



INSTALLATION INSTRUCTIONS

UCA002FA

PRO FORGE UPPER CONTROL ARMS TO SUIT
4TH AND 5TH GEN TOYOTA 4RUNNER | 2003-2024
TOYOTA FJ CRUISER | 2007-2014
LEXUS GX470 AND GX460 | 2003-2024



WARNING

It is mandatory for greaseable ball joints to have grease added at the time of installation. Use grease type NLGI #2 - heavy duty lithium or synthetic grease.



NOTE

Some images contained in these instructions are generic and are a representation of the actual model and/or parts used. Some steps may also show parts out of sequence to the instructional steps.



SAFETY WARNING

IRONMAN 4X4 requires you read and understand the safety and pre-install directions on page 2 and 3 before commencing installation of this product.



2 Hours
Approximately

Document No: UCA002FA/241025

**Occupational health and safety procedures
must be observed at all times**



IMPORTANT WARNINGS

READ THESE INSTRUCTIONS THOROUGHLY AND COMPLETELY
BEFORE COMMENCING INSTALLATION.

INSTALLATION BY A CERTIFIED PROFESSIONAL MECHANIC IS HIGHLY RECOMMENDED.

IRONMAN 4X4 CANNOT BE HELD RESPONSIBLE FOR ANY DAMAGE OR FAILURE
RESULTING FROM IMPROPER INSTALLATION.



SAFETY WARNING

MISUSE OF THIS PRODUCT COULD LEAD TO INJURY OR DEATH

- Suspension systems or components that enhance the on and off road performance of your vehicle may cause it to handle differently than it did from the factory. Extreme care must be used to prevent loss of control or vehicle rollover during abrupt maneuvers.
- Always operate your vehicle at reduced speeds to ensure your ability to control your vehicle under all driving conditions. Failure to drive safely may result in serious injury or death to driver and passengers.
- IRONMAN 4X4 recommends avoiding quick sharp turns and other sudden maneuvers.
- It is the responsibility of the retailer and/or the installer to review all State or Territory local laws with the end user of this product, relating to bumper height laws and the lifting of their vehicle before the purchase and installation of any IRONMAN 4X4 product.
- Constant maintenance is required to keep your vehicle safe. Thoroughly inspect your vehicle before and after every off road use.



CUSTOMER INFORMATION

Customer Name: _____ Date: _____

Contact: _____

Part Number: _____ Batch Number: _____

Any damage or losses caused by improper installation and application, goes beyond our quality warranty.

IMPORTANT WARNINGS



INSTALLATION WARNING

- All steps and procedures described in these instructions were performed while the vehicle was properly supported on a two post vehicle lift with safety jacks.
- Use caution during all disassembly and assembly steps to ensure suspension components are not overextended, causing damage to any vehicle component and/or parts included in this kit.
- Included instructions are guidelines only for recommended procedures and are not meant to be definitive. The installer is responsible to ensure a safe and controllable vehicle after performing any modifications.
- IRONMAN 4X4 recommends the use of an vehicle specific OE Service Manual for disassembly and assembly of factory and related components.
- Unless otherwise specified, tighten all bolts and fasteners to standard torque specifications listed within the OE Service Manual.
- Suspension components that use rubber or urethane bushings should be tightened with the vehicle at normal ride height. This will prevent premature wear or failure of the bushing and maintain ride comfort.
- Larger tire and wheel combinations may increase leverage on suspension, steering and related components.
- Due to variations in payload options and initial ride height, the amount of lift is a base figure. Final ride height dimensions may vary in accordance to original vehicle ride height. Always measure the vehicle ride height prior to commencing installation.



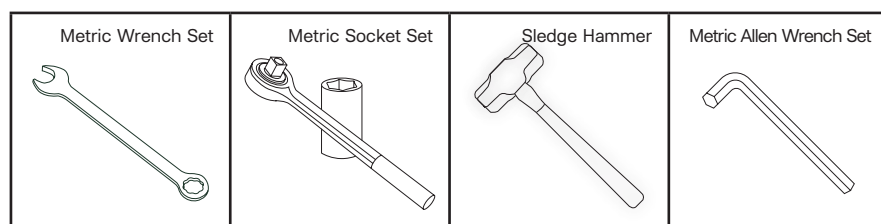
SAEJ2492 WARNING

By installing this product, you acknowledge the suspension of this vehicle has been modified. As a result, this vehicle may handle differently than that of factory-equipped vehicles. As with any vehicle, Extreme Care must be used to prevent loss of control or roll-over during sharp turns or abrupt maneuvers.

Always wear seat belts, and drive safely, recognizing that reduced speeds and specialized driving techniques may be required. Failure to drive this vehicle safely may result in serious injury or death. Do not drive this vehicle unless you are familiar with its unique handling characteristics and are confident of your ability to maintain control under all driving conditions.

