



DON'T FORGET

These instructions can be found in color and expandable at QA1.net

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

INSTALLATION INSTRUCTIONS

QA1 1978-1996 GM B -Body Rear Coil-Over Conversion Kit

RCK52378, RCK52379, RCK52380, RCK52381, RCK52382, RCK52383, RCK52384, RCK52385, RK105K

DO NOT VOID YOUR WARRANTY!

Permatex® Anti-Seize Lubricant should be used on coil-over threads to prevent galling. Failure to lubricate the coil-over threads with Anti-Seize prior to making ride height adjustments will cause damage to your shock absorber and will void any warranty. All ride height adjustments must be made with the vehicle weight completely unloaded from the suspension. Please call QA1 Technical Support with any questions.

TOOLS AND SUPPLIES REQUIRED

- Floor Jack
- Jack Stands
- SAE Wrench/Socket Set
- 1/2" & 5/16" Drill Bits & Drill
- Tire Chocks
- Torque Wrench
- Spanner Wrench (QA1 P/N T114W or T115W)
- Permatex® Anti-Seize Lubricant P/N 9072-105

KIT CONTAINS

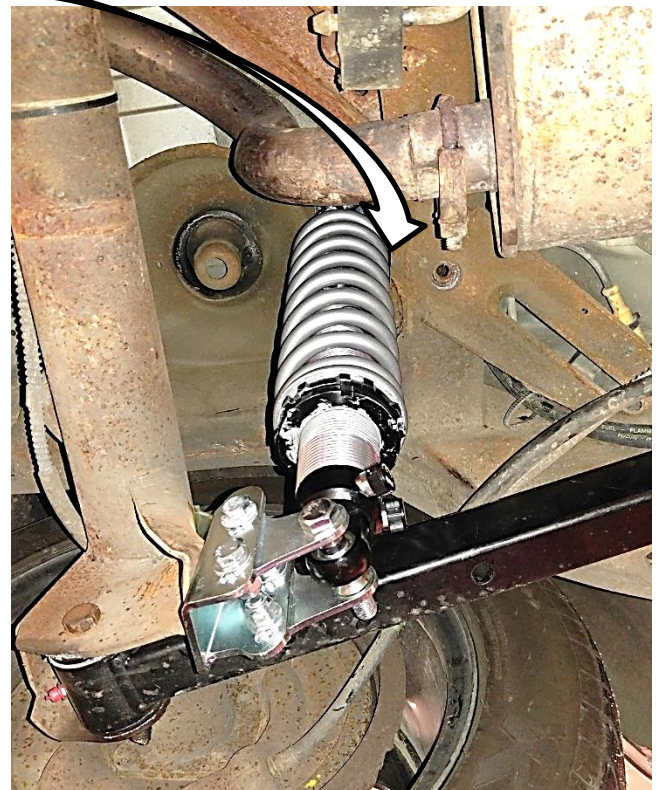
- 2-Proma Star® Shocks
- Two Springs
- Mounting Brackets
- All Necessary Hardware

Pre Installation Note:

Wagon applications will need to clearance the rear crossmember to allow for spring clearance.

Coil-Over Shock Assembly:

1. Using a snap ring pliers, install a snap ring into one of the grooves in the lower shock eye followed by the spherical bearing and the other snap ring. If pressing the bearing in, only press on the race of the bearing.
2. Insert the 1/2" ID steel sleeve in the upper shock eyelet bushing. Light oil on the sleeve will help with the installation.
3. Thread the aluminum jam nut (shoulder up) and the spring seat adjuster nut (shoulder up) down to the last thread - NO FURTHER. Now is a good time to lubricate the threads of the shock body with Permatex® Anti-Seize Lubricant.
4. QA1 highly recommends using the QA1 thrust bearing kit (part #7888-109) for ease of adjustment. If the thrust bearing kit is used, coat both washers with Permatex® Anti-Seize Lubricant. Install the stainless steel spring seat washer, then the bearing,



then the second washer. If the thrust bearing kit is not used, coat one side of the stainless steel spring seat washer with **Permatex® Anti-Seize Lubricant**.

- Place the lubricated side of the washer down on the spring seat. Slide the spring over the shock body and down onto the spring seat. Slip the spring cap in place, making sure that it is set in the spring squarely.
- Adjust the spring seat up until the spring is slightly compressed. This ensures that the spring cap, spring and spring seat washer remain in place and aligned.

