

FITTING INSTRUCTIONS

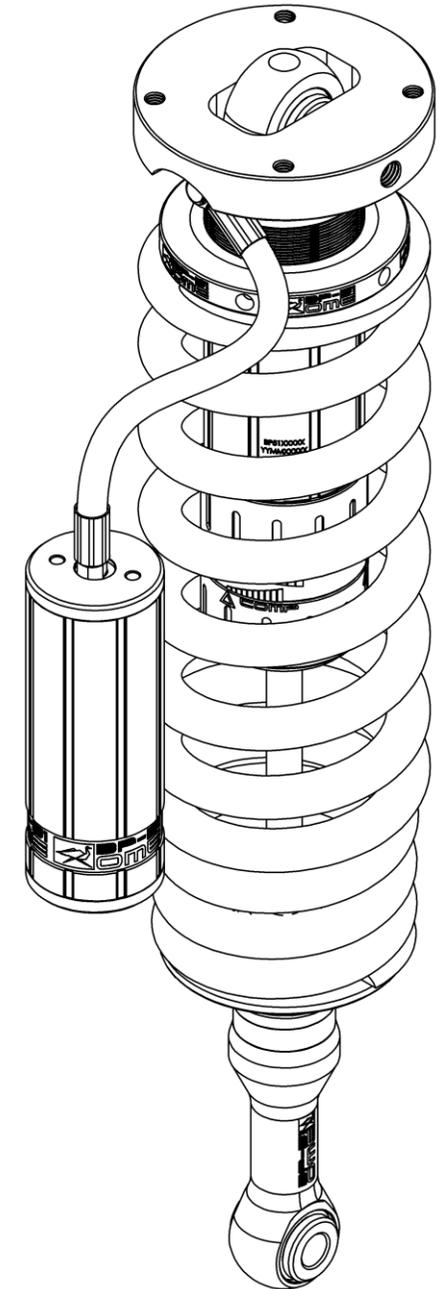
BP5190003L & BP5190003R

TOYOTA LC200 FRONT

WARNING

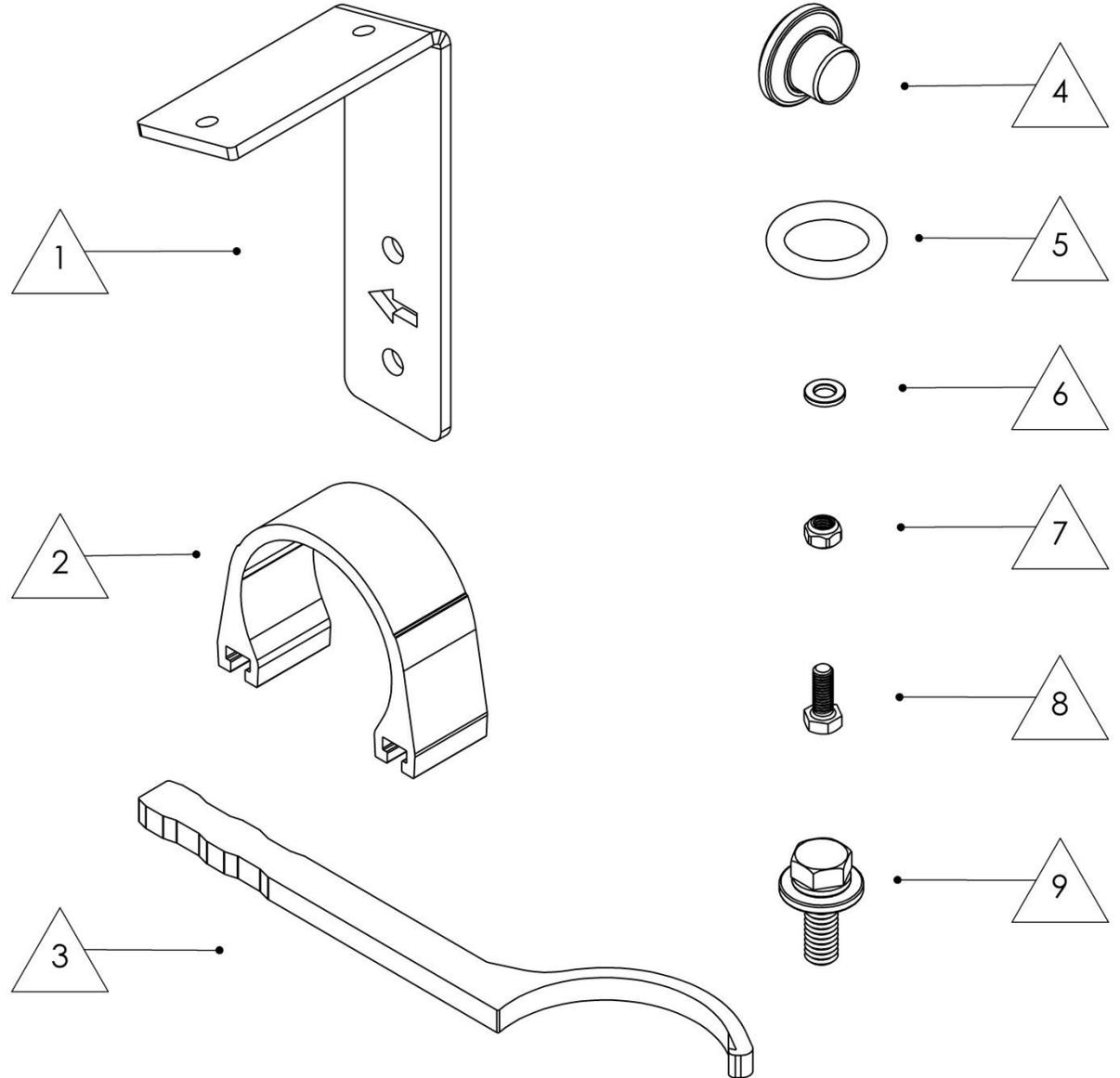
- ◆ This product must be installed exactly as per these instructions using only the hardware supplied.
- ◆ In the event of damage to any suspension component, contact your nearest authorised ARB stockist. Repairs or modifications to the suspension system components must not be attempted.
- ◆ Do not use this product for any vehicle make or model, other than those specified by ARB.
- ◆ Do not remove labels from suspension components.
- ◆ This product or its fixing must not be modified in any way.
- ◆ The installation of this product may require the use of specialized tools and/or techniques
- ◆ It is recommended that this product is only installed by trained personnel
- ◆ These instructions are correct as at the publication date. ARB Corporation Ltd. cannot be held responsible for the impact of any changes subsequently made by the vehicle manufacturer
- ◆ During installation, it is the duty of the installer to check correct operation/clearances of all components
- ◆ Work safely at all times

Note: These fitting instructions should be read in conjunction with the vehicle workshop manual.



FITTING KIT CONTENTS

Item	Description	Part No.	Qty.
1	RESI MOUNT: LC200 FRONT	VE10020005LSP VE10020005RSP	1L 1R
2	MOUNT: RESERVOIR CLAMP	VE10010003SP	2
3	TOOL: ADJUSTER TOOL	VC10010071SP	1
4	MOUNT: REDUCERS 16x38	VF50031638SP	4
5	O-RING: 318 BLACK	VE20170318SP	4
6	WASHER: M6 BLACK	VE70020005SP	4
7	FASTENER: M6 NYLOC NUT	VD60010003SP	4
8	FASTENER: M6x1.0X16 BOLT	VD60030003SP	4
9	BOLT KIT: M10x1.5x30	6151555SP	8



DAMPER PREPARATION

Before fitment the spring preload may need to be adjusted to suit your front accessory fitment and desired ride height.