Some modifications (and combinations of modifications) are not recommended and may not be permitted in your state. Consult your owner's manual, the instructions accompanying this product, and state laws before undertaking these modifications. You are responsible for the legality and safety of the vehicle you modify using these components.

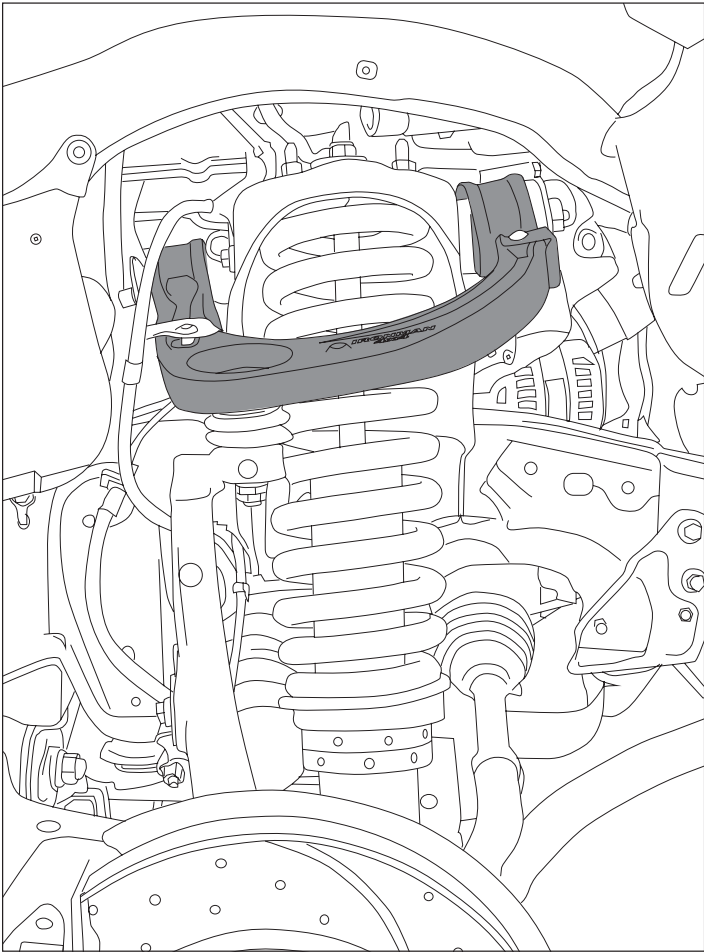
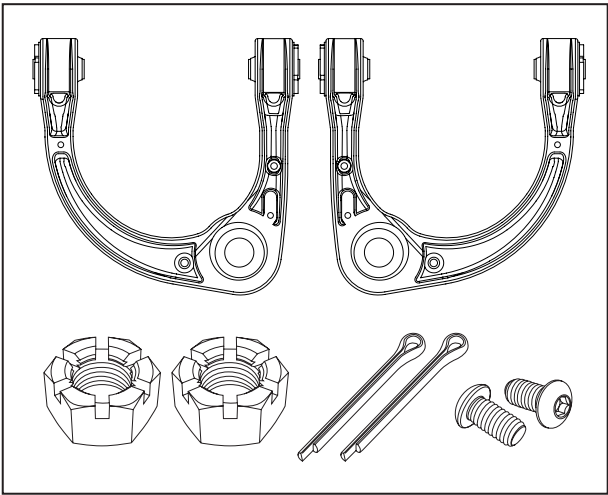
TOOLS REQUIRED



Any damage or losses caused by improper installation and application, goes beyond our quality warranty.

UCA002FA PARTS LIST

No.	Description	Qty
1.	Upper Control Arm - LHS	1
2.	Upper Control Arm - RHS	1
3.	Castellated Nuts	2
4.	Cotter Pins	2
5.	Button Head Allen Screws	2



Generic image used as reference only.

Any damage or losses caused by improper installation and application, goes beyond our quality warranty.

PRE-INSTALLATION

1. Before installing, ensure UCA application is compatible with the vehicle.
Unwrap all components taking care not to damage or scratch in the process. Inspect for any damage.

 **NOTE**

Retain all factory (OE) hardware and components unless advised to discard.

 **TIP**

It is good practice to lay out all parts to cross-reference against the parts list and record Batch Numbers.

