

# Z1 VHR/HR HEADERS INSTALLATION MANUAL



This Installation Manual is intended for the following models:

2009-2020	Nissan 370Z
2007-2008	Nissan 350Z
2007-2008	Infiniti G35 (Sedan)
2008-2015	Infiniti G37

## 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 Motorsports VHR/HR Headers, consult with a Professional Mechanic, or contact Z1 Motorsports for more information.

## **PARTS INCLUDED:**

Item	Quantity	Description
1	1	Driver Side Header
2	1	Passenger Side Header

## **TOOLS REQUIRED:**

- Hydraulic Jack
- (2) 2-Ton (or greater) Jack Stands
- Ratchet
- Ratchet Extension(s)
- Assorted Metric Wrenches
- Assorted Metric Sockets
- Torque Wrench
- Channel Lock Pliers
- Penetrating Fluid
- AC Refrigerant Removal Machine

## **SAFETY REQUIREMENTS:**

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

## **BEFORE YOU BEGIN:**

Remove contents from the Z1 Motorsports VHR/HR Headers and verify that ALL necessary hardware is present.

Removal of the AC Lines is needed to install these Headers. Take your vehicle to a shop to have the AC Refrigerant properly removed before disassembly.

## **PROCEDURE:**

1. Place the transmission in Park position (or in Reverse gear if equipped with a manual transmission). Apply the parking brake.
2. Locate proper jacking points on vehicle's chassis (refer to vehicle's Owner Manual). Raise and support vehicle using jack & jack stands.
3. Open and support the hood of the vehicle.
4. Use Penetrating Fluid on all exhaust manifold bolts, this will help break the hardware loose upon disassembly.
5. Remove vehicle Undershroud if applicable.
6. Remove Strut Tower Brace if applicable.
7. Remove the Engine Cover.
8. Remove Air Intakes.
9. Under the vehicle, disconnect the Y-Pipe from the Downpipes/Catalytic converters. *Figure 1.*