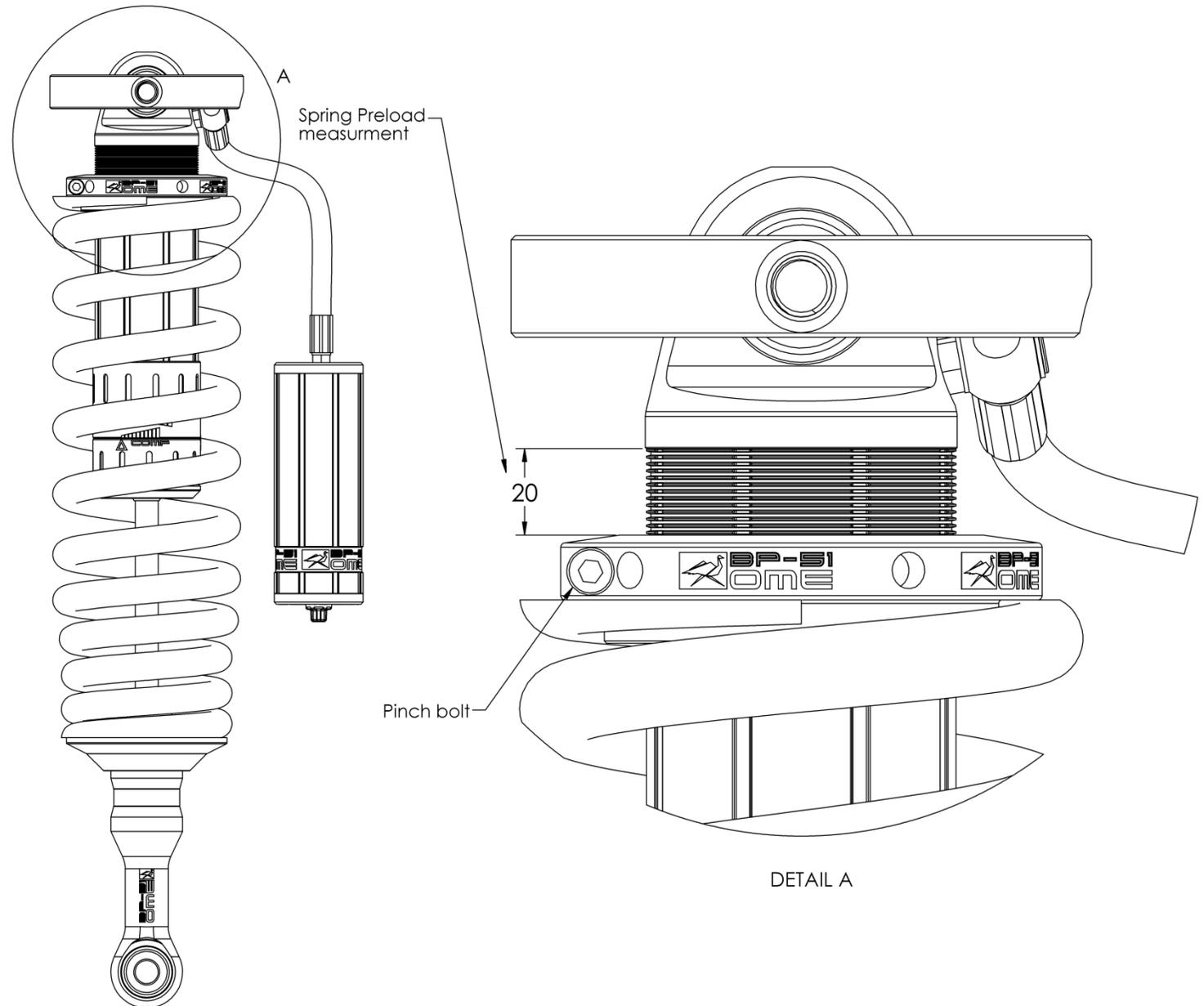
The spring preload is set at the factory to 20mm as shown by the diagram.

This aims to achieve 40-50mm increase in ride height over OE when a Bull Bar and winch are fitted.

It is required to set the preload before the strut assembly is fitted to the vehicle. Use a spring compressor to compress the spring, loosen the pinch bolt on the preload ring and adjust to the desired setting. Tighten the pinch bolt and remove the strut assembly from the spring compressor.

As a guide, set the preload as specified below to achieve 40-50mm lift over OE.