Removal:

- With the vehicle sitting on level ground, measure the vehicle ride height from the ground to the center of the wheel opening and record these measurements.
- Jack the car up and ensure that the frame is set securely on jack stands. See the owner's manual for proper jacking techniques.
- Use a jack under the rear axle to remove tension from the rear shocks and remove them from the vehicle. The lower shock mounting bolts also need to be removed from the axle.
- Remove the rear springs.

Installation:

- Clean the upper shock mount location on the vehicle of debris where the bracket will locate. This area must be free of any undercoating, dirt or other debris to ensure the bracket will sit flat against the frame.
- The upper mounting bracket bolts to the frame using the factory upper shock mounting holes with the 5/16" x 3/4" bolts and nuts provided. One additional 5/16" hole will need to be drilled for each bracket. See **Figure 1 & 2**.

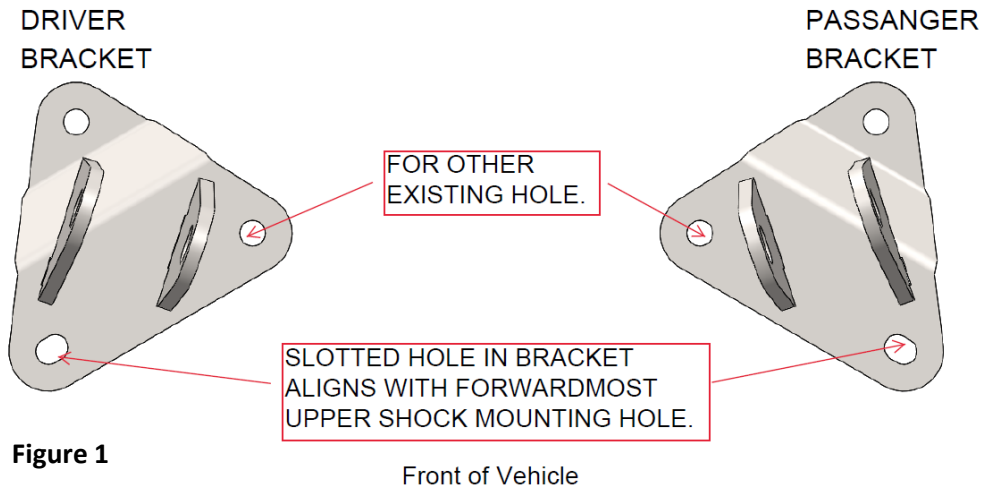


Figure 1

- The lower coil-over shock mounting brackets attach using the factory shock mounting bolt hole. See **Figure 3**. (Right side shown.)
- With the QA1 lower shock mount bracket bolted on, use the bracket to locate and drill the upper bolt hole. Drill a 1/2" hole.
- The mounting tabs as shown in **Figure 3** will allow for the lowest ride height. Inverting the mounting tabs and/or raising the tabs will raise the car above stock height.
- Refer to **Figure 5** and **Figure 6** on page 3 for the correct tab position and bolt orientation on the lower shock mounting bracket. Figure 5 shows the recommended starting location for lower shock mount tabs.
- Install the shock into the upper mount with the supplied 1/2" x 2 1/2" bolt with the supplied washers and nut in the upper shock mount bracket.