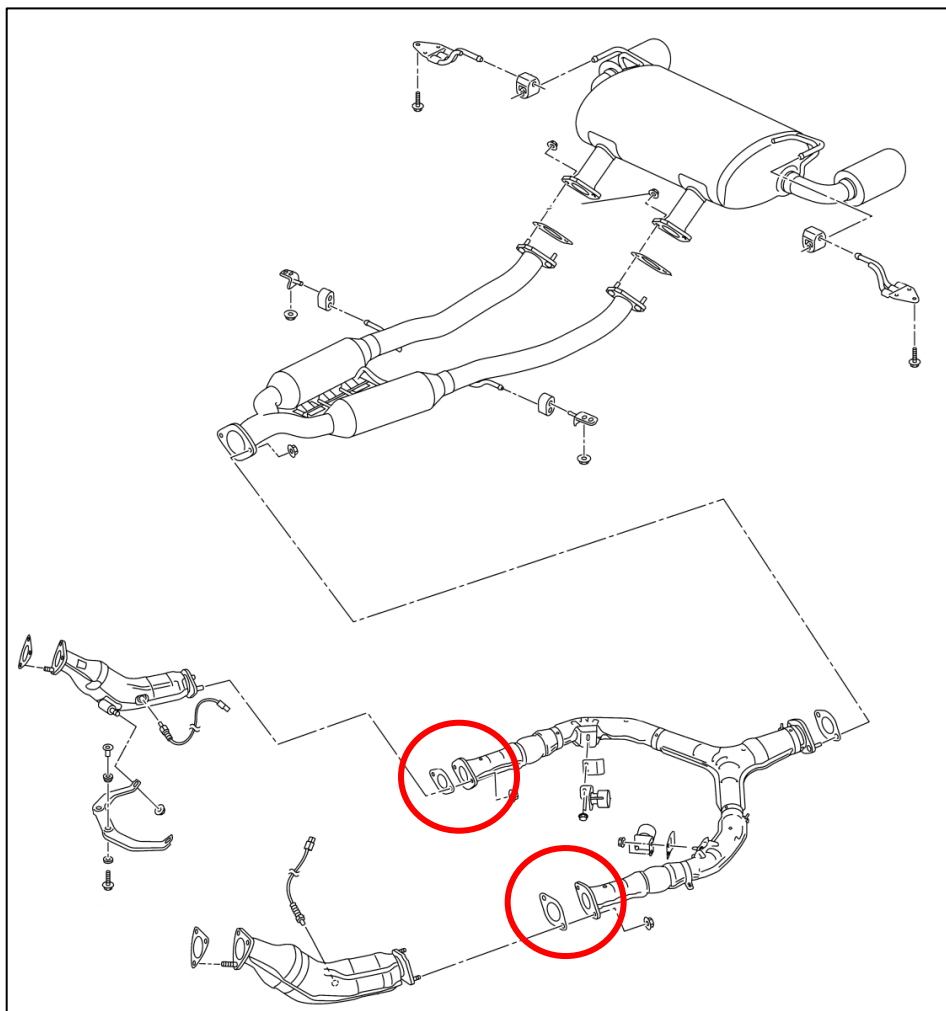
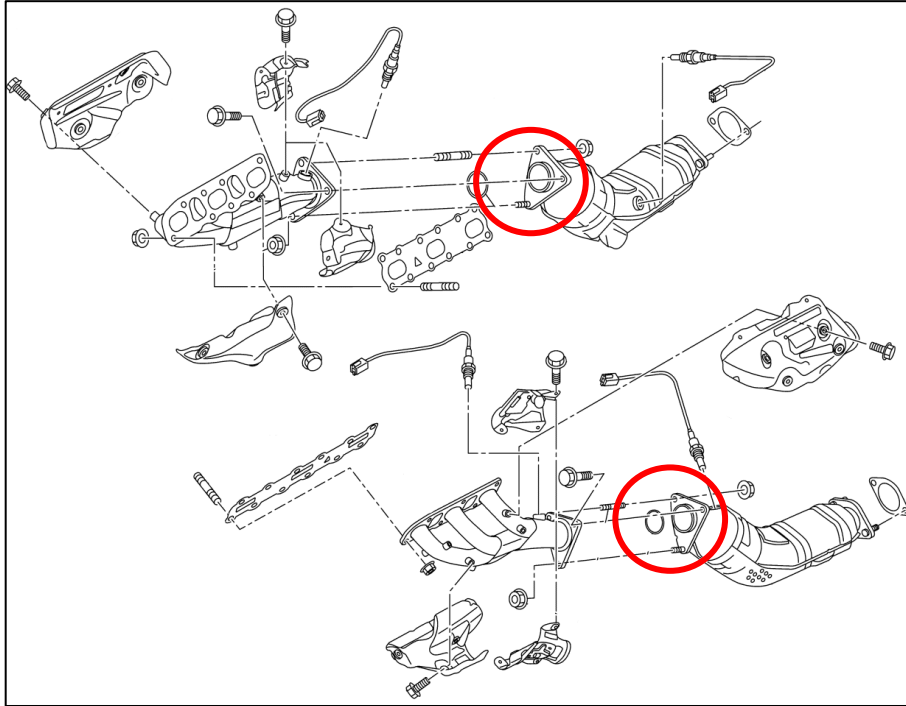


