



## **Ford F-150 2004-2014**

**Step 1.** The leaf spring clamp located towards the front of the leaf spring must be removed in order to install the VAS traction bars. Cut across as shown and remove the upper part of the clamp. This will allow easy removal of the clamp in step 2.



**Step 2.** Grind the rivet located at the bottom of the clamp. Once it is completely flush hit the clamp with a hammer and the clamp will fall right off. If you do not cut the top part of the bracket in step 1 you will need to pry open the clamp in order to remove it.



**Step 3. Once the clamp has been removed it will expose a pin that is left over from the original rivet. This pin will be used to locate the forward bracket on the leaf spring.**



**Step 4. Locate the forward bracket of your VAS Traction bar kit and install them on the leaf springs. Ensure that the ¾ nut located on the front of the triangle bracket sits on the leaf spring bushing. See pic below for reference.**



**Step 5. Install the rear bracket as shown. Remove the 4 ubolt nuts and place the bracket underneath the stock axle bracket. Reinstall the nuts and tighten to specs. Ensure the flat part of the bracket is facing the front of the truck.**



**Step 6. Install the bar between both brackets. Make sure both heim joints are completely screwed into the bar. Once you have the bars between the brackets twist the bar until the 3/4 nut on the forward bracket is 1/4 from hitting the leaf spring bushing.**



## **Adjustment.**

Once you have your traction bars installed you will need to adjust them. 1<sup>st</sup> you want to choose the holes on the brackets that will keep the bars as close to parallel with the ground as possible. Next make sure there is a gap between the  $\frac{3}{4}$  nut on the forward bracket and the bottom of the leaf spring bushing. Put the truck on the ground and turn the bars until the  $\frac{3}{4}$  nut touches the leaf spring bushing. Once it touches rotate the bar  $\frac{1}{2}$  turn and tighten down the lock nuts on both ends. Drive the truck around the block. The bars will become loose with the movement of the suspension and will need to be adjusted again. Loosen the jam nuts on the heim joints and adjust the bars once again. Your bars are now installed and ready for use.

