

Installation Instructions

Body Mount Set No. 8.4114

2003-2009 Toyota 4Runner & Lexus
GX 470, 2007-2014 Toyota FJ Cruiser



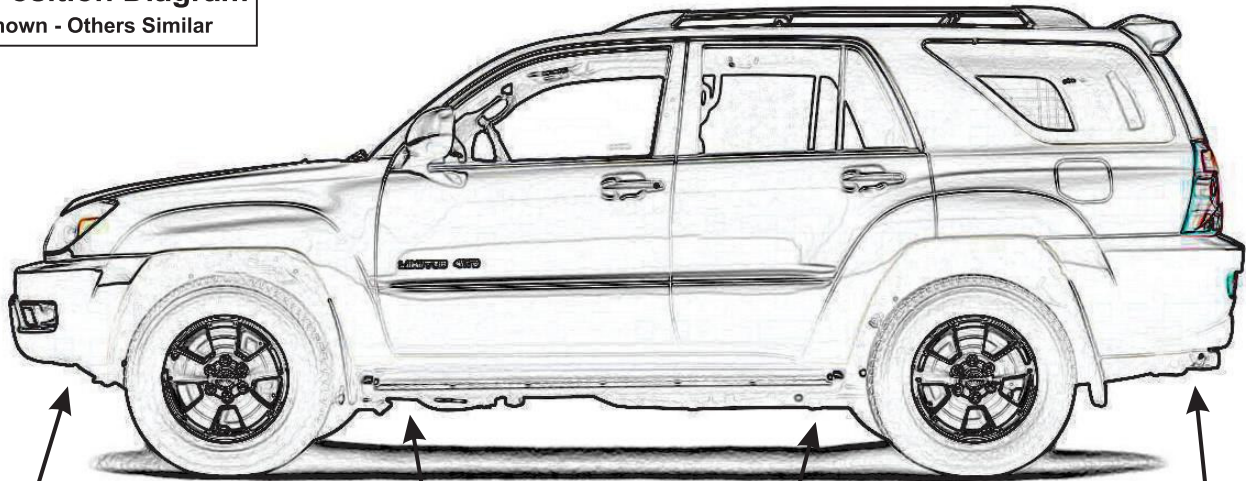
1131 VIA CALLEJON, SAN CLEMENTE, CA 92673

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It is recommended that if you are unfamiliar with this type of work that you refer to a qualified service center specializing in this type of work. It is also recommended that if you choose to do this work yourself that a factory service manual be obtained for the proper procedures pertaining to removal, replacement and proper torque specifications for your vehicle. This instruction set is intended as a guideline for the safe installation of Energy Suspension's polyurethane bushings, once you have removed the factory components from your vehicle. Wheel alignment is almost always disturbed when suspension components are removed or replaced. It is recommended that you have the alignment checked on your vehicle at a qualified alignment shop. Energy Suspension recommends that you read over all the installation instructions and check all P/N's and quantities in the parts list before you start. Call customer service at 949-361-3935 if the parts in your kit do not match this parts list. Prior to installation, make sure that your vehicle is in top mechanical condition and that there are no suspension or steering related problems. This part has been designed to work only with a vehicle that is in good state of repair. No matter how carefully we design our parts, this is one area we have no control over and cannot be held responsible.

Mount Position Diagram

4Runner Shown - Others Similar

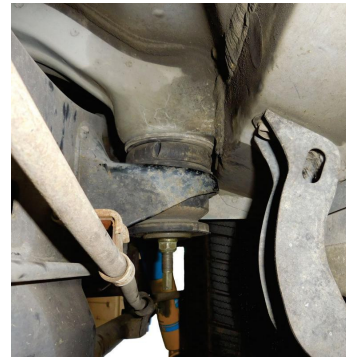


Position 1

Position 2

Position 3

Position 4



PARTS LIST -- Item Number, Quantity & Description:

1. (2) 04P04441 BODY MOUNT, POSITION 1, UPPER
2. (2) 04P04442 BODY MOUNT, POSITION 1, LOWER
3. (6) 04P04443 BODY MOUNT, POSITION 2 - 4, UPPER
4. (6) 04P04444 BODY MOUNT, POSITION 2 - 4, LOWER
5. (2) 15.03.14.39 WASHER, POSITION 1, 2.500 OD

PARTS LIST -- Item Number, Quantity & Description:

6. (2) 15.03.49.39 WASHER, POSITION 1, 2.250 OD
7. (6) 15.03.138.39 WASHER, POSITION 2 - 4, 3.500 OD
8. (6) 15.03.11.39 WASHER, POSITION 2 - 4, 3.000 OD
9. (8) 15P07053 NUT, NYLOCK, M12 x 1.25, CLASS 8
10. (2) 9.11108 GREASE, 5 ML

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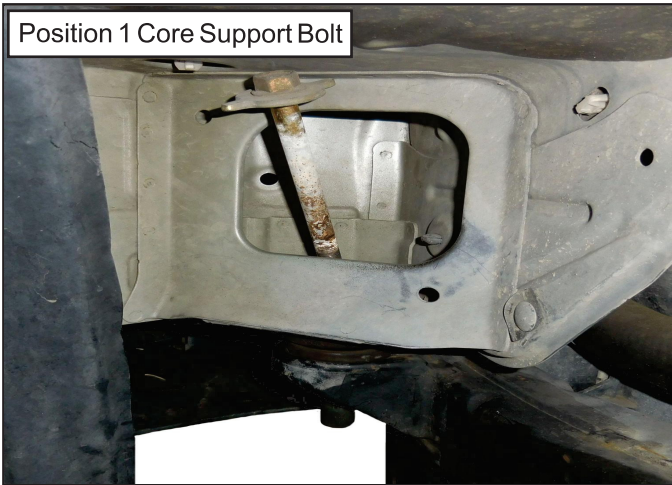
Removal & Installation:

1. This Set does not provide mounts for the 4Runner with the 3-Row Seat Option.
2. Prepare to reuse all OEM bolts, lower washers & body mount sleeves. Items may be cleaned, refinished or replaced as needed. For easier nut removal, wire brush the threads and spray with Penetrant. Nuts to be replaced with those provided. See the Mount Position Diagram on Page 1 for OEM configurations.
3. Core support bolts are accessed from below. Body mount bolts are accessed from inside the cabin. Plastic panels & trim molding will need to be removed and the carpet pulled back to access the black plastic caps covering the bolts. See the following images.
4. Loosen all body mounting bolts, but only remove one side at a time.
5. Raise one side of the body just high enough above the frame to remove & replace mounts. Always watch the fan shroud, brake lines, fuel lines, steering coupler and body panels around the bumpers for sufficient clearance & compliance when raising the body.

When supporting the body use as long as possible 2X4 or larger wood blocks, in at least 2 places for maximum support. Never put jack pad directly on body panels. Be sure to shut all the doors when lifting the body.

6. Clean & prepare frame perches and body mount seating areas as needed for new mount installation.
7. Install the new upper Body Mounts and Washers onto the frame perches. See Page 3 illustrations for assembly details.
8. Lower the body until it touches the new Washers. Install core support bolt & open the doors and install the body bolts.
9. Lower the body completely. Lightly grease the outside of the sleeves, install them, the new lower Mounts, Washers and new Nuts. Keep the nuts loose until both sides are completely installed. Repeat process on other side. See Page 3 illustrations for assembly details.
10. Torque all nuts & bolts to factory specs.
11. Reinstall the black plastic plugs, carpet and plastic panels & trim.