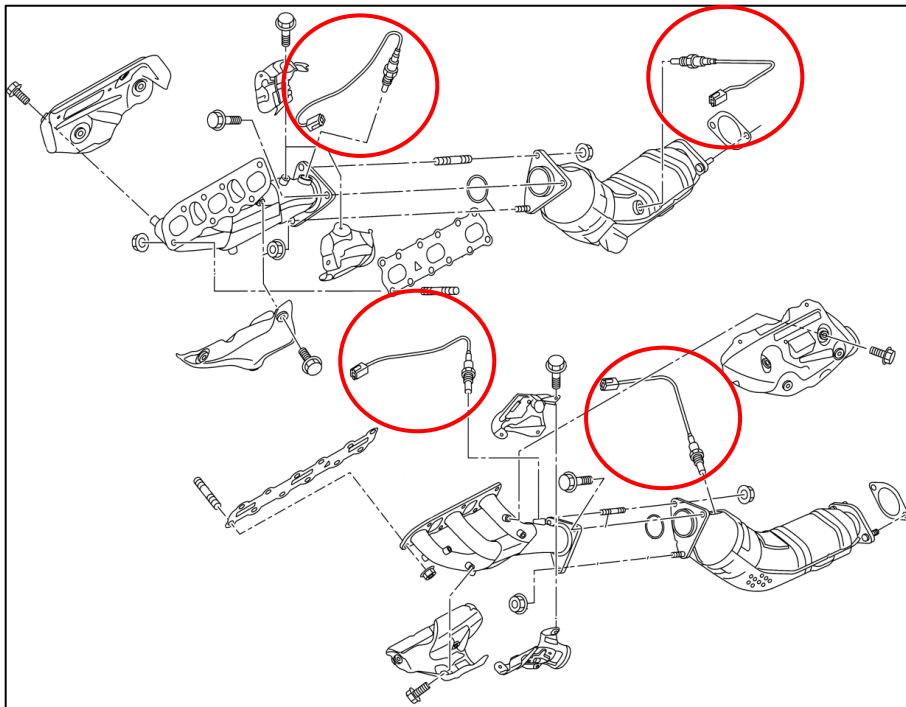
Figure 1

10. Optionally, remove the Catalytic Converters now, or pull them with the Exhaust Manifold as one piece.  
*Figure 2.*



*Figure 2*

11. Remove all (4) four Oxygen Sensors/Air Fuel Ratio Sensors. *Figure 3.*



*Figure 3*

- 12. Mark and disconnect the Steering Shaft and move it out of the way.
- 13. The AC Lines Can optionally be removed on the Driver Side to help expedite the Header Installation. The install can be done without removing them, but it makes the job significantly more difficult. Properly remove the Refrigerant if you decide to pull the AC Lines. *Figure 4.*

