

Crawford Performance Overland Series Lift Kit 2019+ Forester

L2210 Parts List

Part Number	Quantity	Description		
L2200	2	Lift Kit Spacer — 18+ Crosstrek Rear		
L2201	2	Lift Kit Spacer — 18+ Crosstrek Front		
B0700	4	Small Rear Stud — (M10 x 1.25 Thread)		
B0701	6	Large Front Stud – (M10 x 1.25 Thread)		
B0231	2	Sway Bar Mount Extension Bracket Front		
B2201	2	Bolt – M12 x 1.75 x 30mm Sway Bar Bracket Bolt		
N2200	2	Nut – M12 x 1.75 Sway Bar Bracket Nut		
N2201	10	Nut – M10 x 1.25 Strut Head Replacement Nut		
W2200	2	Washer – M12 6mm Thick Sway Bar Spacer		





Tools Needed:



Flathead Screwdriver

Install Difficulty: 5/10

Safety Warning

MISUSE OF THIS PRODUCT COULD LEAD TO INJURY OR DEATH.

Suspension systems or components that enhance the on and off-road performance of your vehicle may cause it to handle differently than it did from the factory. Extreme care must be used to prevent loss of control or vehicle rollover during abrupt maneuvers.

Always operate your vehicle at reduced speeds to ensure your ability to control your vehicle under all driving conditions. Failure to drive safely may result in serious injury or death to driver and passengers.

Driver and passengers must ALWAYS wear your seat belts, avoid quick sharp turns and other sudden maneuvers. Crawford Performance does not recommend the combined use of suspension lifts, body lifts, or other lifting devices.

Constant maintenance is required to keep your vehicle safe. Thoroughly inspect your vehicle before and after every off-road use.

It is the responsibility of the retailer and/or the installer to review all state and local laws, with the end user of this product, related to bumper height laws and the lifting of their vehicle before the purchase and installation of any Crawford Performance Products.

It is the responsibility of the driver/s to check their surrounding area for obstructions, people, and animals before moving the vehicle.

All raised vehicles have increased blind spots; damage, injury and/or death can occur if these instructions are not followed.



Estimated Install Time: 2-3 Hours

Installation Warning

All steps and procedures described in these instructions were performed while the vehicle was properly supported on a two-post vehicle lift with safety jacks. We Recommend keeping any OEM parts removed just in case this install needs to be undone.

Use caution during all disassembly and assembly steps to ensure suspension components are not over extended causing damage to any vehicle components and parts included in this kit.

Included instructions are guidelines only for recommended procedures and are not meant to be definitive. Installer is responsible to insure a safe and controllable vehicle after performing modifications.

Crawford Performance recommends the use of an OE Service Manual for model/year of vehicle when disassembling and re-assembling of factory and related components.

Unless otherwise specified, tighten all bolts and fasteners to standard torque specifications listed within the instruction manual.

Suspension components that use rubber or urethane bushings should be tightened with the vehicle at normal ride height. This will prevent premature wear or failure of the bushing and maintain ride comfort.

Due to payload options and initial ride height variances, the amount of lift is a base figure. Final ride height dimensions may vary in accordance with original vehicle ride height. Always measure the vehicle ride height prior to beginning installation.

Installation Instructions

Crawford Performance recommends all steps and procedures described in these instructions be performed while the vehicle is properly supported on a two-post vehicle lift with safety jacks.

Otherwise, park vehicle on a clean flat surface and block the rear wheels for safety. Engage the parking brake.

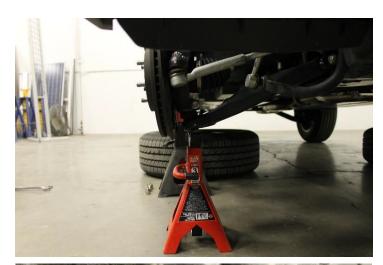
Front Installation

Open the hood and set on the prop rod.

Disconnect the vehicle power source at the ground terminal on the battery.

