

# IRON ROCK OFF ROAD

## ZJ Front 3-Link Long Arm Upgrade Installation Instructions

1-877-919-JEEP www.ironrockoffroad.com

93-98 Jeep Grand Cherokee ZJ

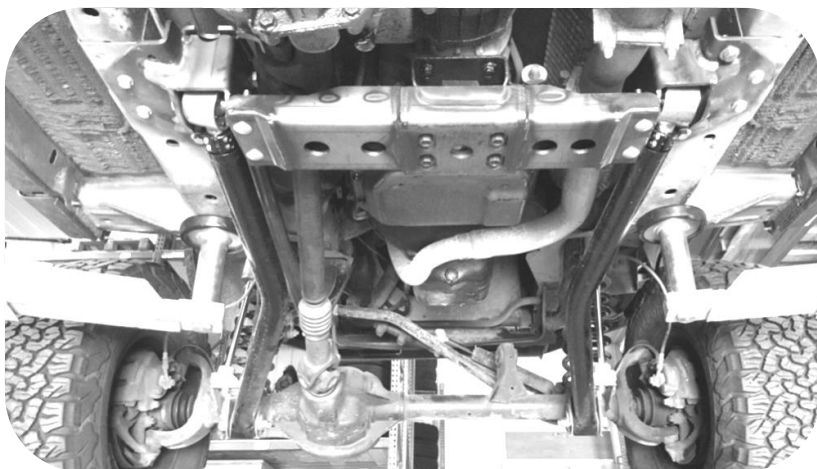
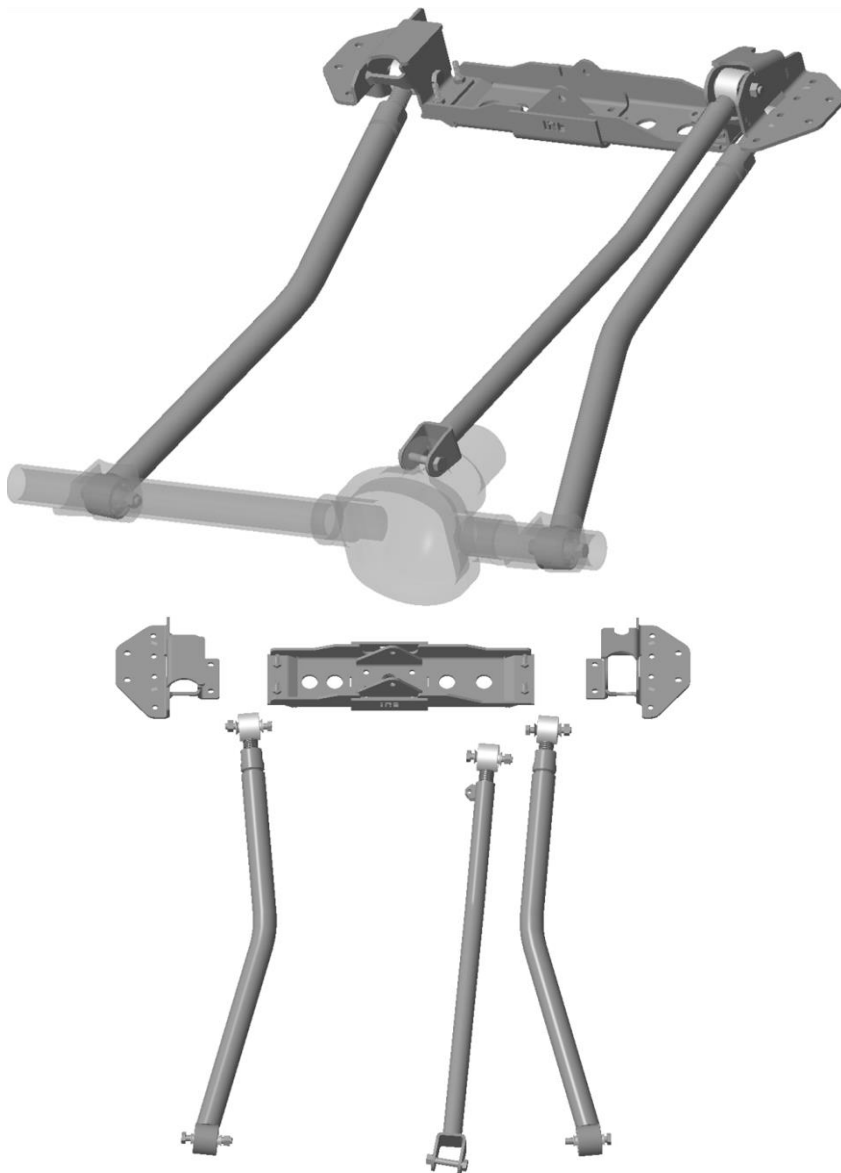
### Parts Checklist:

#### \*BOX 1\* 13321 (1)

- ☐ Instructions
- ☐ Invoice
- ☐ Logo decal 10001 (Qty: 1)
- ☐ Rock-Link decal 13287 (2)
- ☐ Ironrockoffroad.com decal (1)
- ☐ Subframe center 99110 (1)
- ☐ Subframe left outer 99099 (1)
- ☐ Subframe right outer 99106 (1)
- ☐ ZJ T-case drop spacer 99003 (2)
- ☐ 4 hole to 2 hole adapter bracket 99117 (1)
- ☐ **#180 3-Link Long Arm Subframe Hardware (1)**
  - ☐ M14 x 2.0 x 90 hex bolt class 10.9 (1)
  - ☐ M14 x 2.0 x 110 hex bolt class 10.9 (2)
  - ☐ 7/16-14 x 1 1/4 hex bolt grade 8 (8)
  - ☐ M10 x 1.5 x 80 hex bolt class 10.9 (1)
  - ☐ M10 x 1.5 X 25 carriage bolt (4)
  - ☐ M10 x 1.5 x 50 carriage bolt (4)
  - ☐ M10 x 1.5 x 30 flange bolt class 10.9 (8)
  - ☐ M14 x 2.0 nylock flange nut class 10 (2)
  - ☐ 7/16-14 flange nut, zinc (8)
  - ☐ M10 x 1.5 hex nut class 10 (4)
  - ☐ M10 x 1.5 nylock flange nut class 10 (1)
  - ☐ 9/16 F436 hardened washer (5)
  - ☐ 3/8 USS washer (9)
  - ☐ 7/16 F436 hardened washer (8)

#### \*BOX 2\* 13489 (1)

- ☐ ZJ Long LCA Left 85107B (1)
- ☐ ZJ Long LCA Right 85108B (1)
- ☐ ZJ 3-Link Front UCA 91205 (1)
- ☐ Angled Long Arm Male End 91109 (2)
- ☐ 2 3/8 UCA Male End 91191 (1)
- ☐ **#127 2 5/8" 6 Bolt IRO Flex End Hardware (2)**
  - ☐ Inner race 91118 (2)
  - ☐ Thrust washer 91119 (2)
  - ☐ 2-5/8" Flex End Ball 91117 (1)
  - ☐ 10-32 x 1-3/4" Socket Head Cap Screw (6)
  - ☐ 10-32 Nylock Nut (2)
  - ☐ 90 Degree 1/4"-28 Grease zerk Fitting (1)
- ☐ **#168 2-3/8" Flex End Hardware (1)**
  - ☐ End cap 91138 (2)
  - ☐ Inner race 91139 (2)
  - ☐ Flex end ball 91140 (1)
  - ☐ 8-32 x 1-1/2" socket head cap screw (8)
  - ☐ 1/4"-28 90° grease zerk fitting (1)
  - ☐ 1/4"-28 straight grease zerk fitting (1)
- ☐ **#181 3-Link Control Arm Clamping Hardware (1)**
  - ☐ 1/4"-28 x 1-1/8" socket head cap screw (4)
  - ☐ 3/8-16 x 1 1/4" hex bolt grade 8 (1)
  - ☐ 1/4"-28 hex nut, grade 8 (4)
  - ☐ 3/8-16 nylock flange nut (1)
  - ☐ 3/8 Mil Spec. washer 95229A480 (1)



# Installation Instructions:

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

We recommend 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.
- ☐ Check all steering and suspension components for wear and replace as needed.
- ☐ Contact Iron Rock Off Road with any questions before, during, or after installation.
- ☐ **Ensure that all parts are present and in good condition using the included shipping checklist.**
- ☐ Be sure you have the following tools and supplies:
  - ☐ Floor jack and jack stands.
  - ☐ Basic hand tools (wrenches, sockets, etc...).
  - ☐ Multi-purpose grease
  - ☐ Metal cutting tools such as a 4 1/2" angle grinder with thin metal cutting wheel, and a sandpaper flap wheel for an attractive finish. Possibly a sawzall with metal cutting blades.
  - ☐ Paint and primer (for uniframe - black or your choice of color).
  - ☐ Anti-seize compound
  - ☐ Hand Drill
  - ☐ 7/16" drill bit
  - ☐ Angle finder
  - ☐ String level or laser level