2. Lift vehicle off the ground or set on stands if working on floor.

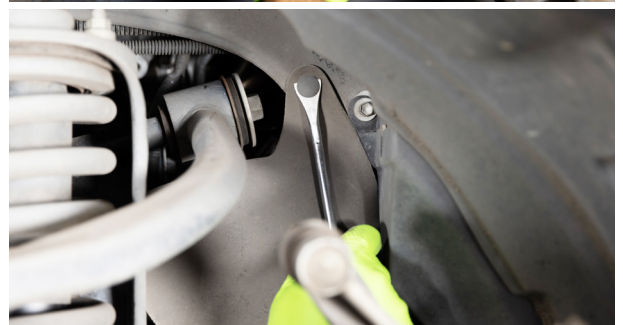
Remove front wheels.



3. Use 10mm socket and remove ABS wire bracket from UCA.



4. Use body clip pry tool to pop plastic clips on fender liners and let them hang.



5. Use 17mm socket and remove sway bar end link from spindle and rotate out of the way.



6. Use needle nose pliers and remove cotter pin from ball joint.

Use 19mm socket or wrench and loosen, but don't remove ball joint nut.



7. Use hand sledge and strike spindle to release ball joint.

**TIP**

Use a strap to hold spindle in place once ball joint is separated.



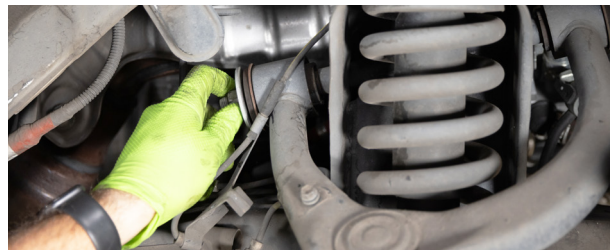
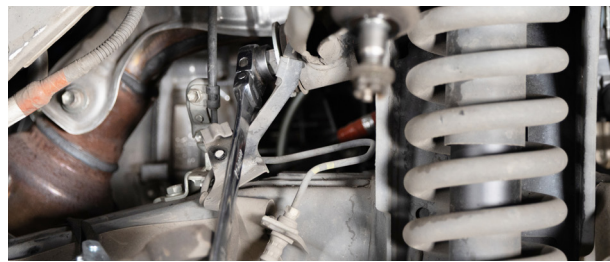
8. Use 19mm wrenches and remove UCA through bolt.

May have to bend bracket over slightly to allow bolt to push out forward.

Remove UCAs.

**NOTE**

Careful! SRS wire and AC condensor line are on back side of body seam.

