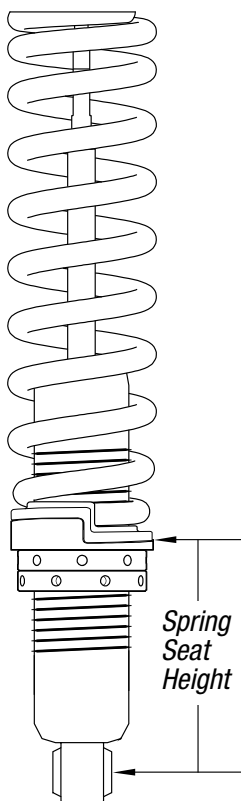




# TECHNICAL BULLETIN

## Foam Cell Pro Spring Seat Heights

MAKE	MODEL	PART NUMBER	OEM SPRING SEAT HEIGHT
Ford	Ranger	45727FE	190mm
Holden	Colorado	45745FE	190mm
Isuzu	D-Max	45745FE	190mm
Mazda	Bt50	45727FE	190mm
Nissan	Navara D40 / Np300	45716FE	105mm
Nissan	Patrol	45740FE	130mm
Toyota	Prado 90/95	45691FE	163mm
Toyota	Hilux / Fortuner	45710FE	229mm
Toyota	Prado 120	45710FE	214mm
Toyota	Prado 150	45750FE	214mm
Toyota	Fj Cruiser	45710FE	214mm
Toyota	Landcruiser 200	45720FE	220mm
Toyota	Tundra	45780FE	245mm with TOY063 Coil



Foam Cell Pro Struts feature a threaded body for ride height adjustment.

Use Ironman 4x4, P/N# ISHOCKTOOL001 wrench when making adjustments.

It may be necessary to unload the spring tension before making adjustments.

When setting ride height use the OEM shock absorber as a reference for spring seat height, or refer table above.

Many independent suspension systems incorporating struts operate at a 1:2 motion ratio. For every 1mm of movement (compression or extension) at the strut, equates to 2mm movement when measured at the wheel. This MUST be considered when adjusting seat height.

For example a 10mm seat height adjustment will provide 20mm change in ride height.

Independent suspension MUST maintain at least 60mm downward travel from ride height. Raising ride height too high can damage the suspension components, impair suspension operation and safety.

For further information and to find your nearest Ironman 4x4 distributor, please call 1300 731 137

[www.ironman4x4.com](http://www.ironman4x4.com)