



## **2009 FORD F-150 HEADER INSTALLATION INSTRUCTION**

Thanks for purchasing Stainless Works Muscleflow Headers for your Ford F-150 Truck. We have gone to great pains to make sure that our exhaust systems fit and sound great. Please follow these steps to ensure that your installation goes as planned.

### **MANIFOLD REMOVAL**

1. Disconnect Battery
2. Raise and support the vehicle.
3. Remove the Catback from the flange.
4. Remove the skid plate under the engine – (4) 13 mm bolts. Remove the skid plate on the left side of the cross member – (4) 13 mm bolts. Support the transmission and transfer case with a jack and remove the transmission mount to cross member bolts - (2) 18 mm bolts.
5. Remove (4) 15 mm bolts in the cross member and remove.
6. Unplug and remove the O2 sensors.
7. Unbolt (4) 15 mm bolts in Y-Pipe and remove.
8. Reinstall cross member and transmission mount.
9. Remove air box and dipstick tube.
10. Unbolt the right heat shield with (3) 10 mm bolts and slide it back.
11. Remove both front wheels to better access the manifold bolts.

12. Remove the manifold nuts and studs on both sides. (16) 13 mm nuts and 5 mm studs).
13. Remove both manifolds.
14. Remove factory exhaust per the Stainless Works Exhaust installation instructions.

## **HEADER INSTALLATION**

1. DO NOT reuse factory manifold gaskets, instead use red RTV hi temperature silicone sealant.
2. Apply sealant and install headers using supplied bolts.
3. Install front lead pipes to headers using Accuseal clamps
4. Install catalytic converter on left side using Accuseal clamp and hanger clamp. Install cat on right side using two clamps.
5. Install rear lead pipes to the X-Pipe.
6. Install rear O2 sensors using supplied extensions for required length.
7. Install X-Pipe using Accuseal clamps, along with hanger and (2) saddle clamps.
8. Install remainder of Stainless Works Dual Exhaust per those Installation Instructions.
9. Reinstall right heat shield using (3) 10 mm bolts, then plug in O2 sensor
10. Reinstall left skid plate using (4) 13 mm bolts.
11. Reinstall dipstick tube and air box.
12. Reinstall skid plate – (4) 13 mm bolts.
13. Reinstall the front wheels.
14. Lower the vehicle and reconnect the battery.
15. Be sure to have adequate clearance around all wires, hoses and lines. **If anything is in contact with the exhaust system, it will melt.** Make sure to have at least ½” of clearance and wrap any suspect areas with DEI thermal barrier wrap.
16. After double checking for clearance and making sure all lines, wires and hoses are secured, drive the car for 10-20 miles and re-check all clamps and clearances.