



Installation Instructions

**ARK Lowering Springs
GT-F
(LF0900-0300)
for
Nissan 350Z**

www.arkperformanceusa.com

Congratulations on purchasing an ARK Performance lowering spring set! Please read and understand the installation instructions before beginning work on the installation of your new ARK Performance lowering springs. If you do not fully understand the instructions, please give us a call at 909-947-1275 or email us at info@ARKPerformanceusa.com

We recommend that these lowering springs be **installed by someone qualified for this work or by a certified mechanic** with access to the appropriate hand or power tools. It is also recommended that proper jacks and jack stands be used. By installing these ARK Performance lowering springs, you indicate that you have read the installation instructions and you agree with the terms and conditions stated.

It is your responsibility to **follow the installation instructions provided** for this ARK Performance lowering spring set and exercise all necessary safety precautions. ARK Performance assumes no responsibility for damages occurring from improper installation, operation, maintenance, or from incompatibility with other manufacturer's products.

Important Information:

Exclusion of Certain Liability

1. The manufacturer, importer, and dealer of ARK Performance products hold no responsibility for any incidental damage such as personal injury or any other damages due to improper installation or operation of ARK Performance lowering springs.
2. ARK Performance will not warranty any damages caused by improper installation, use, and maintenance of the ARK Performance lowering springs. The warranty is limited to defects that are recognized by our technical department, this excludes items subject to normal wear. This warranty is void in the case of an accident, modification, improper use, or competition use.
3. Do not install any ARK Performance lowering spring set on a vehicle model for which it was not intended for.
4. Technical specifications of ARK Performance lowering springs and related products are subject to change without notice.
5. Before removing the original springs from your vehicle, please compare the parts that you received with the list of materials provided in the installation instructions. If anything is missing, contact ARK Performance before beginning installation.
6. The instructions for installation should serve as a guideline only, actual installation of the lowering springs may not correspond with the pictures entirely.
7. The process of uninstalling the original springs may vary depending on the existing springs on the vehicle, so please follow the original spring set manufacturer's instructions for removal.

Trademarks

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ARK Performance website

Information about ARK Performance lowering springs and related products is available on the ARK Performance website at: <http://www.arkperformanceusa.com/>

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Contents

- Front Springs— 2
- Rear Springs—2

*Orange Springs—GT-F

Tools Required

- Socket Wrench/Wrench:
 - 12 mm
 - 14 mm
 - 17 mm
- Socket Wrench Extension
- Pliers
- Lubricant (WD-40)
- Original scissor jack that came with the vehicle or something equivalent to it

Warning

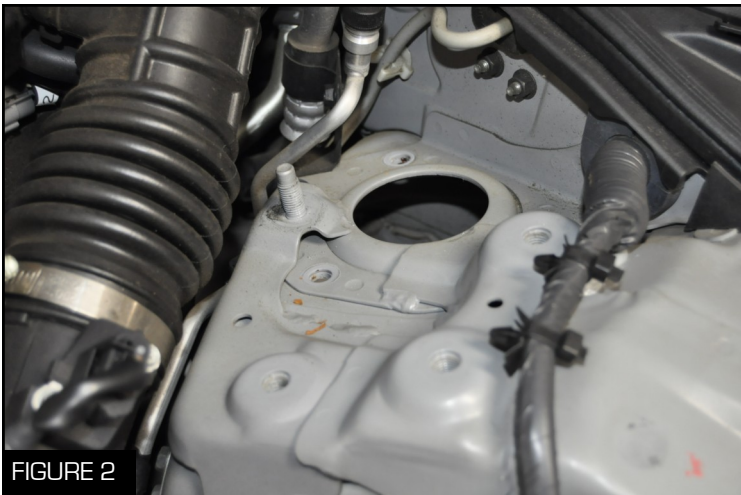
- Before removing the original springs, be sure to read over the installation instructions and fully understand them.
- If any items in the package are missing please contact your authorized dealer before installation.
- We advise you to have an experienced person or certified mechanic install the lowering springs.
- Loosely fasten all nuts and bolts until everything is installed, then tighten them down to the proper torque specs as you align the suspension parts properly.
- These instructions are specific to the 2003-2008 Nissan 350Z. However, please be sure to specify the exact year when purchasing lowering springs.