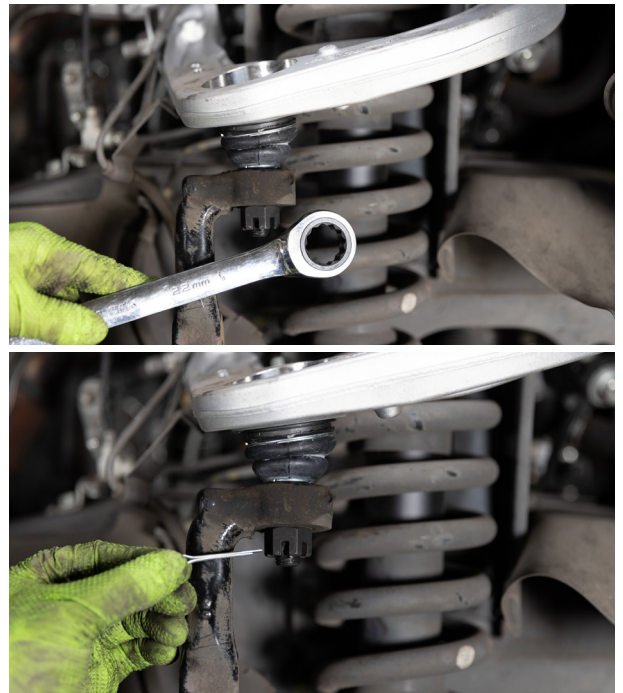


9. Install new UCAs.

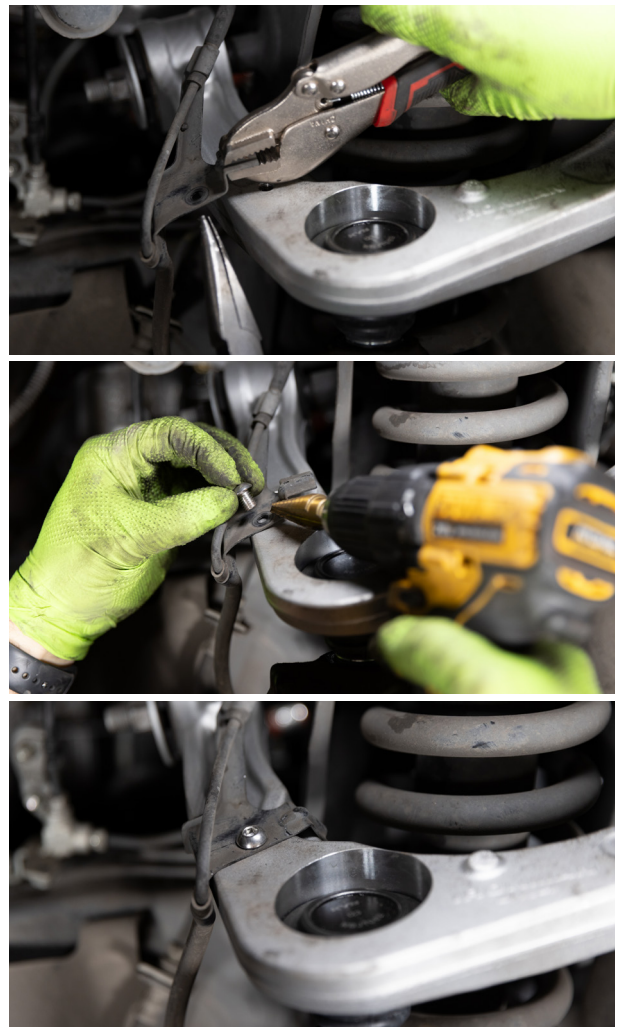
Tighten up bolt and nut in neutral position.



- 10.** Install ball joint back into spindle use a 22mm wrench to tighten castellation nut, align slot and install cotter pin.



- 11.** Bend tab on ABS wire bracket and drill out hole to accommodate provided allen bolt. Use 5mm allen wrench to install ABS wire bracket onto new UCA.



- 12.** Reconnect sway bar end links to spindle using 17mm socket.



- 13.** Reconnect inner fender liners.



14. Reinstall wheels.**15.** With the vehicle on flat level ground at final ride height, torque the upper control arm to chassis fastener (long mounting bolt) to 200Nm (145lb.ft).**16.** Check all bolts and nuts are torqued, ensuring clearance around all components.

We advise paint marking all bolts and nuts once torqued.

Apply the service instruction decal to the front window on the driver side.

WHEEL ALIGNMENT**NOTE**

Professional wheel alignment is required.

A strong understanding of wheel alignment procedure is required. IRONMAN 4X4 recommends wheel alignment be carried out by a trained alignment professional only.

IRONMAN 4X4 Pro-Forge Upper Control Arms will significantly change the wheel alignment settings by comparison to the OEM arm, for the purpose of correcting alignment after raising ride height.

Adjustments to Camber, Caster and Toe will be required.

Using the lower control arm eccentric cams, in most instances set alignment within the following range, or according to OEM specification.

Caster: +3.6° to +5.15°

Camber: +1.23° to -0.27°

Toe: +0.32° to +/-0.16°

A high caster setting will aid in providing additional clearance to mud flaps when fitting larger tyres.

Always set wheel alignment settings in relation to tyre wear for each individual vehicle.

ONCE INSTALLED...



SAFETY WARNING

FAILURE TO PERFORM POST INSTALL CHECKS MAY RESULT IN VEHICLE COMPONENT DAMAGE AND/OR PERSONAL INJURY OR DEATH TO THE DRIVER AND/OR OTHER PERSONS.

FINAL CHECKS AND ADJUSTMENTS

- Once the vehicle is lowered to the ground, check all rubber or urethane components to ensure correct torque.
- Torque lug nuts to manufacturers specifications.
- Move vehicle backward and forward a short distance to allow suspension components to adjust.
- Turn the front wheels completely left then right to ensure adequate tyre, wheel, brake line and ABS clearance.
- Test and inspect steering, brake and suspension components for tightness and proper operation.
- Inspect brake hoses and ABS lines for adequate slack at full extension and adjust as necessary.
- Recheck all hardware for correct torque values after 1000km (620miles)

VEHICLE HANDLING WARNING

Increasing the height of your vehicle raises the centre of gravity and can affect stability and control. Exercise caution when making turns and corrective steering.

Vehicles with larger tyres and wheels will handle differently than stock vehicles. Take time to familiarise yourself with the handling of your vehicle.

WHEEL ALIGNMENT / HEADLIGHT / SAFETY SYSTEMS ADJUSTMENT

It is necessary to have a proper and professional wheel alignment to factory specifications performed by a certified alignment technician. IRONMAN 4X4 also recommend an alignment after any off road driving.

In addition to an alignment, for your safety and the safety of others, IRONMAN 4X4 strongly recommend checking and adjusting the vehicle headlights for correct aim and alignment.

If the vehicle is fitted with active or passive safety/collision monitoring and/or avoidance systems, these should be professionally checked and adjusted to ensure correct aim and function.



Any damage or loss caused by improper installation, application or failure to observe and follow our recommendations, goes beyond our quality warranty.

Document No: UCA002FA/241025