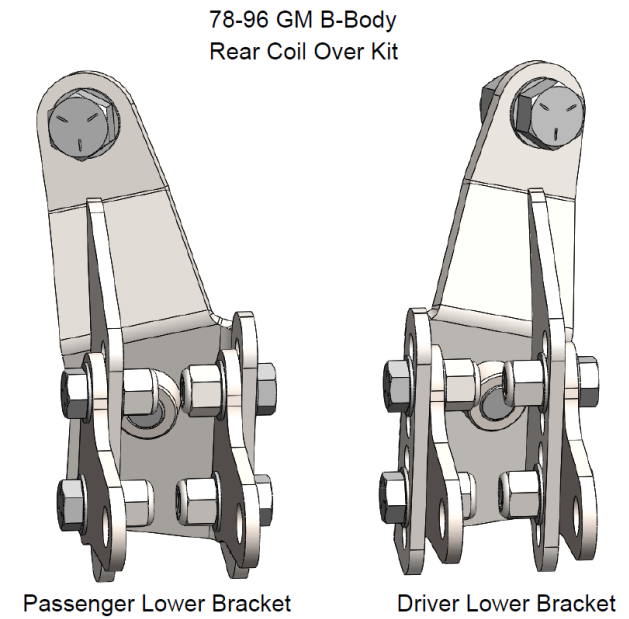
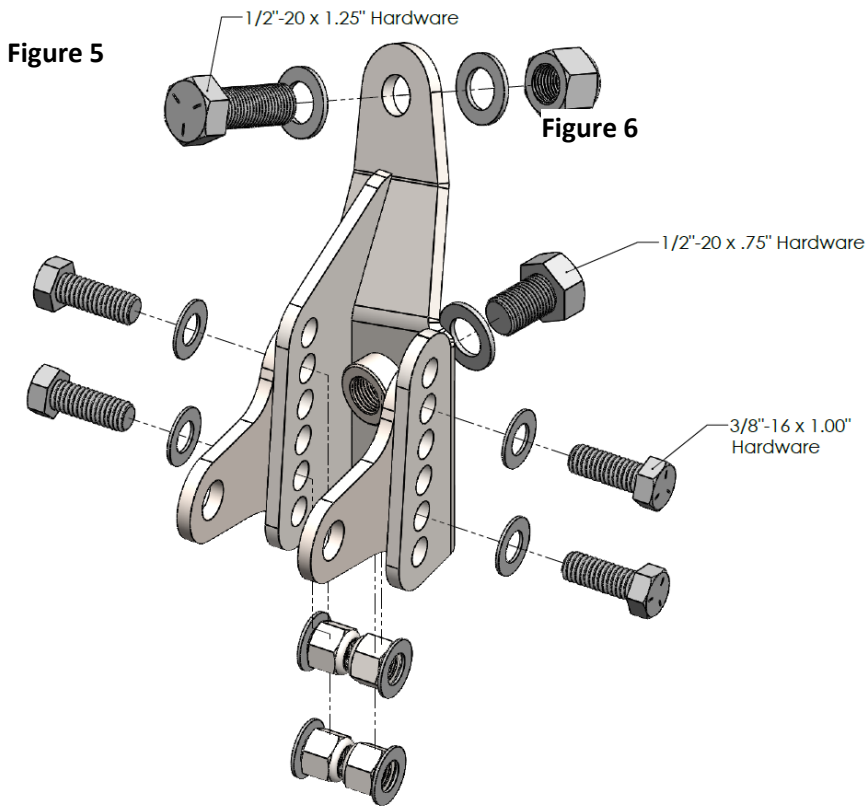
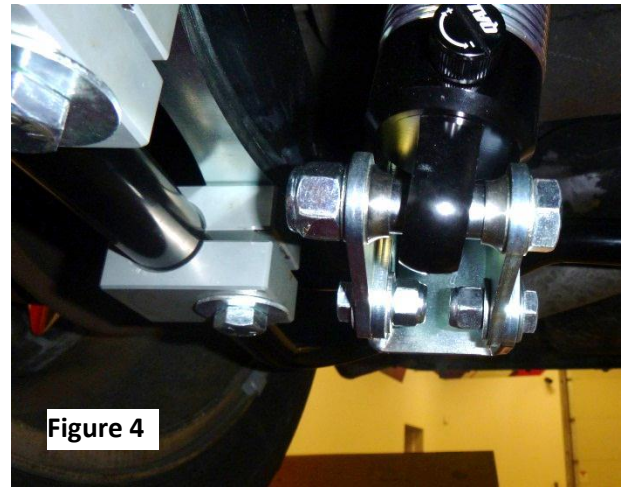
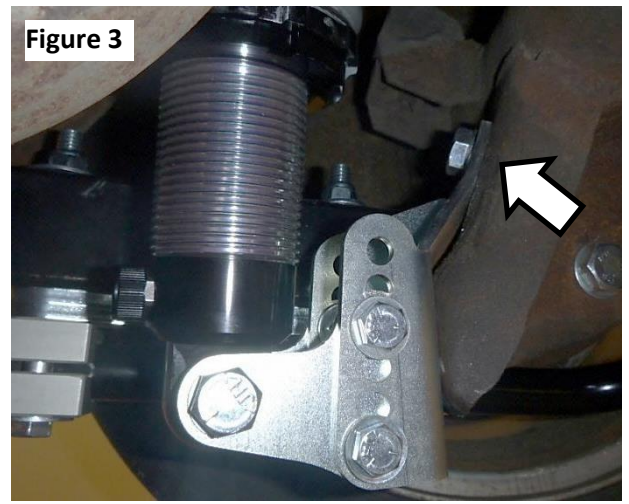


