

# IRON ROCK OFF ROAD

## ZJ 3.5" Benchmark Lift Kit Installation Instructions ZJ 93-98 Jeep Grand Cherokee

### Parts Checklist:

- ZJ 3.5" front spring 96012 (2)
- Ironrockoffroad.com decal (1)
- Iron Rock Off Road logo decal (1)
- Double shear track bar bracket 91015 (1)
- Double adjustable track bar 92305 (1)
- Double adjustable track bar male end 92297 (1)
- Double adjuster, track bar 91235 (1)
- #277 – XJ/ZJ Double Adjustable Track Bar Hardware (1)**
  - Track bar bushing half 80014 (4)
  - 12mm track bar bushing sleeve 92035 (1)
  - 7/16" I.D. track bar bushing sleeve 92036 (1)
  - Track bar clamp 92303 (2)
  - M12-1.75 x 80 hex bolt (2)
  - M12-1.75 hex nut (2)
  - 7/16" x 2-1/2" hex bolt, gr8 (1)
  - 7/16" Track Bar Flag Nut 91230 (1)
  - 7/16" USS flat washer (5)
- #274 – ZJ Rear Shock Spacer Hardware (1)**
  - Spacer 99170 (2)
- Rear sway bar link #007 (2)
- Front sway bar link 8.75" center to center 92145 (2)

### Shocks

- Trail Tamer HD Hydro**
  - Front shock 79001 (2)
  - Rear shock 79004 (2)
- Doetsch Upgrade (Optional)**
  - Front shock DT 8386 (2)
  - Rear shock DT 8299 (2)
- #9 – Shock Hardware (1)**
  - 2.5" Front shock barpin 403827 (2)
- Bilstein Upgrade (Optional)**
  - Front shock 33-230351 (2)
  - Rear shock 33-185552 (2)
- #9 - Shock Hardware (1)**
  - 2.5" Front shock barpin 403827 (2)
- #58 - Front Sway Bar Links**
  - 3/4" I.D. hourglass shock bushing 94025 (4)
  - 12mm I.D. sway bar bolt sleeve (4)
  - M12x60 hex bolt, c110.9 (2)
  - M12 hex nut, c110.9 (2)
  - M10x30 hex bolt, c110.9 (2)
  - 3/8" USS washer (2)
  - M10 hex nut, c110.9 (2)
  - SBL u-bracket (2)

### Installation Instructions:

#### Safety Warning: \*\*\*Important! Read before installation.\*\*\*

Installing a suspension lift kit raises the center of gravity of the vehicle. This increases the possibility of a rollover accident. Avoid sudden maneuvers at high speed and avoid all situations where a side rollover may occur. In addition, larger tires decrease braking performance, please drive accordingly. We recommend a tire and wheel combination that makes the vehicle's track width wider (wheels with less backspacing). This will lower the center of gravity and add stability. We also recommend that this system be installed by a qualified professional. Knowledge of suspension component function is necessary for safe installation and post installation inspections. Be sure to re-torque all suspension components after the first 100 miles of use, and frequently inspect all safety critical suspension components.

#### Before you begin:

- Read all safety warnings.
- Read and understand installation instructions.
- A coil spring compressor will make installation faster but is not required. You may wish to borrow, rent, or buy one if you don't have one.
- Check all steering and suspension components for wear and replace as needed.
- Ensure that all parts are present and in good condition per attached shipping checklist.
- Contact Iron Rock Off Road with any questions before, during, or after installation.

#### Front suspension:

1. Lift front of vehicle and support with tall jack stands under the unibody frame.  
Tip: break lug nuts loose before lifting vehicle if necessary.
2. Ensure that vehicle is safely supported.
3. Remove front tires.
4. Support front axle with a floor jack (do not lift vehicle).
5. Remove front shocks.
6. Remove front sway bar links.
7. Remove front track bar and bracket that attaches track bar to unibody.
8. Loosen all front upper and lower control arm bolts (do not remove).
9. Allow axle to droop as much as possible.
10. Remove front coil spring clamps.
11. Using a coil spring compressor, remove front coil springs and install new ones. If you do not have a coil spring compressor you can unbolt the lower control arm at the unibody to achieve enough droop to install the spring. Re-connect the first lower control arm before unbolting the second.
12. Save the OEM front coil spring for use in the rear.
13. Locate track bar, track bar male threaded end, track bar bracket, double adjuster, and **HK #277**. Install clamps onto the double adjuster.
14. Apply anti-seize to all the threads then thread the track bar and male end into the double adjuster. Ensure the ends are equally threaded into the double adjuster then adjust the length to 33-5/8" center to center as a starting point.