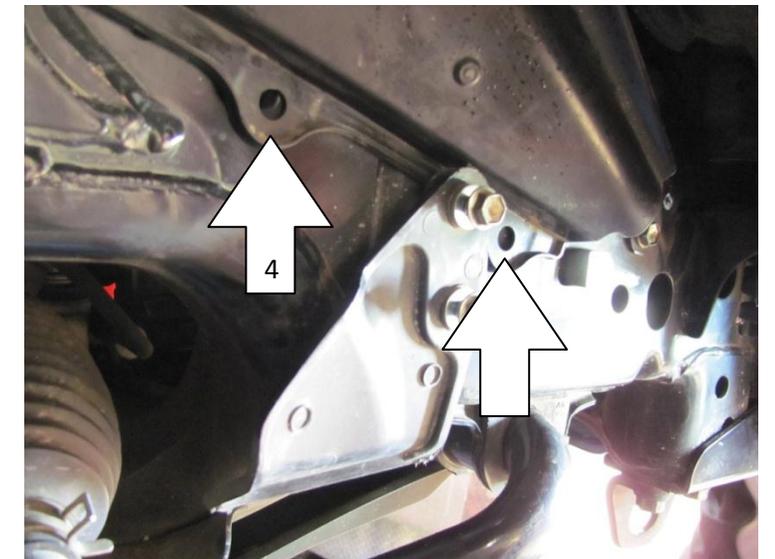
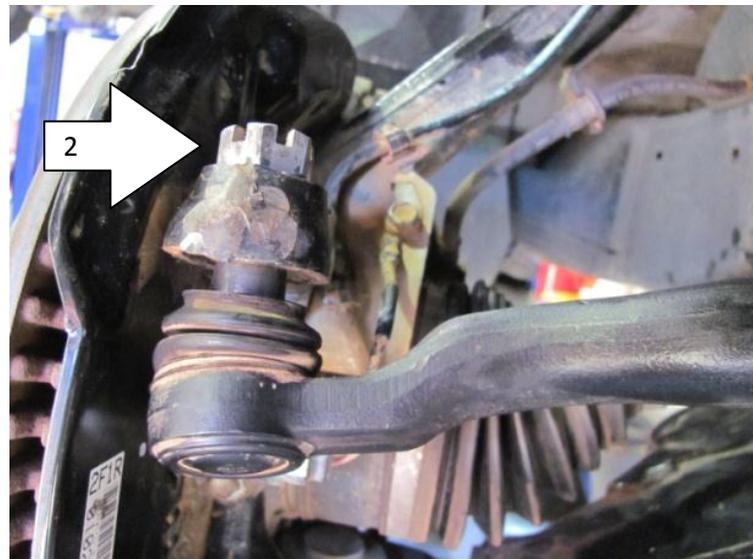
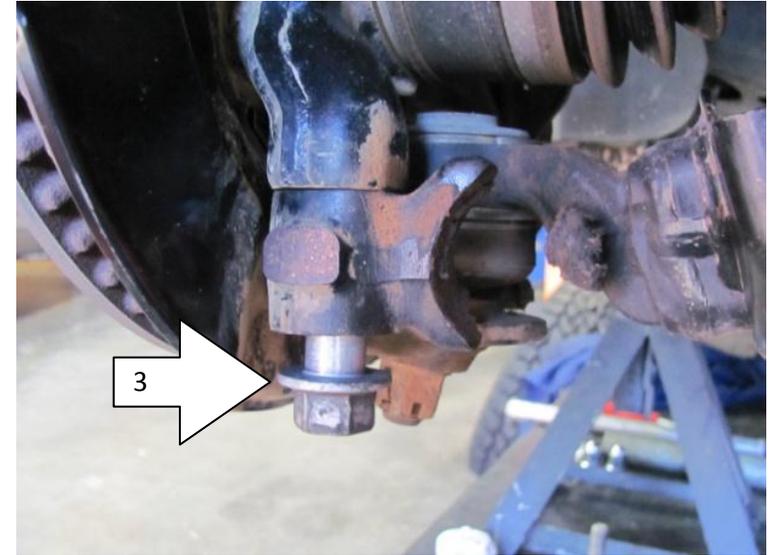
Front accessories	Preload
Bar & winch	20 mm
Bar only	15 mm
No accessories	10 mm



DAMPER MOUNTING SEQUENCE

Remove old dampers from vehicle.
(For LHS and RHS detach sway bar link from lower arm (1) and steering tie rod end from upright (2). Loosen two bolts that secure the lower arm to the upright (3).)

Remove two fasteners that secure the front fender apron to the chassis (4).