Jack the front of the vehicle up and place jack stands under the main lifting points indicated by the owner's manual

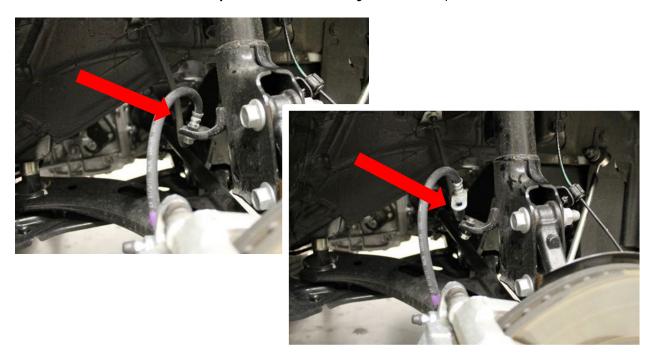
1. Support the lower control arm with a suitable jack. Remove the front wheels. All steps are repeated for both sides of the vehicle.



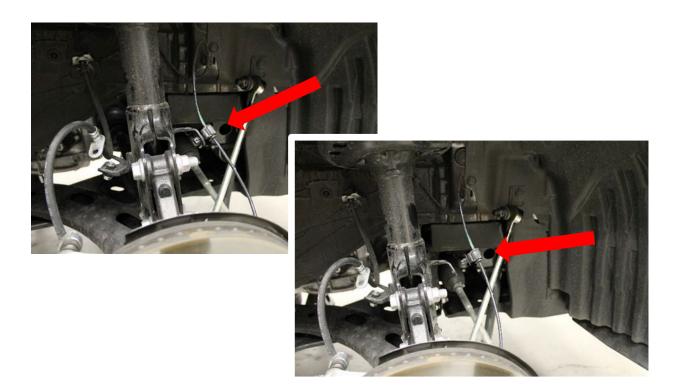
2. Remove the front sway bar end link at the strut body (18mm socket). This step should be completed on both sides to ease in installation at later steps.



3. Remove the brake line bracket at the strut body (12mm socket). Let hang out of the way. Note how the brake line is run from the underside of the strut body. Installation will be changed in a later step.



4. Remove the ABS harness clip at the strut body (flathead screwdriver). Let hang out of the way.



5. Remove the strut to knuckle bolts. The bolts are specific to upper and lower mounting locations and direction of install (19mm socket + 19mm ratchet wrench). The upper is a cam bolt, while the lower is a standard bolt. Make sure to mark their orientation for reinstallation later.



6. While keeping the lower control arm supported, release the knuckle from the strut body and let hang out of the way. Make sure to not overextend the ABS, brake line, and CV axle. Adjust as necessary.



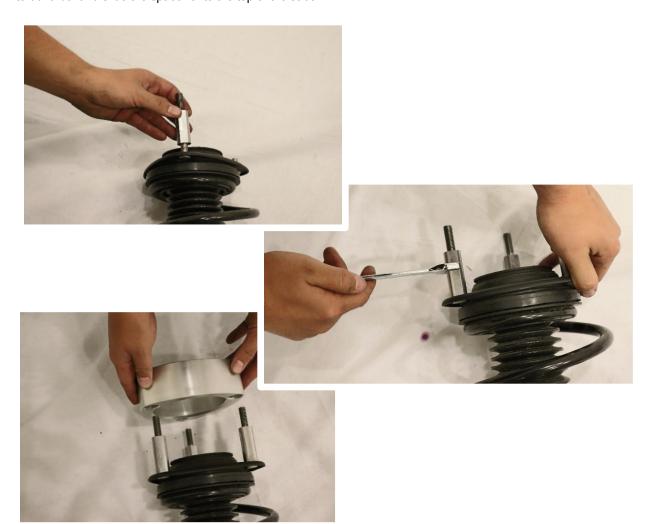
7. Remove the upper strut hardware (14mm socket). Make sure to hold the strut assembly from falling out of the vehicle. A helper is recommended for removal.



8. Remove factory strut assembly from vehicle



9. Locate the Crawford Performance front strut extension. These are universal and fit the passenger and driver side equally. Apply a drop of Loctite to the strut studs and thread on the strut stud extensions (16mm box wrench). Torque to 30 ft-lbs. and slide the spacer onto the top of the strut.