Lower Control Arms

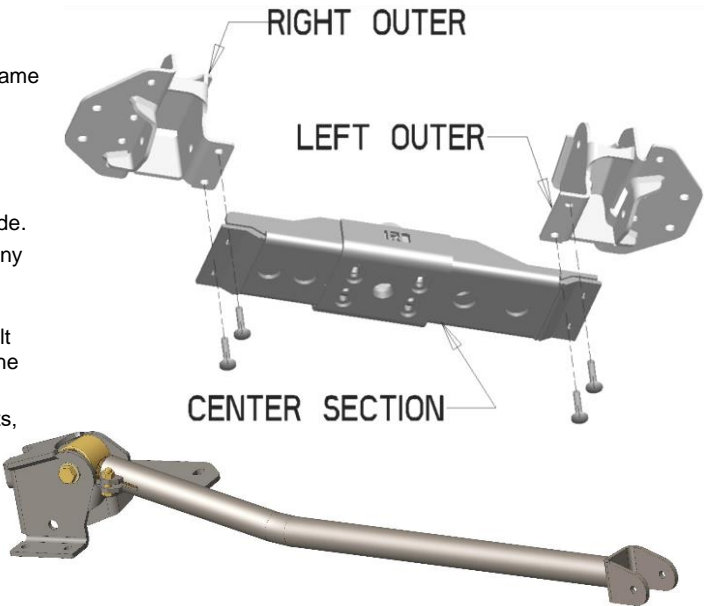
## Prepare the parts for Installation:

1. Locate the lower control arms (larger), male ends (larger, angled), hardware kit 127 and 181.
2. Assemble flex ends into male ends. Use hardware kit 127 and attached instructions (2-5/8").
3. Locate the upper control arm (smaller), male end (smaller, straight), and hardware kit 168.
4. Assemble flex end into upper control arm. Use hardware kit 168 and attached instructions (2 3/8"), install straight grease zerk.
5. Apply a light coat of anti-sieze compound to the threads and thread the male ends into control arms.
6. Adjust control arm lengths per the chart.
7. Install clamping bolts from hardware kit #181. Do not tighten at this time.

Control Arm Length (Starting Lengths - Center to Center)	
Lower Control Arms	36 1/2" (Short Side)
Upper Control Arm	37 1/4"

## Control arm mounting subframe:

8. Lift front and rear of vehicle and support with jack stands under the uniframe. Leave room to cut off the stock lower control arm mounts.
9. Raise transfer case very slightly and support with a jack stand.
10. Remove the four transmission mount nuts from the transmission crossmember or the single bolt for the 2 hole subframe.
11. Remove the factory transmission mounting crossmember.
12. Locate the three subframe parts and hardware kit 180.
13. Install left and right outers using the provided M10 flange bolts in the same holes that held the factory crossmember. Be sure that the control arm mounting pockets are facing forward.
14. Install center section using M10 x 25 carriage bolts and M10 nuts.
15. Tighten bolts firmly (bolts will be removed after drilling.)
16. Drill the 8 additional 7/16" mounting holes using the subframe as a guide.
17. Remove subframe center section then left and right outers. Remove any burrs and sharp edges around the holes. Clean, prime and paint any exposed metal.
18. **Install upper control arm into left subframe outer;** use M14 x 90 bolt and torque to 135 foot pounds. The threaded male end is installed at the subframe with the bend hanging down to clear the floor.
19. Install left and right outers using M10 flange and 7/16" bolts, flange nuts, and washers from hardware kit 180.
20. If you have only one bolt mounting the transmission to the crossmember (2 hole) install provided 2 hole adapter bracket (large u-shaped bracket) inside the subframe center section. Use provided M10 flange bolts, washers, and nuts. Torque bolts to 50 foot pounds.
21. Using M10 x 25 carriage bolts, 3/8" washers, and M10 nuts, assemble subframe center section to the outers (center section underneath the outers). **\*\*\*The long side of the center section attaches to the left outer subframe.\*\*\***
22. If your transfer case will be dropped, then install provided transfer case drop spacers between the subframe outers and center section using the longer 50mm carriage bolts.
23. Torque 7/16 bolts to 65 foot pounds. Torque M10 bolts to 31 foot pounds.



