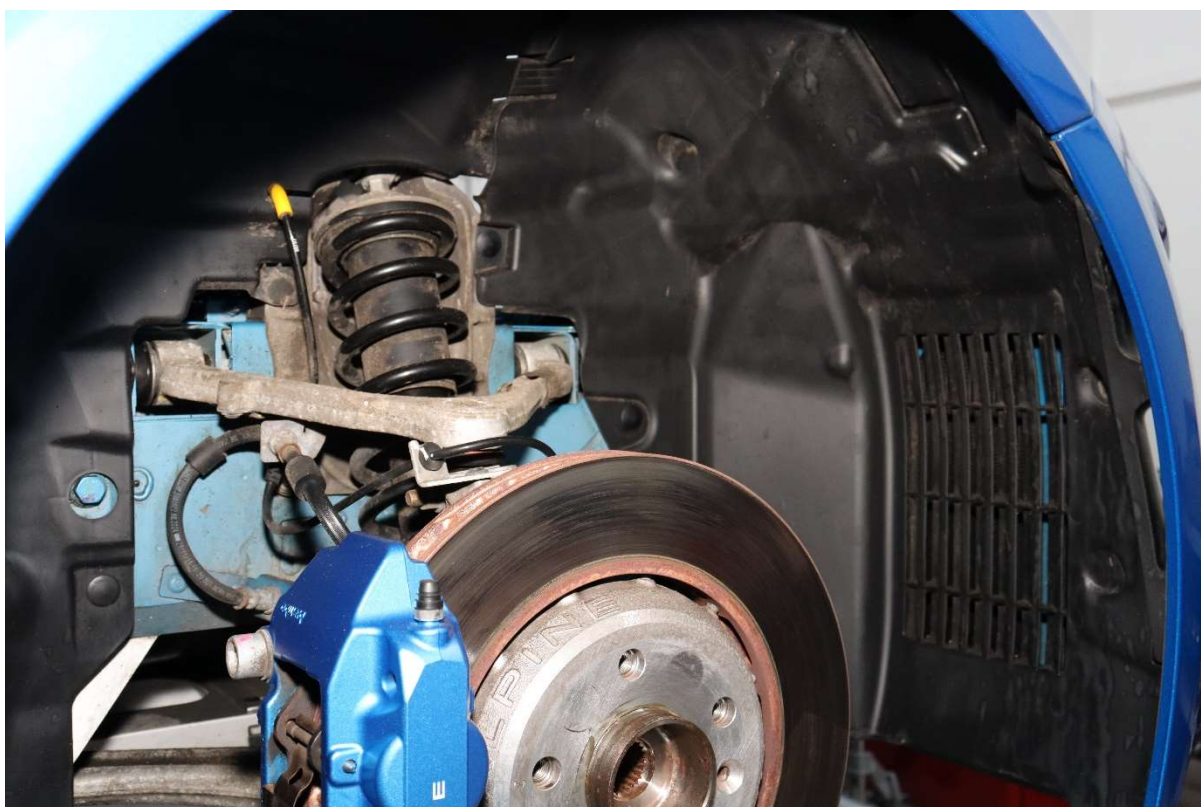


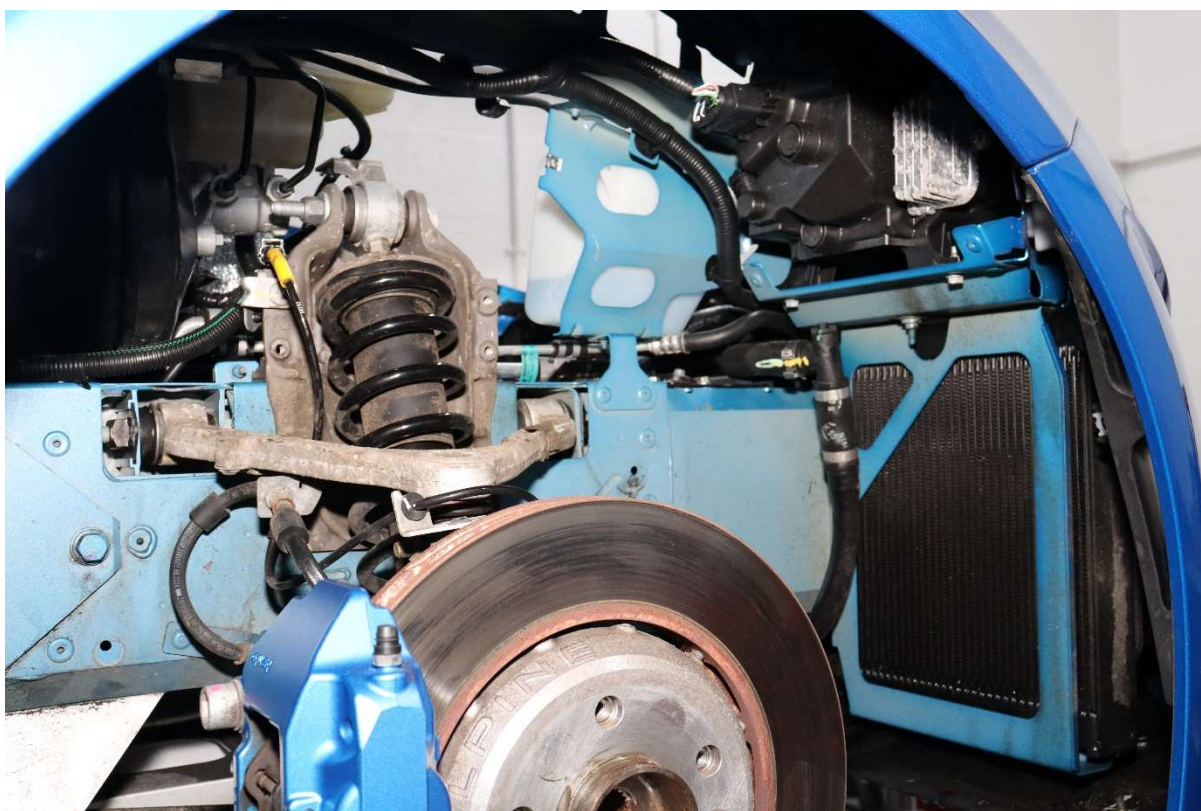
5. Remove the two torx bolts on the bracket revealed to the side of the airbox.





6. Remove the wheel arch liners from both sides of the front of the car. There are numerous fixings and remove the front section of the liner first.