10. Re-install the strut into the vehicle and align with the strut tower mounts.



11. Align the three upper strut stud extension threads into the holes on the vehicle and fasten utilizing the provided M10 x 1.25 strut flange nuts. (14mm socket) When installed correctly, the Crawford Performance logo will be legible through the strut tower when facing the engine compartment. (Driver side shown)



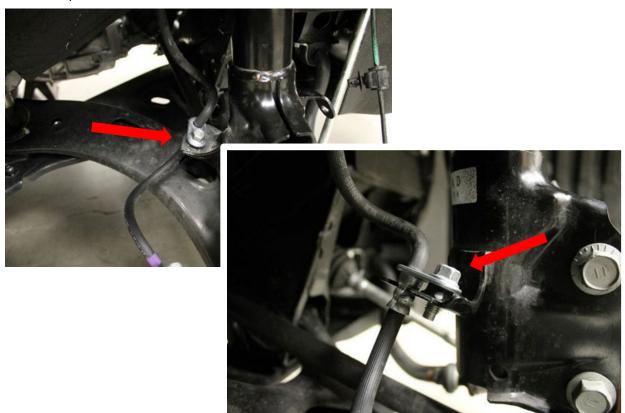
12. Raise the knuckle up and install into the strut body. Install the cam bolt into the upper hole and the remaining bolt into the lower hole. (19mm Socket + 19mm ratchet wrench)



13. The cam bolt has lines that correspond to a notch on the strut body (paint marked for picture clarification). You will rotate the cam bolt until the lines are facing the inside of the vehicle. Line up the last line with the notch. This sets max negative camber. Torque both bolts to 95 ft-lbs (19mm socket + 19mm ratchet wrench). Final adjustment and torque to be set by the alignment tech.



- **14.** Install the brake line bracket to the strut body (12mm socket). Rotate the brake line bracket as shown. Originally the brake line was bolt- ed from the bottom upwards to the strut, now it will be mounted to the top of the strut body using the factory hardware.
 - Torque to 5 ft-lbs. Make sure to rotate the ferule inside the cut out on the strut body. Refer to disassembly step for reference if needed.



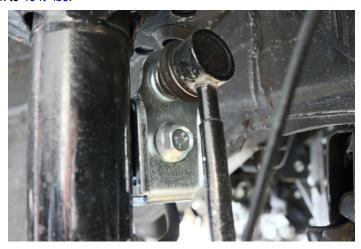
15. Install the Crawford Performance sway bar bracket to the strut using the provided M12 bolts, washers, and nuts (14mm socket + 14mm ratchet wrench). Do not tighten at this time. If you have not started the opposite side of the vehicle at this time, you may not be able to line the sway bar up until the opposite side is released.



16. Install the 1/4" thick spacer washer onto the end link.

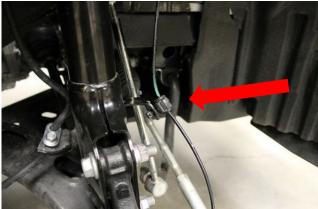


17. Install the factory end link to the Crawford Performance bracket using the factory hardware (18mm socket). Torque the bracket and end link to 45 ft- lbs.



18. Install / Clip factory ABS wire harness onto strut





- **19.** Install the front wheels and lower the vehicle to the ground. Torque the lug nuts to the wheel manufacturers specs. Jounce the front end to settle the suspension. Repeat process for opposite side of vehicle
 - Torque the upper strut spacers to 30 ft-lbs.



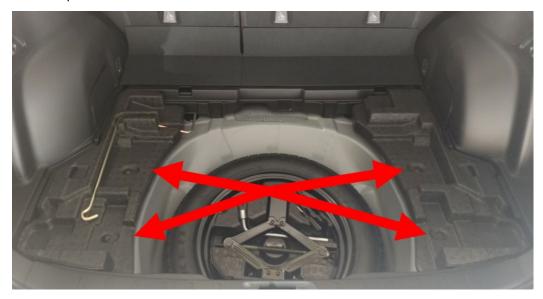
Rear Installation

- **20.** Jack the rear of the vehicle up and place jack stands under the main lifting points indicated by the owner's manual. Remove both the driver and passenger side wheels.
- **21.** Open the hatch and remove the spare tire cover / carpet by lifting the leading edge closest to the body of the vehicle, and then folding onto itself.