24. Torque subframe center section bolts to 45 foot pounds.
25. Lower the transfer case on to subframe.
26. For 4 bolt transmission mounts, install the four existing transmission mount nuts and torque to 24-36 foot pounds.
27. For 1 bolt transmission mounts, install the factory bolt and nut and torque to 78 foot pounds.

## **Front Suspension:**

28. Remove upper and lower factory control arms.
29. Disconnect the driveshaft on the axle side and tape the u-joint so the caps do not fall off. Tie the driveshaft out of the way (use tape, zip tie, mechanic's wire, etc...) for easier access to the lower control arm mount.

30. Tie the upper control arm out of the way.

31. Cut off factory lower control arm mounts from the uniframe on the driver's and passenger's side.

**\*\*\*Tip: Our favorite tool for this is a 4 1/2" angle grinder with a thin cutting wheel. Remove in pieces for ease of access. \*\*\***

32. Remove anything on the driver's side that extends inward (toward the transmission) beyond the uniframe. Do not remove any of the uniframe, just make it one continuous edge from front to rear.

33. Clean up any burrs or sharp edges and grind smooth for an attractive appearance.

34. Clean, prime, and paint any exposed metal.

35. Connect the upper control arm to the axle using M10 x 80 bolt with washer and nylock flange nut. Do not tighten at this time.

36. Install Lower control arms with threaded adjusting end at the uniframe, and bends facing inward to clear the tires, thread clamping bolts facing down. At the subframe, use provided M14 x 110 bolts, 9/16" washers, and nylock nuts. At the axle, re-use factory cam bolts and nuts. Do not tighten at this time.

37. Raise vehicle and reposition jack stands under the front and rear axles.

38. Temporarily install tire on one side.

39. Verify that the axle is centered as desired front to rear. Check caster before adjusting.

40. Check caster angle. Using a laser level or string level, set the front axle level to the rear axle (left side and right) Bounce the Jeep up and down to ensure the suspension is in resting position (at exact ride height). Place the angle finder under the axle "C" (or on top of the upper ball joint). Ensure the angle finder is parallel to the Jeep front to rear. This is your caster angle. See chart for desired setting.

41. Adjust control arms to the desired position.

- To adjust axle front to rear, adjust upper and lower control arms by the same amount. 12 turns equal one inch.
- To adjust only caster, adjust only the upper control arm (3 turns equals roughly 2 degrees).
- To adjust both, adjust both at the same time.
- **\*\*\*Caster angle may need to be adjusted after a test drive to eliminate driveline vibrations. \*\*\***

42. Check axle position left to right. Adjust track bar length as needed.

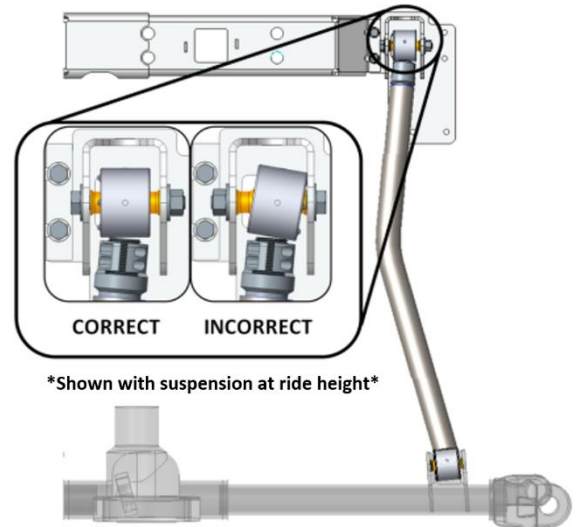
43. Torque Lower control arm bolts to 135-foot pounds.

44. Torque Upper control arm nut at axle to 60-foot pounds.

45. Torque lower control arm clamping bolts to 140 in-lb. Be sure to go back and forth between both bolts several times to ensure even clamping.

46. Install tires and wheels. Torque lug nuts to spec. (Typical specification is 85-115 ft-lbs., depending on your wheels)

47. Recheck all fasteners and torque any remaining loose nuts or bolts to spec.



*\*Shown with suspension at ride height\**

<b>Caster Angle (Starting point)</b>	
Lift Height	Caster
3.5	7 degrees
4.5	5.5 degrees
5.5	4.5 degrees
7	3.5 degrees



### **Adjustments and Final Inspection:**

48. 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 lines, axle vent hoses, and ABS wires. Reposition as needed by bending the brackets, relocating, or extending hoses and wiring.