7. Remove the front anti roll bar mounts on both left and right sides of the car.





8. Remove the lower damper bolt from both sides of the front suspension.

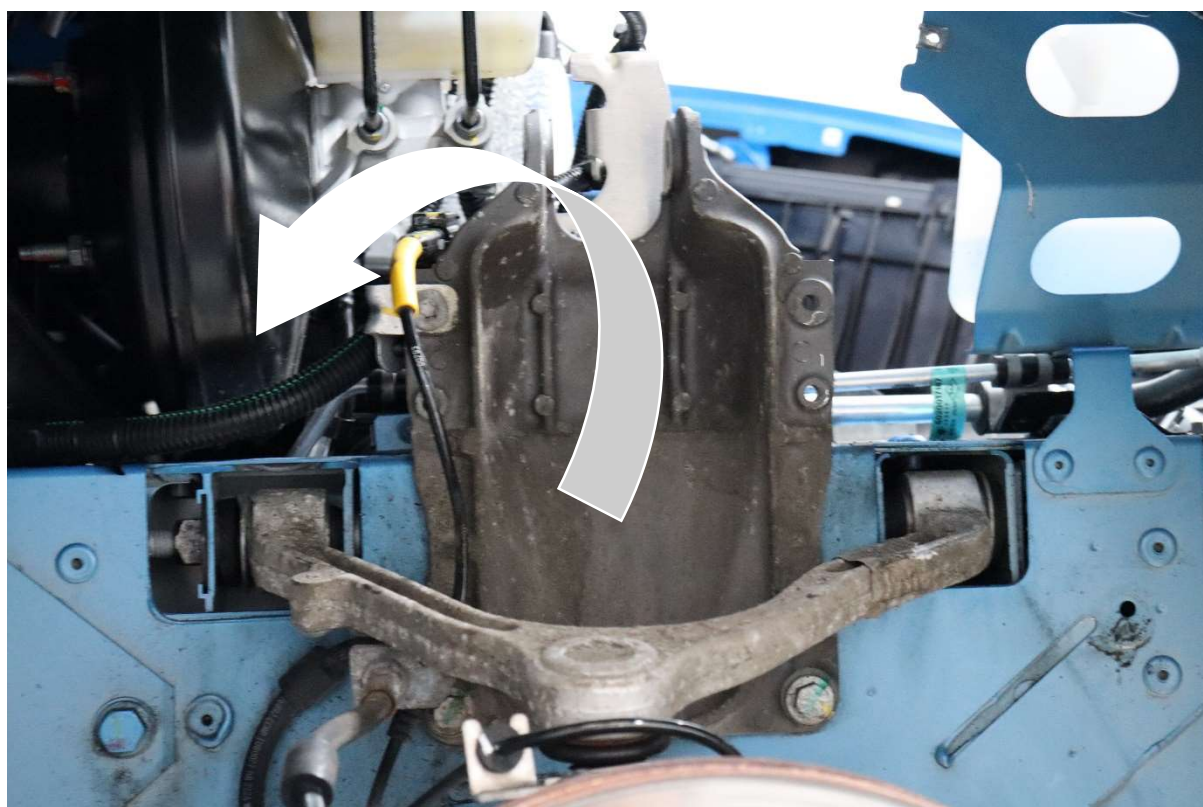
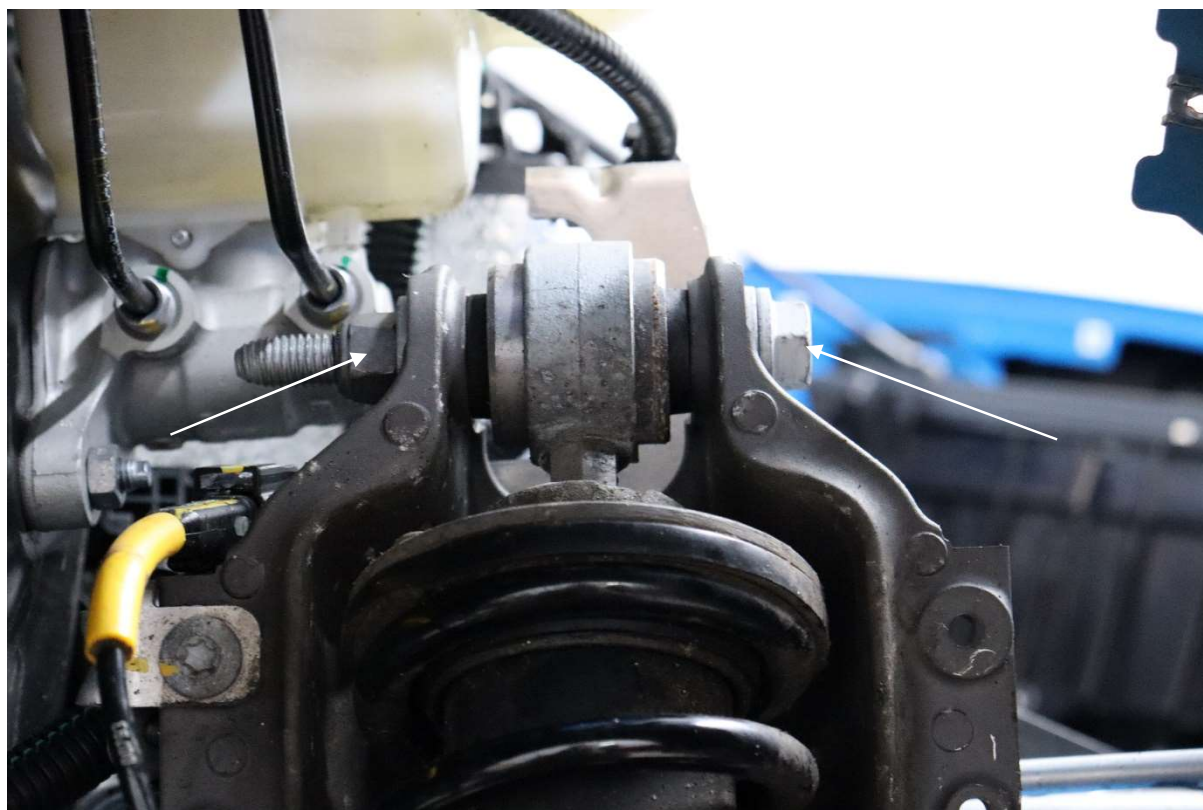