DAMPER MOUNTING SEQUENCE

Fit the damper and secure the top mount with the new M10 hardware supplied. Secure finger tight. (RH shown)

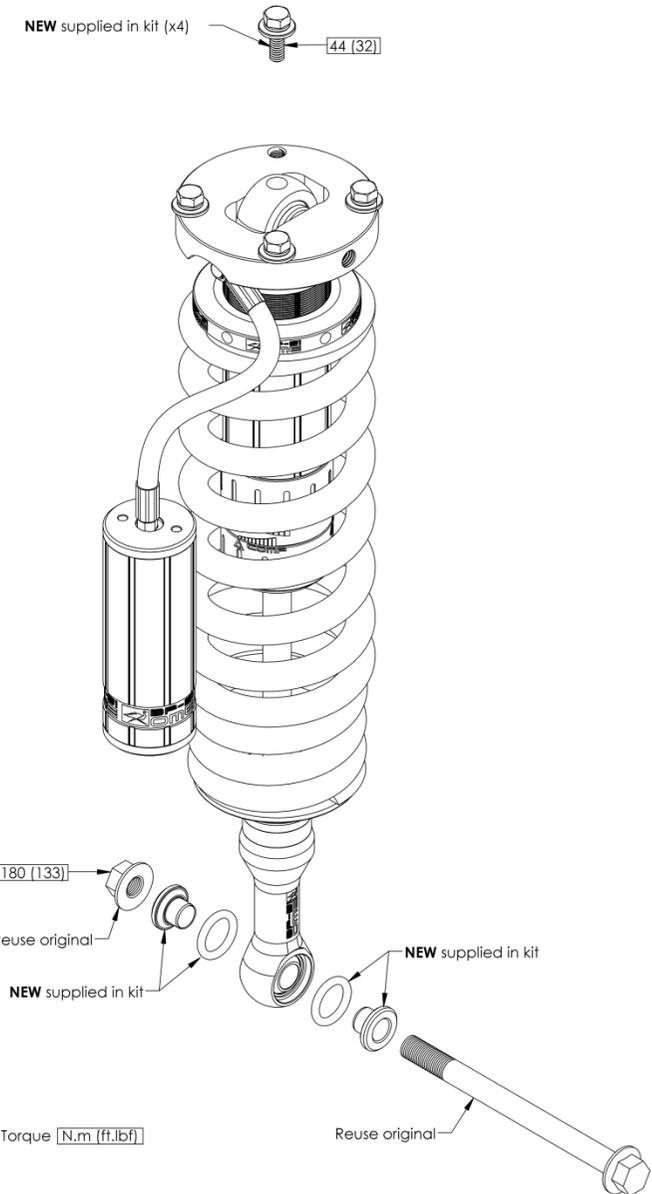
When mounted in the vehicle the hose and reservoir should be towards the front.

Fit reducers and o-rings to the bottom eye as shown by the exploded diagram and fit bottom mount to arm.

Secure bottom mount using original bolt and nut.

Torque all fasteners as per diagram and table below.

Fastener	Torque N.m (ft.lbf)
Sway bar link to lower control arm	135 (100)
Steering tie rod end to upright	69 (51)
Lower control arm to upright	300 (221)
Strut top hat	44 (32)
Strut to lower control arm	180 (133)



RESERVOIR MOUNTING SEQUENCE

Fit M6 hardware to bracket shown with washers fitted on the nut side. Secure finger tight only.