Removal of OEM Front Springs



1. Properly jack up the vehicle on flat, level ground and support the vehicle on proper jack stands in the front and rear (Figure 1)

2. Begin with removing the front wheels using the proper socket or key for the lug nuts or wheels locks (Figure 1)



3. Remove the OEM strut bar using the 14 mm socket wrench (Figure 2)

4. Unbolt the strut tower using the 12 mm socket wrench (Figure 2)



5. Unbolt the brake line using a 12 mm socket wrench and move it out of the way (Figure 3)



6. Unbolt the sway bar end link using a 17 mm socket wrench (Figure 4)

Removal of OEM Front Springs



7. Unbolt the strut tower from the suspension arm using a 17 mm socket wrench for both the nut and bolt (Figure 5)



9. Unbolt the nut on the top suspension part using a 17 mm socket wrench (Figure 7)



8. Using the pliers, remove the clip on the bolt on the top part of the suspension (Figure 6)



10. Push the brake assembly down and out and pull the OEM spring out (Figure 8)

Removal of OEM Front Springs



11. After removing the OEM shock and spring, be sure to remember where everything goes for the installation (Figure 9)



12. It is recommended to use proper spring compressors before removing the top nut on the strut tower using the 17 mm socket wrench then remove the OEM spring (Figure 10)

13. Repeat all steps in reverse order to install the struts and ARK springs back into the vehicle.

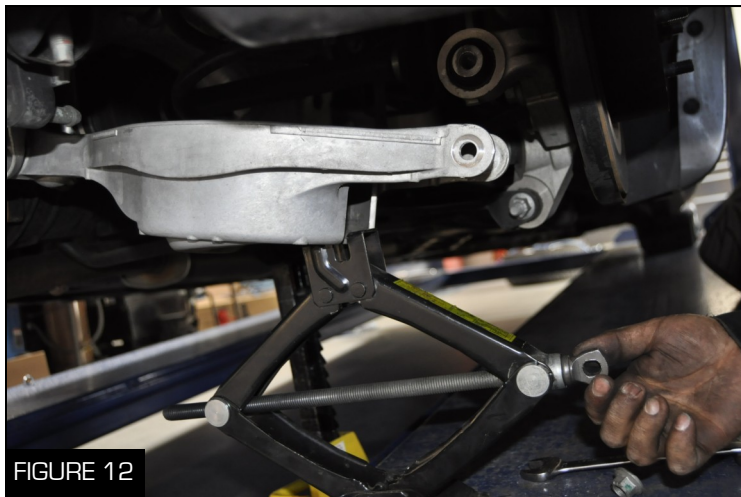
Removal of OEM Rear Springs



1. Remove the rear wheels using the proper socket or key for the lug nuts or wheel locks (Figure 11)



3. Unbolt the spring assembly using a 17 mm socket wrench and 17 mm wrench (Figure 13)



2. Put the scissor jack under the brake assembly to support it (Figure 12)



4. Slowly lower the spring assembly with the scissor jack (Figure 14)

5. When the assembly is at its lowest, pull the OEM spring out (Figure 14)

Removal of OEM Rear Springs



6. Be sure to remember where everything attached while removing them (Figure 15)



7. Put the OEM rubber end pieces on to the new ARK springs and put them into place (Figure 16)

8. Follow the instructions in reverse to complete the installation and re-bolt everything together (Figure 16)



First Operation/Maintenance

Be sure to check that the wheel lug nuts are tightened down to the proper torque specifications.

Take the vehicle for a test drive and listen for any odd clunking noises or vibrations. If there are any, go back through the installation instructions and be sure everything is properly tightened.

Be sure to take the vehicle to a professional suspension alignment shop to have your vehicle re-aligned after installing ARK Performance lowering springs.