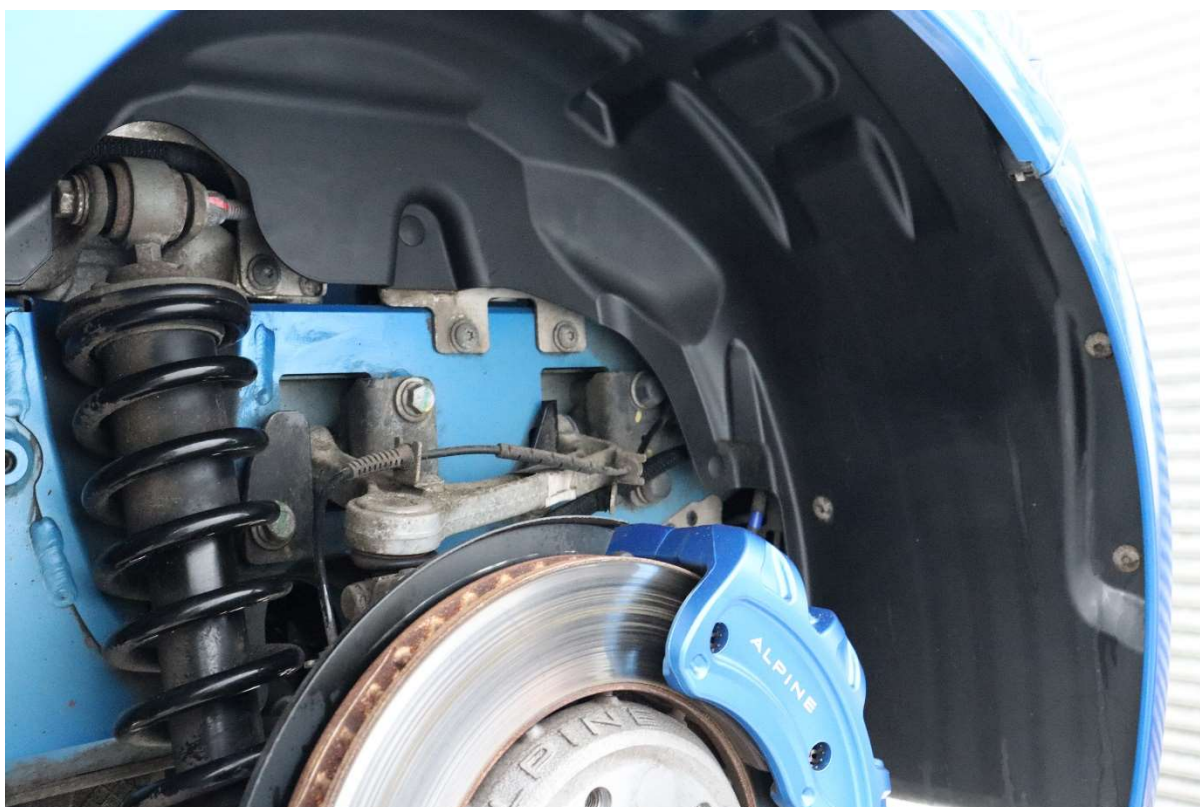




9. Remove the front left and right damper upper bolts and withdraw the spring and damper assembly upwards between the suspension arms.