22. Locate the plastic push clips holding the foam tool holders in place. Remove these clips and set the foam pieces aside.



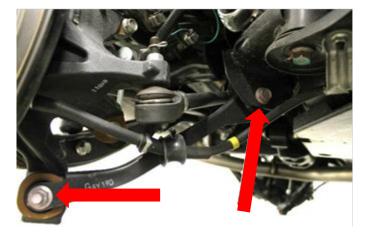
23. Remove the factory strut mount cover. (repeat for other side of vehicle) Remove the strut nuts and set them aside. (14 mm Socket)



24. Loosen but do not remove the upper control arm bolts (17mm socket).



25. Loosen but do not remove the front lower control arm bolts (17mm socket)



26. Loosen but do not remove the rear lower control arm bolt at the subframe (17mm socket).



27. Remove both the factory lower rearward control arm bolt at the knuckle and the factory lower strut bolt (17mm socket), then lower the control arm and remove the factory strut assembly from the vehicle Warning: Hold strut assembly while lowering the control arm





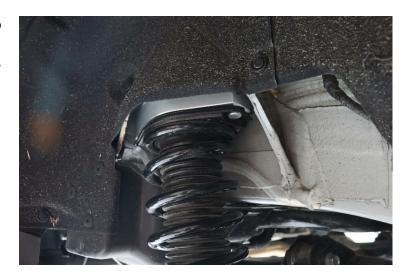
28. Locate the Crawford Performance strut extension. Install the short stud extensions provided to top of strut and torque to 30 ft-lbs. (16mm box wrench). Add thread lock before installing stud extender







29. Install the completed strut assembly to the car using the provided M10 x 1.25 strut flange nuts. Do not tighten at this time. A helper is recommended.



- 30. Align the 2 upper strut stud extension threads to the holes on the vehicle and fasten utilizing the provided M10 x 1.25 strut flange nuts (14mm socket).
 - Note: Do not tighten the 2 upper strut nuts at this time



- 31. Raise the lower control arm into place and install the lower strut hardware (17mm socket). Do not tighten at this time. Use the jack and raise the lower control up to set preload on the strut. Install the lower knuckle bolt.
 - Torque to 95 ft-lbs.





- **32.** Install the wheels and lower the vehicle to the ground. Torque the lug nuts to the wheel manufacture's specs.
- **33.** Jounce the vehicle to get it to settle to the new ride height. Torque the upper strut hardware to 30 ft-lbs. Install the strut covers and foam tool holders using the factory plastic push clips.
- 34. Torque all the upper + lower control arm hardware and the lower strut hardware to 95 ft-lbs.
- **35.** Reconnect the vehicle power source at the negative terminal. Turn the frontwheels from lock to lock verifying all clearances between tire, suspension components and ABS / brake lines. Adjust as necessary.
- **36.** Have the vehicles alignment set to the recommended specs on the last page of this booklet by a reputable alignment shop. Final torque of all tie rods and cam bolts to be done by the alignment tech. Make sure all steering wheel angle sensors and electronic controls are reset per the manufacturer requirements.
- **37.** Front Caster is fixed, Camber and Toe are adjustable. Rear Camber and Caster are fixed unless aftermarket arms are used, Toe is adjustable.

Thank you for choosing Crawford Performance!

Please feel free to contact us for any questions or comments! We are here to help. We understand this is a difficult install and we commend you for your efforts. Celebrate by cracking a beer and pouring one out for your chewed-up arms.

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RECOMMENDED ALIGNMENT SPECS

Front	Driver	Passenger	Tolerance	Total / Split
Camber	+0.0	+0.0	+/- 0.5	+0.0
Caster	+4.5	+4.5	+/- 0.5	+0.0
Тое	+0.0	+0.0	+/- 0.05	+0.0
Rear	Driver	Passenger	Tolerance	Total / Split
Camber	+0.3	+0.3	+/- 0.5	+0.0
Тое	+0.07	+0.07	+/-0.05	+0.0