

Z1 FRONTIER LIFT BLOCKS INSTALLATION MANUAL



This Installation Manual is intended for the following models:

2005-2021	Nissan Frontier (D40)
2022+	Nissan Frontier (D41)

PROLOGUE:

Study these instructions completely before proceeding to assembly. The installer must have a thorough knowledge of automotive systems operation. If unfamiliar with any of the concepts outlined in this instruction, we recommend the installation be completed by a qualified professional.

WARNING!

Extreme caution should be taken when performing maintenance or performance upgrades to your vehicle. Please observe and abide by any Warning or Caution labels placed on the various components and tools used when servicing your vehicle. If you have any questions regarding installation or the various components included with the Z1 Off-Road Frontier Lift Blocks, consult with a Professional Mechanic, or contact Z1 Off-Road for more information.

PARTS INCLUDED:

Item	Quantity	Description
1	2	1" Lift Blocks
2	4	Extended U-Bolt
3	8	U-Bolt Nut
4	8	Washer

TOOLS REQUIRED:

- Hydraulic Jack
- (2) 2-Ton (or greater) Jack Stands
- Ratchet
- Ratchet Extension(s)
- Assorted Metric Sockets
- Assorted Metric Wrenches
- Torque Wrench
- Drill
- Drill Bits

SAFETY REQUIREMENTS:

- Always wear safety glasses and any necessary protective garments. If using any fluids, chemicals, or solvents, a respirator is recommended.
- Always use properly rated jack stands when working under your vehicle.
- Always keep limbs and parts away from moving drivetrain parts.
- Always turn the ignition to the OFF position and disconnect the NEGATIVE battery terminal.
- Only operate drivetrain in safe space and well-ventilated areas.

BEFORE YOU BEGIN:

Remove contents from the Z1 Off-Road Frontier Lift Blocks and verify that ALL necessary hardware is present.

PROCEDURE:

1. Place the transmission in Park position (or in Reverse gear if equipped with a manual transmission). Apply the parking brake.
2. You can optionally remove the Rear Wheels for more room to work if desired. Loosen the rear lug nuts if you want to remove the Rear Wheels.
3. Raise and support the vehicle with a jack and jack stands.
4. Remove the Rear Wheels if desired.
5. Support the Rear Axle with a jack. If you are using a lift, (2) two Pole Jacks are preferred.
6. Disconnect the lower mounting point of the rear Shocks by removing the (1) one nut and (1) bolt securing each Shock. *Figure 1.*