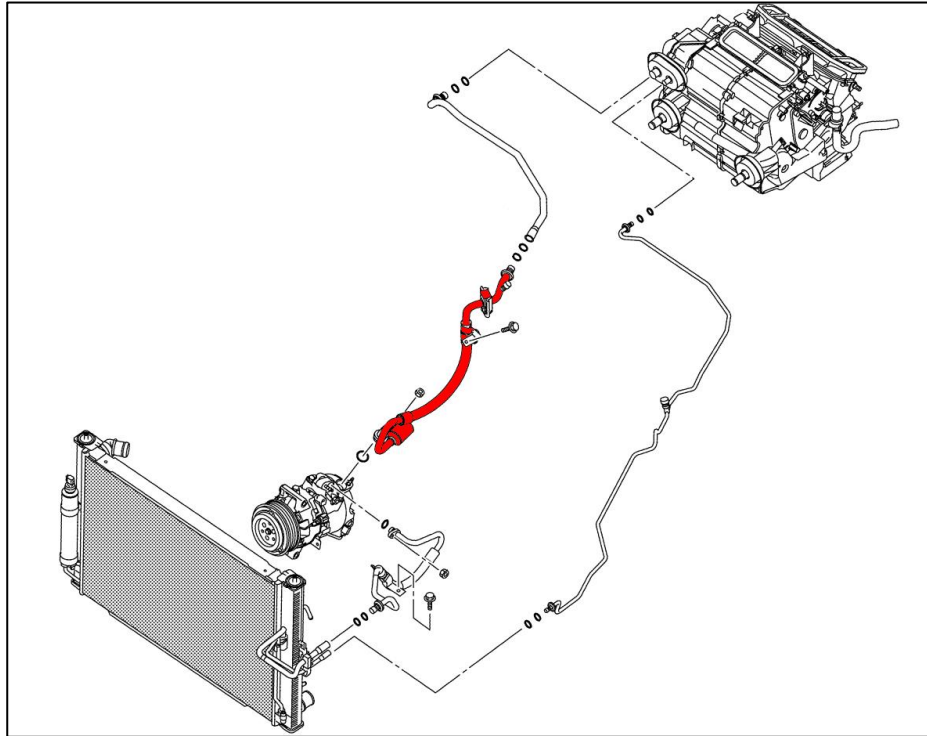


Figure 4

- 14. Remove Exhaust Manifold Heat Shields on each side. These bolts tend to be very tough and break easily, use plenty of Penetrating Fluid. *Figure 5.*

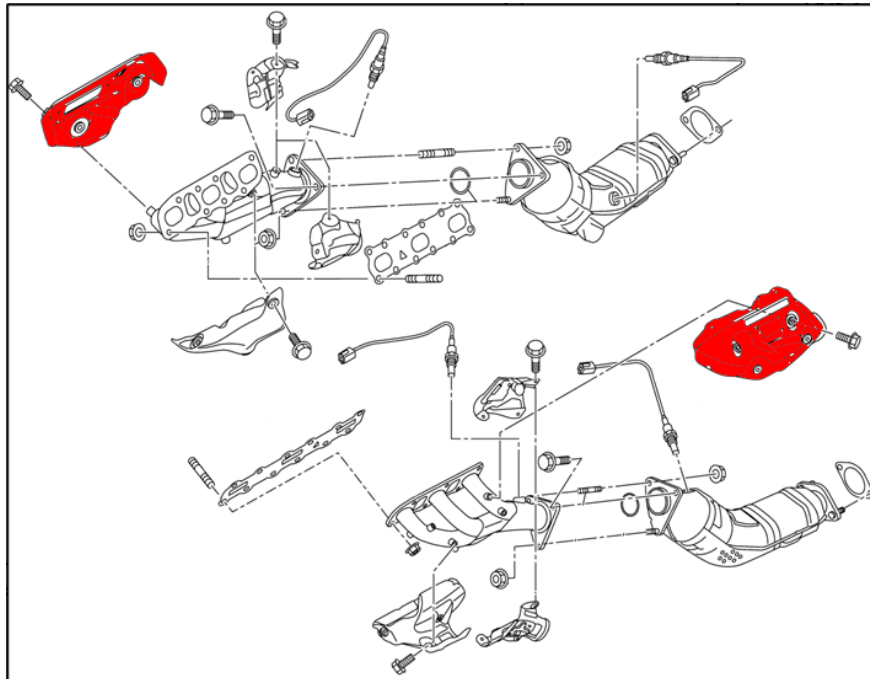
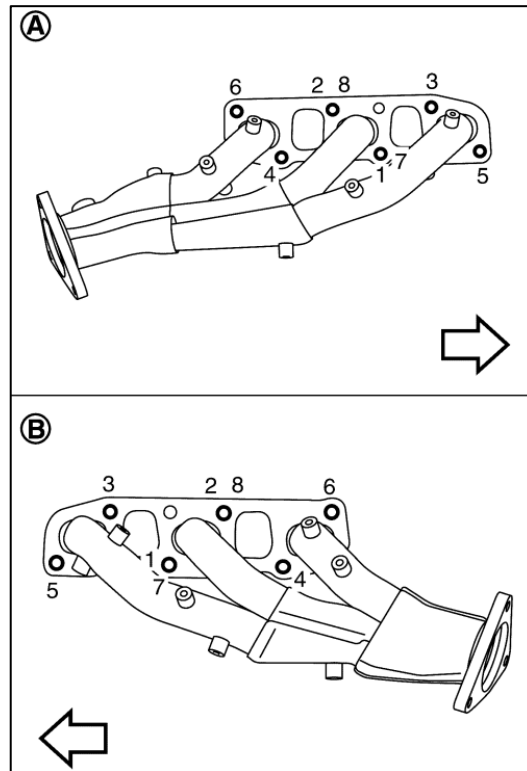