- Apply multi-purpose grease to both poly bushings and both inner bushing sleeves. Install bushings then sleeves into the track bar. The sleeve with the larger hole goes into frame side. (Longer end)



- Install the track bar bracket onto the unibody with the factory bolts. Loosely attach the bracket with the upper two bolts, then align the lower bolt mounting holes. Install the lower mounting bolts and torque all track bar bracket hardware to 92 ft-lbs.  
**\*\*\*NOTE:** If the unibody is rusty, the seam behind the factory bracket may have swelled making installation of the lower mounting bolts difficult. Using a ratchet strap to pull the bracket to align the holes or smoothing the seam with a hammer is recommended.
- Install the track bar using provided bolts at both ends and torque bolt at axle to 74 ft-lbs., and bolt at bracket to 80 ft-lbs.
- Locate front sway bar links (8.75" center to center), two u-brackets, and **HK #58**.
- Install sway bar link u-brackets to the sway bar using M10 x 30 grade 8 hex bolts, washers, and nuts. Brackets mount to the bottom of the sway bar with the bolt facing up and the lock washer and nut on top of the sway bar. Rotate brackets until offset toward outside of vehicle. Align brackets, torque bolts to 50 ft-lbs.
- Lubricate sway bar link bushings and bushing sleeves with multi-purpose grease and install into sway bar links.
- Install sway bar links, driver's side first, using provided M12 x 60mm hex bolt and nut through the u-bracket with the nuts toward the outside of the vehicle, and the original bolt, nut, and washer at the axle. Torque all four nuts to 78 ft-lbs.
- If needed: Install barpins into front shocks. Lubricate shock bushings and barpins with multi-purpose grease, clamp barpin vertically in a bench vise, and push shock onto barpin rotating the shock as you push down.
- Install front shocks. Tighten upper stud mount nuts just enough to slightly compress the bushings. \*Note: Over compressing these bushings will result in damage to the bushings and premature bushing failure.
- Any remaining loose bolts will be tightened after rear suspension is installed.

#### **Rear Suspension:**

- Lift rear of vehicle and support with tall jack stands under the unibody frame.  
 Tip: break lug nuts loose before lifting vehicle if necessary.
- Ensure that the vehicle is safely supported.
- Remove rear tires.
- Support rear axle with floor jack (do not lift vehicle).
- Remove rear shocks and rear sway bar links.
- Loosen all rear upper and lower control arm bolts (do not remove).
- Allow axle to droop as much as possible.
- Remove coil spring clamps.
- Using a coil spring compressor, remove rear coil springs and install your OEM front springs in their place. If one spring is taller install it on the driver's side of the vehicle. If you do not have a coil spring compressor you can unbolt the lower control arm at the unibody to achieve enough droop to install the spring. Re-connect the first lower control arm before unbolting the second.
- Locate rear shocks and **HK #9**.
- Install 12mm I.D. sleeves into lower (body) end of rear shocks (opposite end from shock shaft). Lubricate shock bushings and 12mm I.D. sleeves with multi-purpose grease and press the sleeves into the shock bushings.
- Lubricate upper shock bushings and upper shock mounting studs on the vehicle with multi-purpose grease. No sleeve is needed in the upper shock bushing.
- Install spacer from **HK #274** on upper rear shock stud then install rear shocks with shock body down. Torque upper nuts to 46 ft-lbs., and lower nuts to 80 ft-lbs.
- Raise vehicle and relocate the jack stands under the axles, front and rear, so that the vehicle's weight is on the suspension system.
- Ensure that the vehicle is safely supported.
- Install rear sway bar links with nuts facing down. Tighten nut until snug but do not compress the bushings, the spacer sleeve in the center of the link should still be able to be rotated by hand after tightening.
- Torque front and rear upper control arm nuts to 60 ft-lbs.
- Torque front and rear lower control arm nuts to 120 ft-lbs.
- Install front and rear coil spring clamps.
- Torque any remaining loose bolts to spec.
- Install tires and remove vehicle from jack stands.
- Torque wheel lug nuts to spec. (usually 85-115 ft-lbs., verify using factory service manual)

#### **Adjustments and Safety Inspection:**

- Check all components for clearance for suspension to fully cycle up and down and wheels to turn lock to lock. Pay special attention to brake line length and location of all brake lines, axle vent hoses, and ABS wires. Reposition as needed.
- Check front and rear driveshafts for proper running length. Slight adjustments can be made by adjusting caster angle, otherwise different length control arms, or custom driveshafts may be required.
- Go for a short test drive.
- Ensure front axle is centered. Orient track bar clamps to not interfere with any other components. Tighten track bar clamps to 60 ft-lbs.
- A professional front end alignment is required after installation. Your toe-in will be affected and may cause unpredictable steering and accelerated tire wear. We recommend the following alignment settings:

**Caster:** +3.75 to +6.0 (+5.0 is preferred unless a different setting is required for proper front driveshaft running length)

**Toe-in:** 0 degrees

\* Re-torque all fasteners after 100 miles, and frequently inspect all safety critical suspension components.