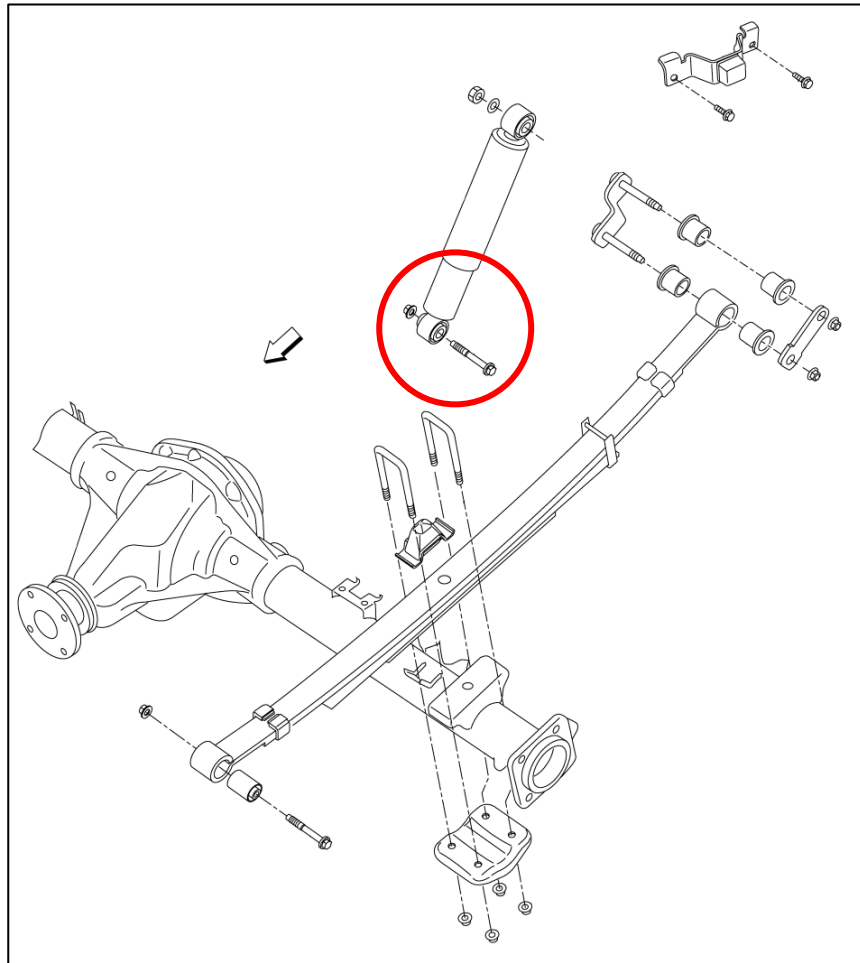


Figure 1

7. Disconnect (1) one Sway Bar End Link on either side of the Sway Bar. *Figure 2.*



Figure 2

8. Starting on either side of the vehicle, remove the (4) four U-Bolt nuts. Remove the Rear Spring Pad and U-Bolts from the vehicle. *Figure 3.*

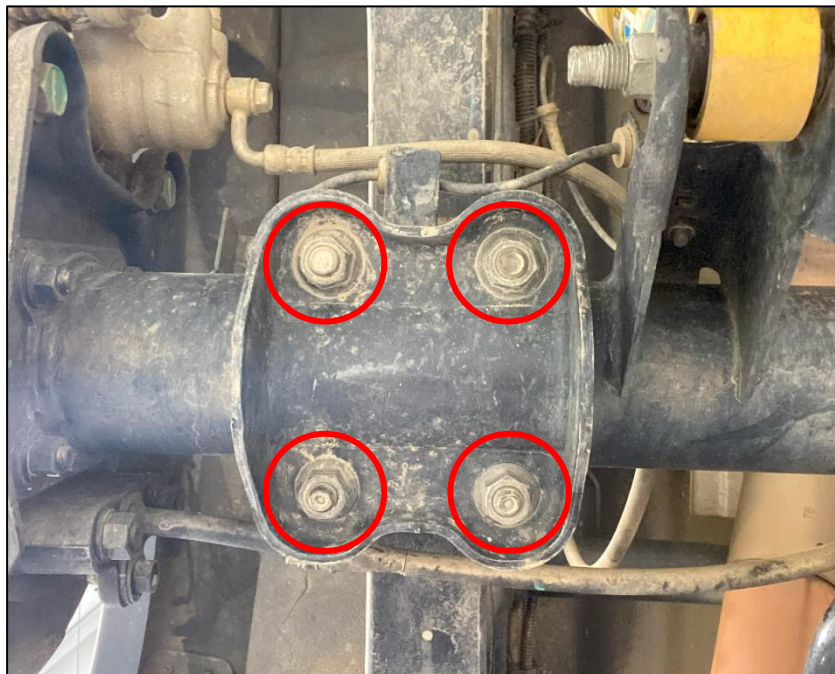


Figure 3

9. Check to see if your extended U-Bolts fit the stock Rear Spring Pad. If they are too big for the Spring Pad, secure the Spring Pad in a vice and enlarge the holes with a Drill until the Extended U-Bolts fit. Use spray paint or touch up paint to coat the bare metal to prevent rusting. *Figure 4.*