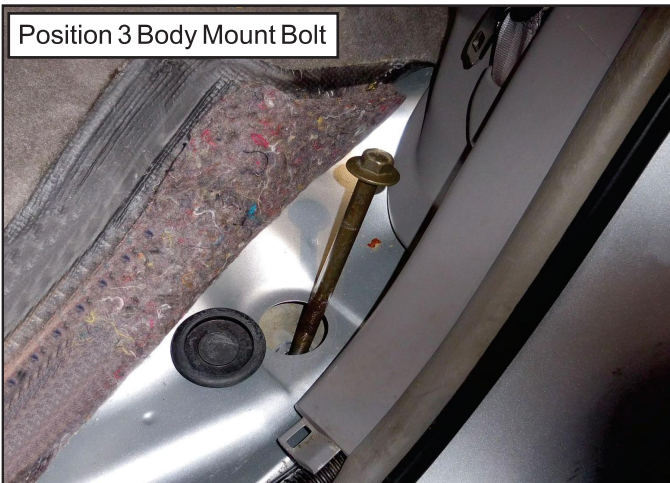
Position 1 Core Support Bolt



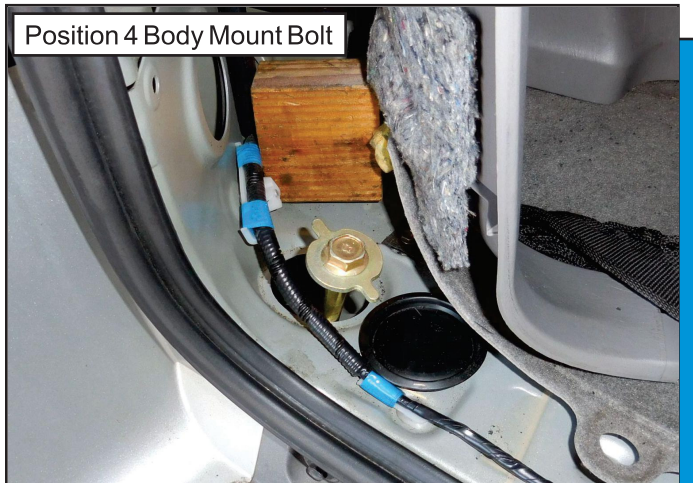
Position 2 Body Mount Bolt



Position 3 Body Mount Bolt



Position 4 Body Mount Bolt



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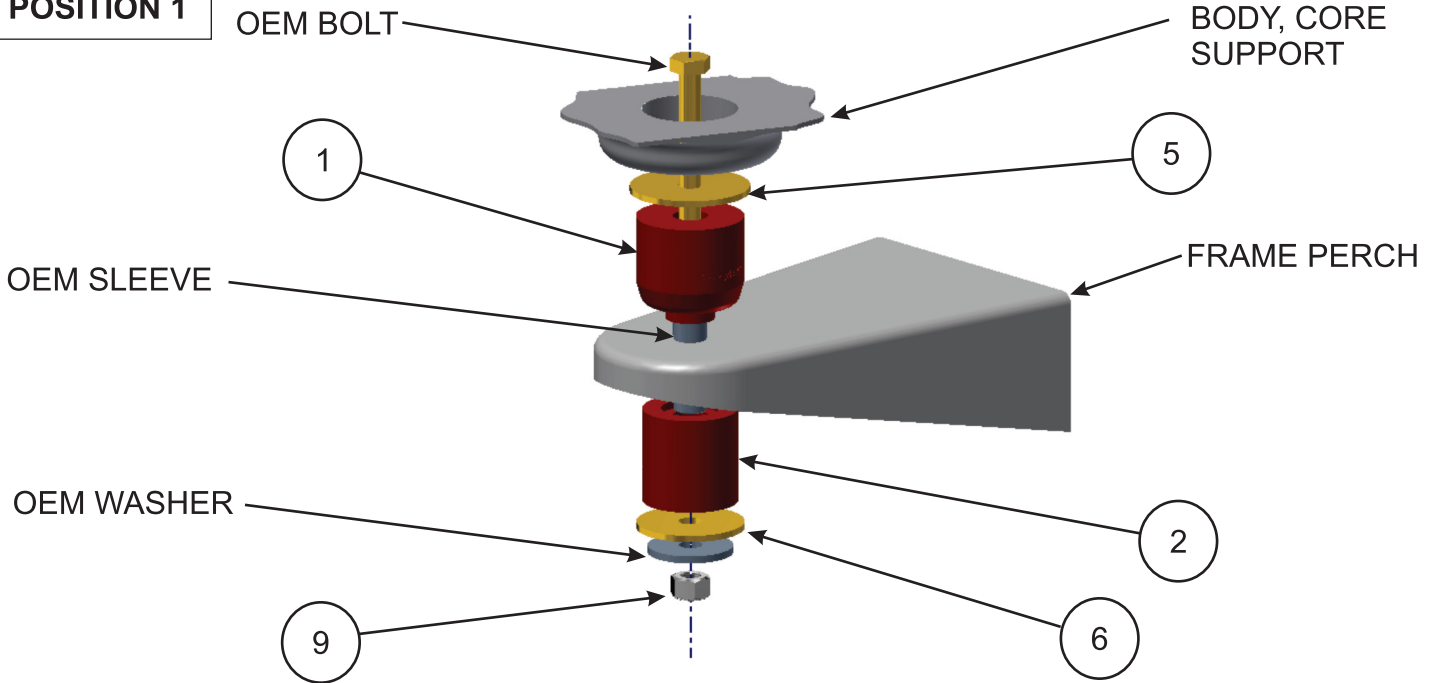
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POSITION 1



POSITION 2, 3 & 4

