

Technical Support Line: (952) 985-5675 Email: sales@QA1.net

INSTALLATION INSTRUCTIONS

QA1 P/N 5285, 5284 & 5283 Adjustable Frame Supports
1978-1988 GM A/G- Body, 1968-1972 GM A-Body, 1964-1967 GM A-Body

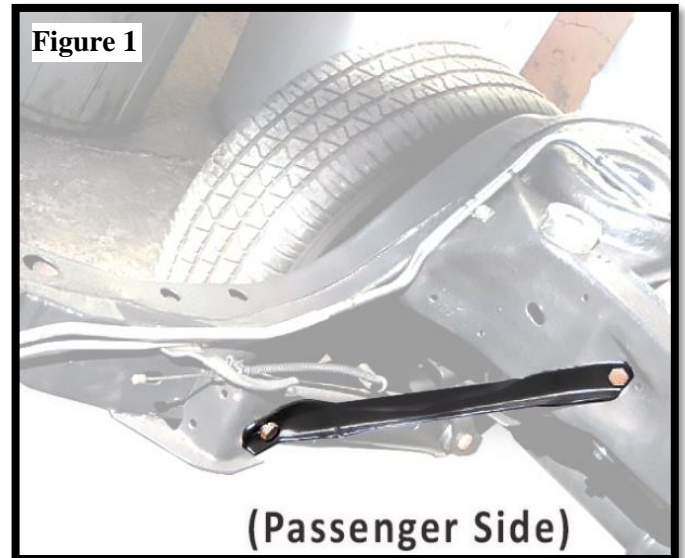
TOOLS AND SUPPLIES REQUIRED

- Floor Jack
- Jack Stands
- 18mm, 19mm and ¾" Sockets and combination Wrenches
- Torque Wrench
- Tire Chocks
- Blue Loctite™

Note: Frame braces are designed to tie the forward upper and lower trailing arm mounts together for increased frame strength. Some GM applications came with stamped steel frame braces from the factory. (Figure 1)

Removal

1. Place the vehicle on a level surface and place tire chocks in front of and behind front tires.
2. Support the rear of the vehicle on jack stands under the frame rails. The floor jack can be left under the rear differential as it will be needed throughout the installation process.
3. Removal of the lower shock mounting hardware and rear springs may give better access to the upper trailing arm bolts.
4. Loosen the trailing arm nuts at the frame for the upper and lower trailing arms. Do not remove the bolts at this time
5. With a floor jack under the differential, raise the jack slightly to remove tension from the trailing arm bolts. Make sure not to lift the car off the jack stands. The trailing arm bolts provided with the frame braces are longer than the OE bolts and must be used with the frame braces.



Note:

Replace only one bolt at a time to prevent the differential from rotating. The bolts should be easy to push in or out when correct ride height is obtained. The differential may need to be raised or lowered slightly to find the best position.

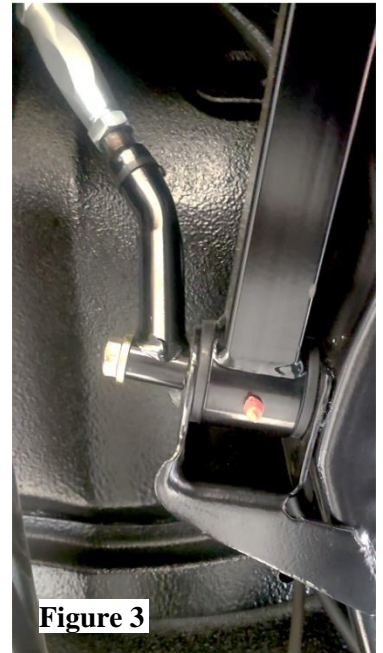
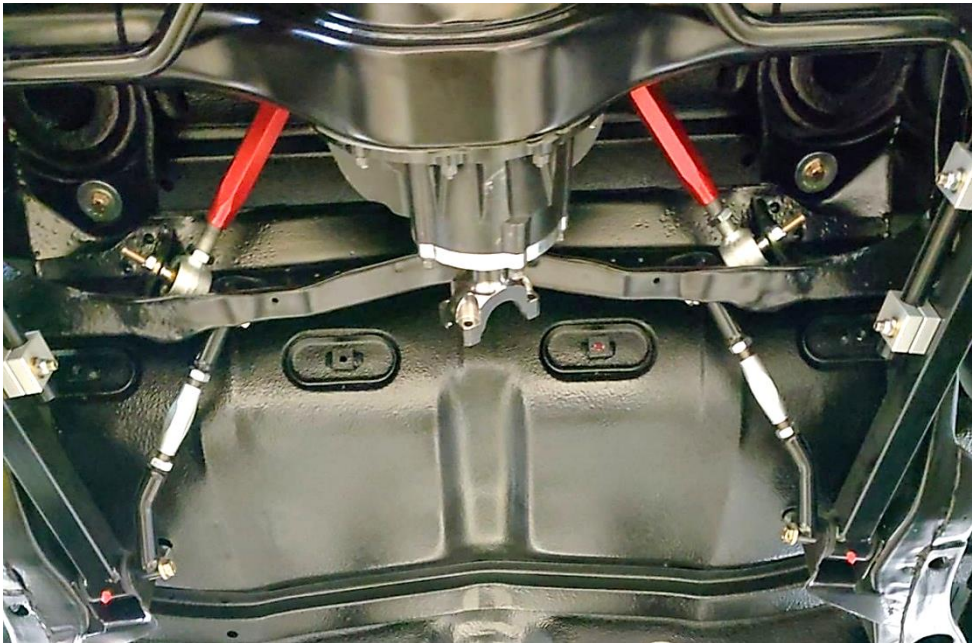


Installation

Note:

The adjustability of the frame brace is to aid in the installation and should not be used for a pulling/pushing force on the trailing arm mounts. Due to the age/condition of the vehicles frame some braces may need shimming with washers.

1. Install the straight end of the frame brace to the front upper trailing arm mount using the included bolt and a flat washer under the bolt head. Secure with one washer and a nut. **(Figure 2)**
2. Attach the curved end of the frame brace to the front lower trailing arm mount using the included bolt with one washer under the bolt head. Secure with one washer and a nut. **(Figure 3)**
3. Raise the rear differential with the floor jack until the vehicle is just off of the jack stands. *Note: Do not remove jack stands.* Torque all hardware to 70 lb. ft. with Loctite™ thread locking compound on the threads.
4. Reinstall the springs and shocks if they were removed.
5. Remove the jack stands and lower the vehicle.



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