Figure 5

15. Loosen and remove the Exhaust Manifold Nuts. You will have to work from the top and bottom of the vehicle and it will be a tight fit. *Figure 6.*



*Figure 6*

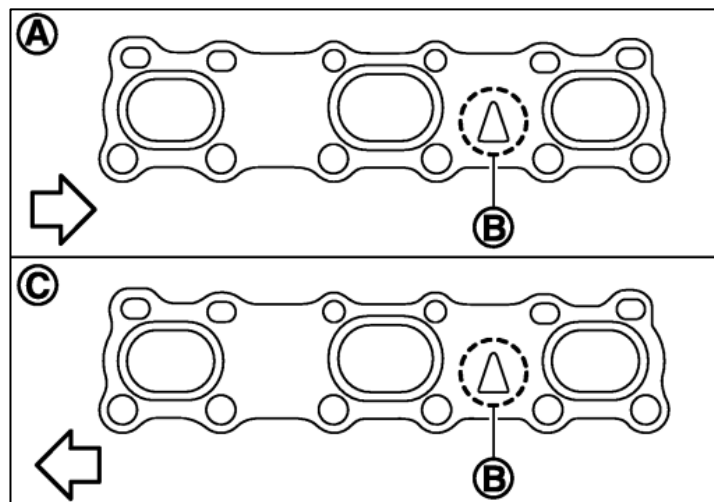
16. Remove the Exhaust Manifolds from the vehicle.

17. Remove the Exhaust Manifold Gasket.

18. Clean the mating surface for the Exhaust Manifolds.

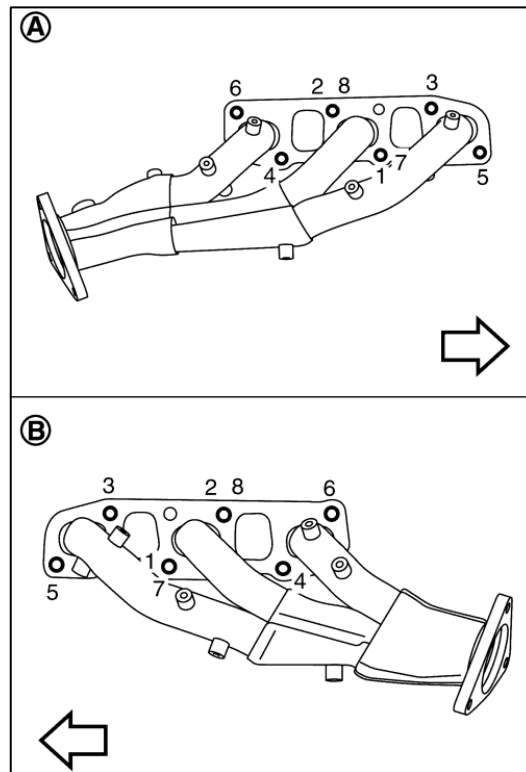
19. Replace Exhaust Manifold Studs if removed. Torque to **11 ft-lbs.**

20. Locate a new Exhaust Manifold Gasket. Position them onto the correct banks of the engine as shown below. *Figure 7.*



*Figure 7*

21. Locate the Z1 Headers. Position them onto the Exhaust Studs and Gasket, and secure with the Nuts removed in *Step 14*, or use new nuts. Torque to **22 ft-lbs** following the sequence shown below. *Figure 8*.



*Figure 8*

22. Follow *Steps 5-13* in reverse for reinstallation of all other Vehicle Components.

**END**

**Additional Technical Support:**  
Contact Z1 Motorsports at [info@z1motorsports.com](mailto:info@z1motorsports.com)  
Or call 770-838-7777 between 9am and 6pm ET