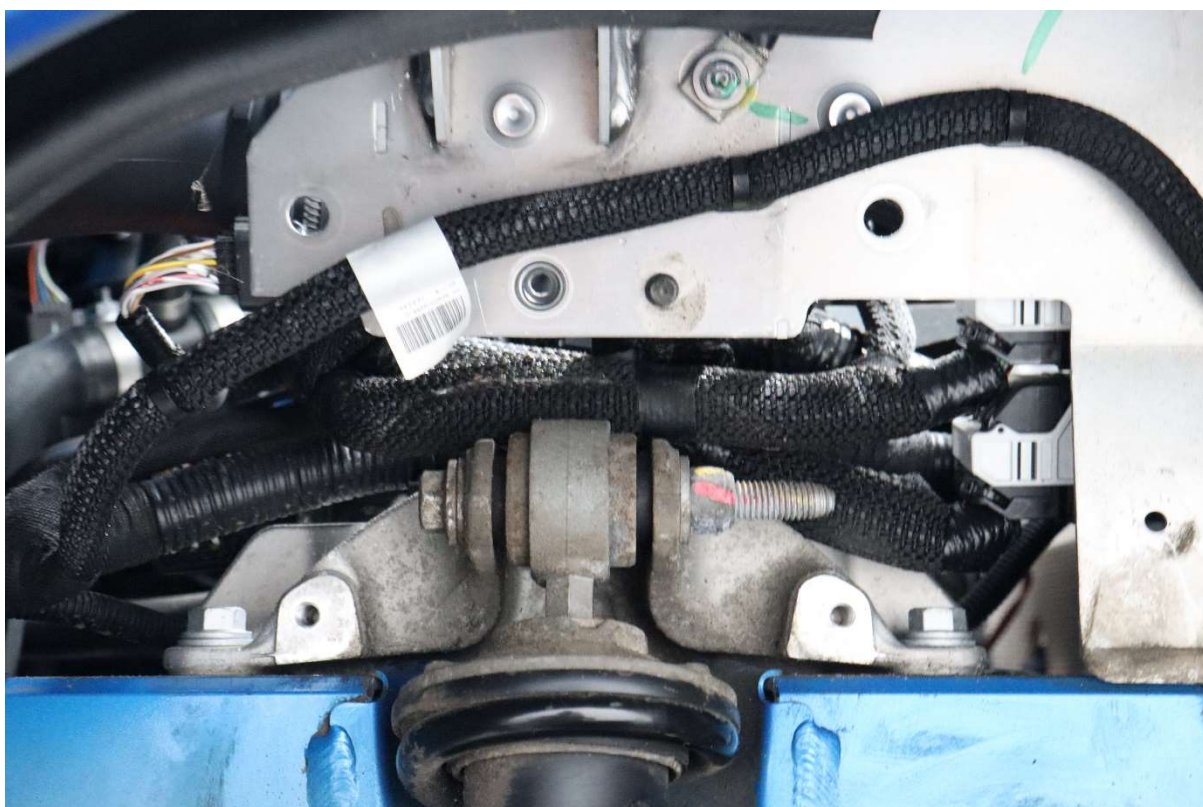
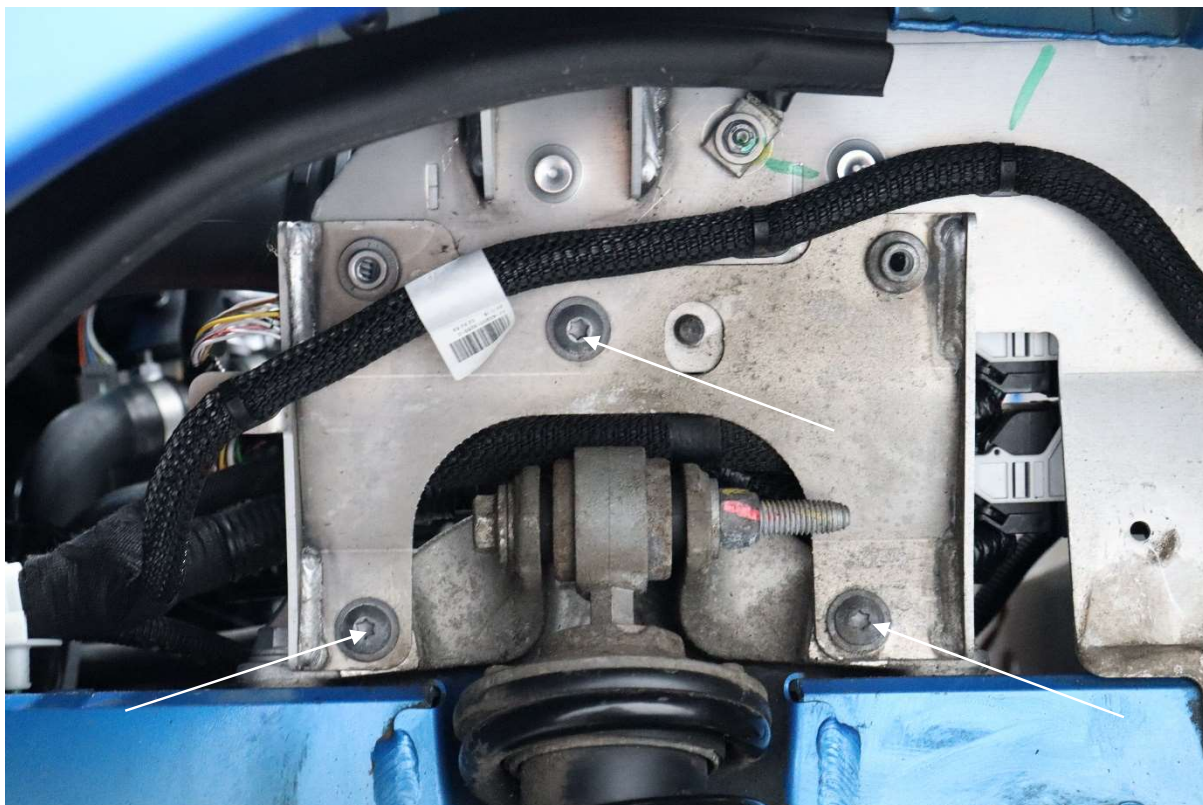