Figure 4

10. Install the Extended U-Bolts onto the Shackle, but do not install the Rear Spring Pad yet. *Figure 5.*

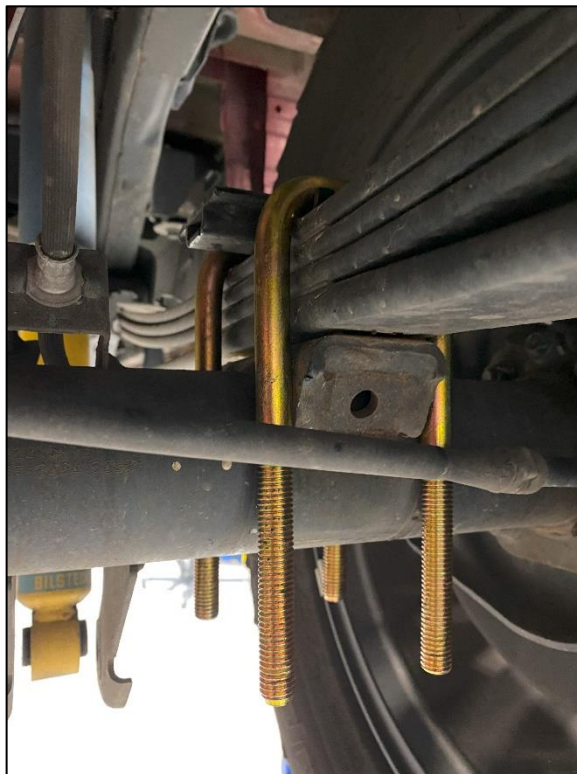


Figure 5

11. Slowly lower the Rear Axle with the Jack until there is enough room to fit in the Lift Block. *Figure 6.*

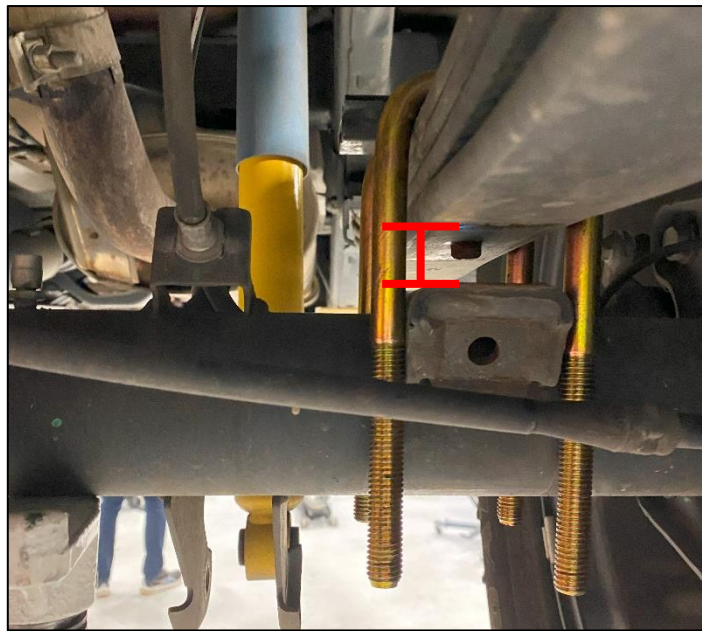


Figure 6

12. Place the Lift Block with the tab facing down, and the words **“Front”** pointing towards the Front of the vehicle. The Lift Blocks are not side specific. *Figure 7.*

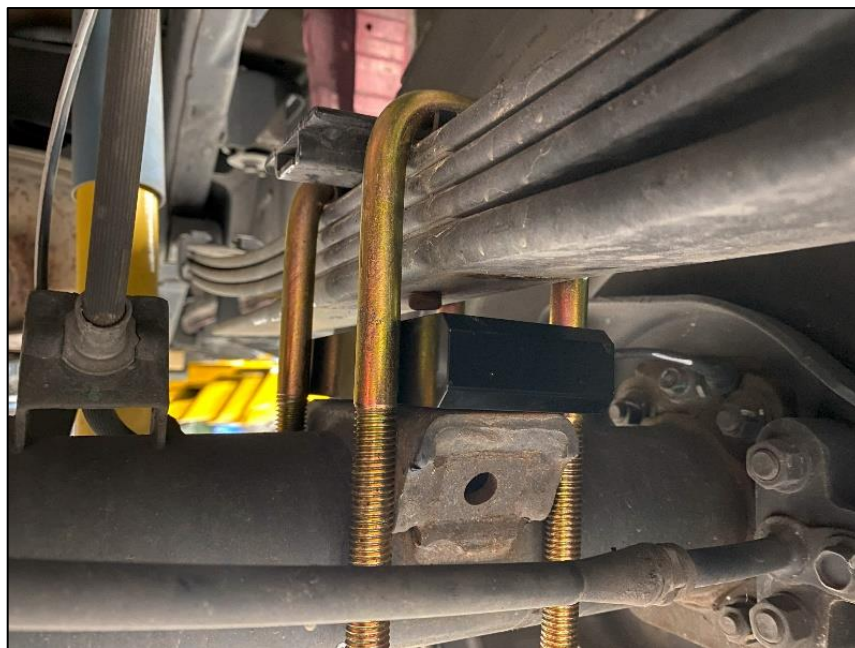
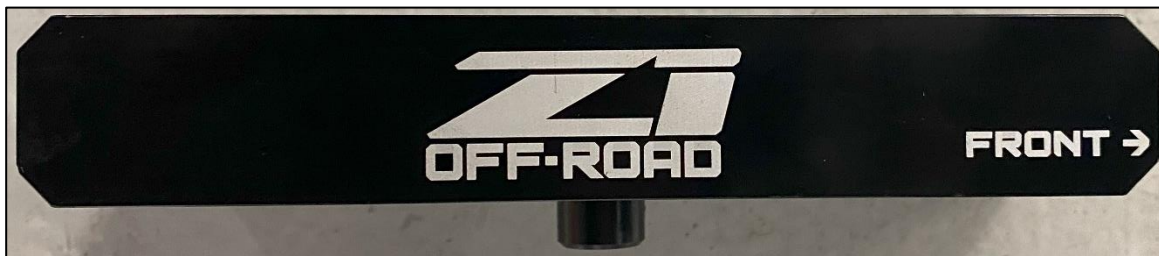