**\* A professional front end alignment is required after installation.\*** Recommended alignment settings:

**Caster:** +3.75 to +7.5 See chart

**Toe-in:** +1/16" to +1/8"

### **Final Safety Warning:**

\* Re-torque all fasteners after 100 miles, and frequently inspect all safety critical suspension components. It is the responsibility of the installer to be sure all fasteners are properly tightened after installation and to ensure the owner knows his/her ongoing responsibility. It is the responsibility of the owner of the vehicle to be sure all safety critical components are inspected frequently, especially after off road or other demanding use.

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# IRON ROCK OFF ROAD

2-5/8" IRO Flex End (6 bolt)  
I-877-919-JEEP www.ironrockoffroad.com Assembly Instructions

*Fits All Iron Rock Off Road Long Arm Systems, WJ A-Arms, and Build Your Own Flex End Assemblies.*

## **Before you begin:**

- Read and understand installation instructions.
- Contact Iron Rock Off Road with any questions before, during, or after installation.
- **Ensure that all parts are present and in good condition per attached shipping checklist!**
- Have these tools handy:
  - 5/32" allen head socket
  - 3/8" open end wrench
  - Inch-lb. torque wrench
  - Multipurpose grease/grease gun

## **Parts Checklist:**

- ☐ Outer housing, weld on (may already be attached to your existing control arm)

### **#127 - 2-5/8" IRO Flex End (6 bolt)**

- ☐ 2-5/8" flex end race 91118 (2)
- ☐ Thrust washer 91119 (2)
- ☐ 2-5/8" flex end ball 91117 (1)
- ☐ #10-32 nylock nut (7)
- ☐ #10-32 x 1-3/4" socket head cap screw (6)
- ☐ 90° 1/4"-28 grease zerk fitting (1)



Figure 1

## **Assembly:**

1. Insert two #10-32 socket head cap screws into one thrust washer and one plastic race. Spherical bore of race facing away from thrust washer. (Figure 1)
2. Install this small assembly into the flex end housing. The races are a light press fit, use a wide punch and hammer to assist you if needed.
3. Apply a thin coating of multi-purpose grease to the mating surfaces of the ball and both races.
4. Place the ball in the race (inside the flex end). The ball should perfectly fit the contour of the race. (Figure 2)
5. Insert the other race onto the ball so that the spherical bore is contacting the ball. Once again, the races are a light press fit, use a hammer and wide punch if needed. (The two screws should be through one washer and both races at this point)
6. Insert the second thrust washer on top of the flex end housing, sliding the bolts through the holes. (Figure 3)
7. Start nylock nuts on the two bolts that are in the flex end assembly. Hold the nut and turn the bolt.
8. Insert the remaining four cap screws through the remaining holes and install nuts. (Figure 4)
9. Snug up all of the bolts fairly tight.
10. Torque bolts evenly, starting at one bolt and continuing using a crisscross pattern. Torque all six bolts to 70 in-lbs., then to 85 in-lbs.
11. Install 90° grease zerk fitting so that it is easily accessed in the vehicle.
12. Grease flex end until grease comes out of the races around the ball.
13. Re-torque bolts to 85 in-lbs. after 5 minutes.