10. Now move to the rear of the car and remove the left hand rear wheel arch liner.  
Note: the right hand rear wheel arch liner does not need to be removed.



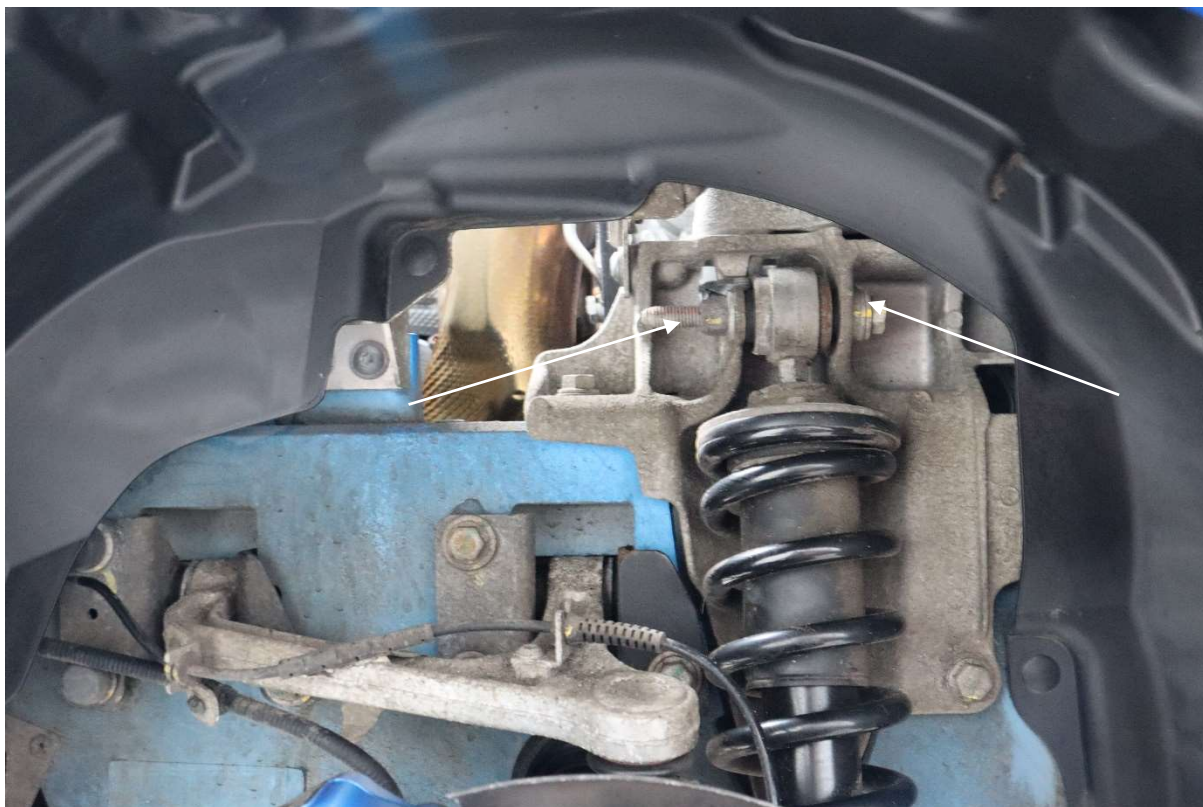


11. Remove the three torx head bolts from the bracket and unclip the wire to remove the bracket from the car.





12. Now remove the rear spring damper modules from both the left and right sides of the car by removing the upper and lower bolts.