Figure 2

8. Insert the lower shock eyelet into the lower mounting bracket with the knob(s) facing towards the front of the vehicle with one SG84 spacer on each side of the spherical bearing as shown in **Figure 4**. Install the $\frac{1}{2}$ " x $2\frac{3}{4}$ " bolt and torque to 70 lb.-ft.
9. Repeat steps one through eight on the other side of the car.

Ride height adjustment

1. Ride height adjustments should be made with the dampening adjustment set on the softest setting to ensure the shock is not holding the car up.
2. The lower shock mounting tabs should be moved for larger ride height adjustments to help keep the shocks in their useable range of $15\frac{1}{4}$ " to $16\frac{3}{4}$ " measured from center of eyelet to center of eyelet with the vehicle sitting at ride height and the suspension loaded.
3. Lower the car to the ground and check the vehicle ride height referring to your notes from step 1 of disassembly. Raise the car off the ground and adjust the ride height as necessary with the suspension unloaded using a spanner wrench or by moving the lower shock mount tabs. Once you have the ride height set, tighten the lock nut against the spring seat adjuster.



Rear Valving Adjustments

QA1 shocks have 18 damping settings per knob. There are 6 clicks per revolution of each knob, and each knob has 3 complete revolutions. The knob set fully counter clockwise is the softest setting - start adjustments from that point. Recommended base settings to begin testing with are as follows:

Shocks with one adjuster knob:

Drag Racing:	0-6 clicks
Nice ride and handling:	0-6 clicks
Firm ride & improved handling:	6-12 clicks
Aggressive handling:	13-18 clicks

Shocks with two adjuster knobs:

Drag Racing:	0-6 clicks compression	4-10 clicks rebound
Nice ride and handling:	0-6 clicks compression	2-8 clicks rebound
Firm ride & improved handling:	6-12 clicks compression	8-14 clicks rebound
Aggressive handling:	13-18 clicks compression	14-18 clicks rebound

NOTE: DO NOT FORCE THE ADJUSTER KNOB. DO NOT USE PLIERS OR ANY OTHER TOOLS ON THE PISTON ROD OR THE ADJUSTER KNOB. DO NOT EXCEED 18 CLICKS UNDER ANY CIRCUMSTANCES. THIS COULD DAMAGE THE SHOCK AND CAUSE IT NOT TO ADJUST. THIS WILL VOID ALL WARRANTIES. DO NOT USE THE SHOCK ABSORBER AS A SUSPENSION/ TRAVEL LIMITER. SEVERE DAMAGE TO THE SHOCK WILL OCCUR AND DOING SO WILL VOID ALL WARRANTIES.

READ ALL INSTRUCTIONS CAREFULLY AND THOROUGHLY PRIOR TO STARTING INSTALLATION. PRODUCTS THAT HAVE BEEN INSTALLED ARE NOT ELIGIBLE FOR RETURN. USE THE PROPER JACKING LOCATIONS. DEATH OR SERIOUS INJURY CAN RESULT IF INSTRUCTIONS ARE NOT CORRECTLY FOLLOWED. A GOOD CHASSIS MANUAL, AVAILABLE AT YOUR LOCAL PARTS STORE, MAY ALSO AID IN YOUR INSTALLATION.

• DISCLAIMER / WARRANTY •

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DEDICATED TECH SUPPORT

QA1 is dedicated to providing quality support and instructions. We employ passionate racers and car enthusiasts that know our products and the industry to better serve you.

CHECK US OUT ON YOUTUBE!



- Frequently Asked Questions
- Quick Tips
- Install Information
- Tuning and Repair Guides
- Other Technical Information

youtube.com/qa1tech



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