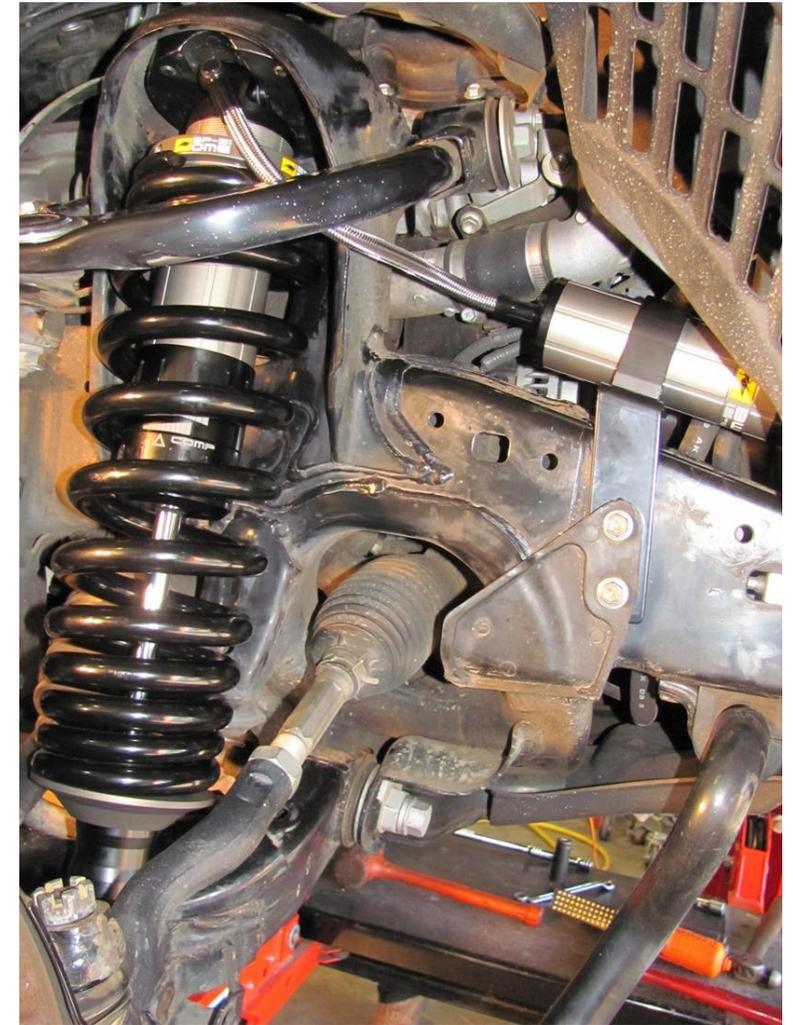
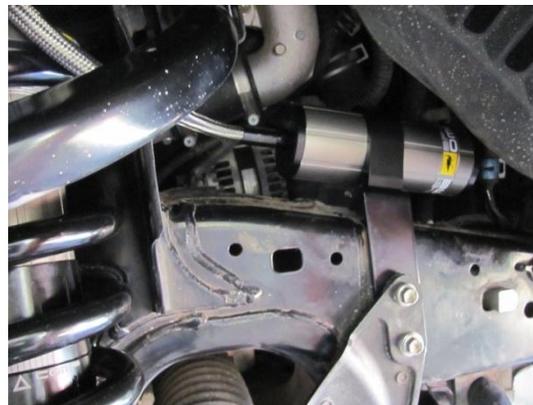
Fit the mounting bracket to the chassis, behind the plastic guard as shown. Reuse existing bolts to secure the bracket. Tighten securely.

Fit the mounting clamp to the reservoir and slide assembly over the head of the bolts fitted to the mounting bracket.

Align the reservoir so that the clamp is centred over the mounting bracket and the reservoir is in the centre of the clamp. Securely fasten the M6 nyloc nuts using a 10mm spanner. (ring or ratchet spanners work best)

Ensure the hose is well routed from the damper body cap to the reservoir without kinks and with clearance to the upper control arm.

Refit the original shroud over the reservoir using the original fasteners.



SPECIFICATIONS AND SPARE PARTS

Item	Description	Part No./Specification
1	Spare Part: Spherical Bearing	VD10010018SP
2	Specification: Factory Preload Setting	20 mm
3	Spare Part: Hose	VD80020300SP
4	Spare Part: Oil	VC30040001SP
5	Specification: Factory Rebound Setting	8
6	Specification: Factory Compression Setting	4
7	Specification: Nitrogen Pressure	2000 kPa
8	Spare Part: Valve Cap	VD30020003SP
9	Spare Part: Spherical Bearing	VD10010018SP
10	Spare Part: Damper Mounting Kit	VM80010003

DAMPING ADJUSTMENT

These dampers have been set in the factory to be used for a vehicle with Bull Bar and winch fitted. If your accessory fitment differs, use the table below as a guide for recommended compression (Comp) and rebound (Reb) adjuster settings. Refer to the Owners Manual for more information.

Front accessories	Comp	Reb
Bar & winch	4-8	7-10
Bar only	2-6	6-10
No accessories	0-4	6-10