13. You should now have all four spring and damper modules removed from the car. Using a suitable tool compress the spring to reveal the damper rod at the top. Unbolt the top bush from the damper rod using two spanners.



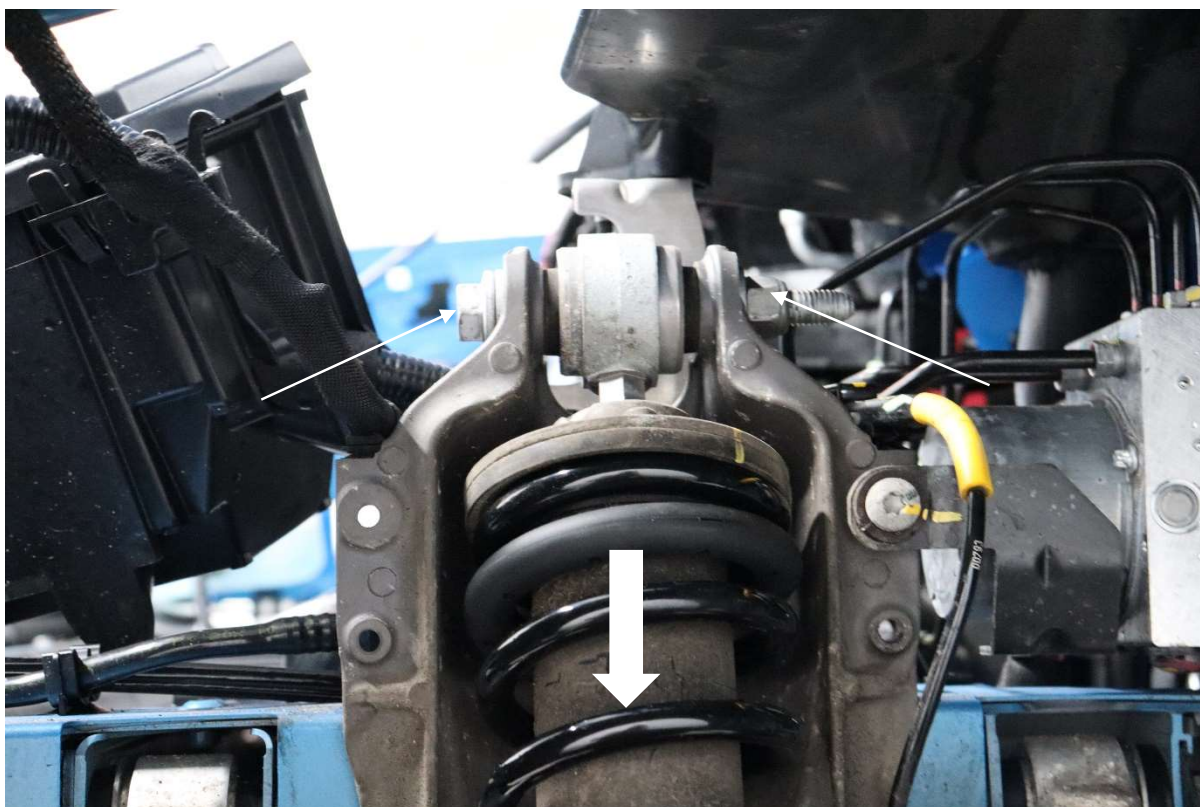


14. Replace the standard spring with the LIFE110 spring, ensure the spring is in the correct orientation. FA - front, RA - rear. Bolt the top mount back on with the upper and lower bolt holes in line.





15. Refitting is a reversal of the removal process. Take note of the following care point: to ensure correct ride height tighten and torque the damper upper bolts to 105Nm with the wheels hanging into rebound.



16. For the damper lower bolts it is ESSENTIAL that the fixings are tightened to 90Nm and torqued with the suspension jacked up to ride height.





17. Once assembly is complete carry out a geometry alignment to the following specifications:

A110 LIFE110 -16mm Sports Geo Spec - Pure - vs3 June 2020.pdf

or

A110 LIFE110 Fast Road and Track Geo Spec - All - vs3 June 2020.pdf

This will have been provided as a separate document.

This alignment must be completed before driving on public roads.

Technical data is correct as of March 2021 and is subject to change.