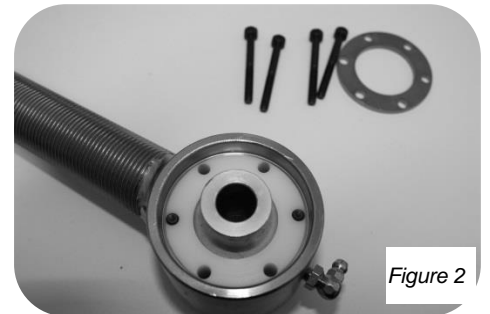


Figure 2



*\*Reference Only\* Complete joint shown  
fully assembled without housing*

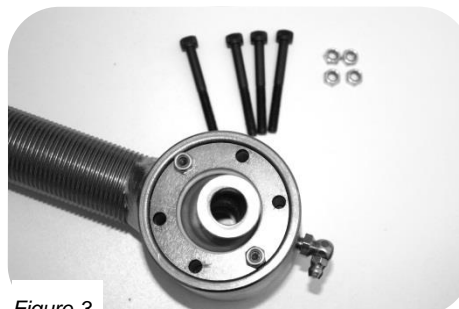


Figure 3

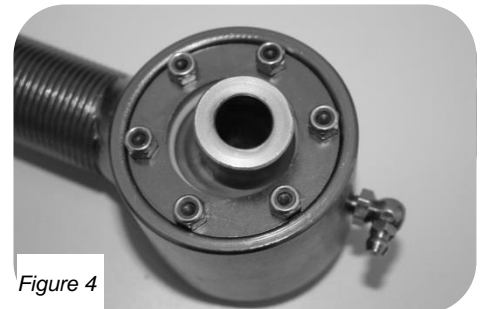


Figure 4

# IRON ROCK OFF ROAD

2-3/8" IRO Flex End (8 bolt)  
Assembly Instructions

1-877-919-JEEP www.ironrockoffroad.com

## Before you begin:

- Read and understand installation instructions.
- Contact Iron Rock Off Road with any questions before, during, or after installation.
- **Ensure that all parts are present and in good condition per attached shipping checklist!**
- Have these tools handy:
  - 9/64" allen head socket
  - 3/8" open end wrench
  - Inch-lb. torque wrench
  - Multipurpose grease/grease gun

## Parts Checklist:

- ☐ Outer housing, weld on (may already be attached to your existing control arm)

### #168 - 2-3/8" IRO Flex End (8 bolt)

- ☐ Inner race 91139 (2)
- ☐ Thrust washer 91138 (2)
- ☐ Ball 91140 (1)
- ☐ #8-32 x 1-1/2" socket head cap screw (8)
- ☐ 1/4"-28 90° grease zerk fitting (1)
- ☐ 1/4"-28 straight grease zerk fitting (1)

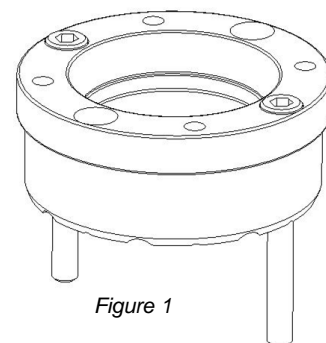
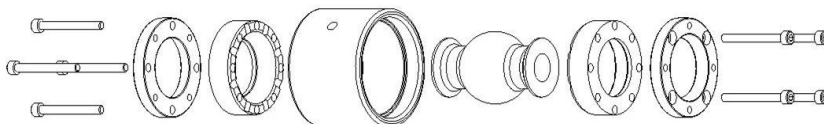
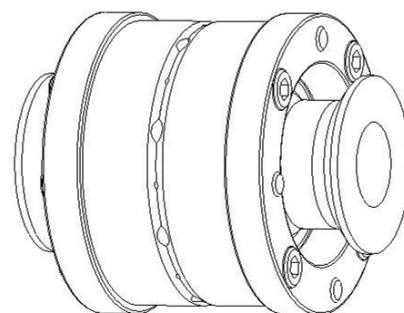


Figure 1

## Assembly:

1. Insert two #8-32 socket head cap screws into one thrust washer and one plastic race. Spherical bore of race facing away from thrust washer. (Figure 1)
2. Install this small assembly into the flex end housing. The races are a light press fit, use a wide punch and hammer to assist you if needed.
3. Apply a thin coating of multi-purpose grease to the mating surfaces of the ball and both races.
4. Place the ball in the race (inside the flex end). The ball should perfectly fit the contour of the race.
5. Insert the other race onto the ball so that the spherical bore is contacting the ball. Once again, the races are a light press fit, use a hammer and wide punch if needed. (The two screws should be through one washer and both races at this point)
6. Insert the second thrust washer on top of the flex end housing, sliding the bolts through the holes.
7. Start nylock nuts on the two bolts that are in the flex end assembly. Hold the nut and turn the bolt.
8. Insert the remaining four cap screws through the remaining holes and install nuts.
9. Snug up all of the bolts fairly tight.
10. Torque bolts evenly starting at one bolt using a crisscross pattern, like torqueing lug nuts. Torque all eight bolts to 50 in-lbs., then to 65 in-lbs.
11. Install 90° grease zerk fitting so that it is easily accessed in the vehicle.
12. Grease flex end until grease comes out of the races around the ball.
13. Re-torque bolts to 65 in-lbs. after 5 minutes.



*\*Reference Only\* Complete joint shown fully assembled without housing*

