

# **STAINLESS WORKS**

## **FORD LIGHTNING HEADER INSTALLATION**

### **INSTRUCTIONS**

#### **HEADER INSTALLATION**

1. Disconnect Battery
2. Remove 8mm headed bolt holding engine die stick to left cylinder head and remove dipstick tube.
3. Put truck up on jack stands or lift.
4. Remove front tires (for manifold bolt access).
5. Thru left fender well undo air tube at manifold.
6. Remove 2-13 mm headed bolts holding heat shields to transmission cross members, and 1-13mm bolt on head pipe mount.
7. Remove 2-18mm nuts holding transmission mount to cross member.
8. Remove 6-18mm nuts (3 per side) holding cross member to frame rails.
9. Lift transmission to take weight off the cross member, slide bolts coming thru frame rails out of cross member and pull cross member out.
10. Unhook all 4 O2 sensors.
11. Pull 4-15mm nuts off of manifolds holding head pipe on.
12. Undo hangers and drop exhaust.
13. Put cross member back in permanently
14. Remove starter: 3-13 mm bolts holding it to bell housing, 1- 13mm nut holding battery cable, 1-10mm nut holding solenoid wire.
15. Remove 8-13mm nuts per side holding manifold to head and pull manifolds down through the bottom.
16. If you retain the factory studs you may have to jack up motor to install headers. If you are using bolts, headers will slide up in place from the bottom, without jacking up motor. Make sure to install all bolts before tightening, and with bolts

installed but loose on the passenger side, go ahead and install starter, it can be done with header tight, it is just easier with the header loose. Also install O2 extensions on wiring harness side before putting headers up in place; this will make it much easier to get to the factory connectors.

17. Tighten all bolts.
18. Put dipstick tube back in and tighten bolt
19. Install O2 sensors