Figure 7

13. Slowly raise the Axle Back up while checking for alignment of the Lift Block. It should fit within the tab of the Leaf Spring. You may have to physically adjust the axle front to back to get the Lift Block to align properly. *Figure 8.*



Figure 8

14. Once the Axle has been raised and the Lift Block is properly seated, reinstall the Rear Spring Pad. Loosely secure it with the hardware that is included with your Extended U-Bolts. *Figure 9.*



Figure 9

15. Repeat Steps 8-14 for the other side of the vehicle. *Figure 10.*

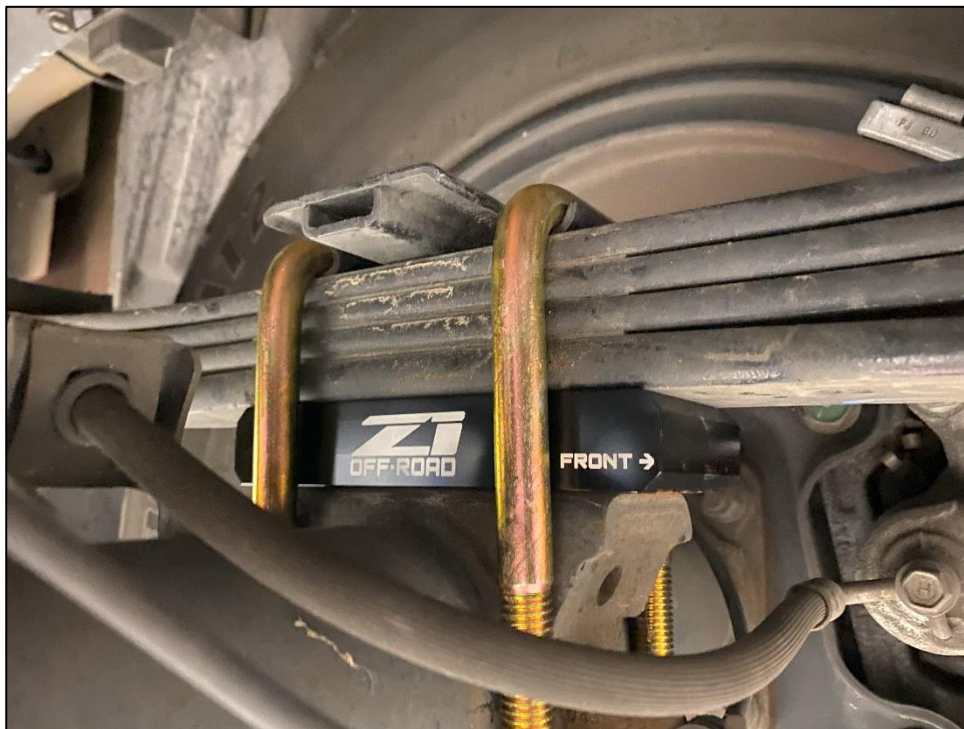


Figure 10

16. Tighten the U-Bolts slowly in a diagonal pattern to evenly bring the bolts down. The number of exposed threads for the U-Bolts should be the same for all (4) four U-Bolts ends. Torque the U-Bolts to **54 ft-lbs** unless otherwise specified by the U-Bolt Manufacturer.

17. Reinstall the Shocks to the Lower Shock Mount with the OE Hardware removed in *Step 6*. Do not fully torque yet.

18. Reinstall the disconnected Sway Bar End Link.

19. Reinstall the Rear Wheels if they were removed.

20. Safely lower the vehicle off of Jack Stands.

21. Bounce on the rear of the vehicle to settle the suspension.

NOTE: Final torquing of Hardware **MUST** be done with the vehicle on the ground unsupported by a jack or jackstands.

22. Torque the Lower Shock Bolts to **148 ft-lbs.**

23. Retorque the U-Bolt Nuts to **54 ft-lbs.**

24. Torque wheels to Factory Service Manual Specifications.

25. Drive the vehicle for ~100 Miles. After driving, retorque the U-Bolt Nuts to **54 ft-lbs.**

END

Additional Technical Support:
Contact Z1 Off-Road at info@z1offroad.com
Or call 678-839-8019 between 9am and 6pm ET