



## IS-68

### ADS Installation Instructions for:

PART NUMBER	VEHICLE
100ADS-10114	2005-2023 Toyota Tacoma, 0-2" LIFT, Front
100ADS-10112	2003-2024 Toyota 4Runner, 0-2" LIFT, Front

Support vehicle from frame rail with properly rated jack stands allowing suspension to hang freely.

Remove wheels from front axle.

Remove the outer tie rod connection to allow steering knuckle to rotate freely.

Disconnect lower strut mounting hardware, and sway bar end link to allow suspension to relax downward.

Disconnect upper control arm outer ball joint. Pivot control arm upwards.

Support lower control arm and spindle.

**IMPORTANT: Ensure lower axle inner CV joint does not slide out when supported.**

Remove upper strut mounting hardware. Slide factory strut assembly out as one unit.

Remove sway bar frame side brackets and install relocation blocks. They are labeled P for passenger and D for driver side. Shift the sway bar down and forward away from the larger diameter ADS Mesa coilover. Torque hardware to factory specifications.

**4Runner only: There are 2 available lower mounting widths, a 1.545" wide and 1.625" wide. Both options of spacers are included with your kit. Choose the correct width and interchange as needed (Misalignment spacers slide in to lower bearing).**

**4Runner only: There are 2 available sway bar block mounting patterns. Both patterns are included in your kit match up the correct option for your vehicle. KDSS equipped models will not use either option.**

**4Runner only: On some 4Runner models the core support rods will need to be spaced down to allow clearance for the sway bar once relocated. Install spacers as needed to provide clearance. KDSS models do not require this support rod modification/ lowering.**

Locate correct side ADS Coil over assembly.

**Drivers side adjustment collar will have more threads showing than passenger side.**

Install strut into factory mount with provided hardware.

Torque all studs to 25ft-lbs. Nut hex size is 9/16”.

Install factory lower strut hardware. Torque to factory specifications.

Reinstall upper ball joint and lower strut hardware using factory torque specifications.

Reinstall steering tie rod connection and torque to factory specifications.

Reinstall sway bar end links and torque to factory specifications.

Reinstall wheels. Torque lug nuts to factory specifications.

Hardware torque chart.

Diameter Decimal	Diameter Nominal/ Fractional	Torque Rating
.375"	3/8"	25 LB/FT
.4375"	7/16"	52 LB/FT
.3149"	8MM TJ, JK, T- Bar hardware	15 LB/FT
.472"	12MM STEM TOP	45 LB/FT
.472"	12MM OEM hardware	75 LB/FT
.500"	1/2" Cross bolt 12 point	65 LB/FT
.551"	14MM STEM TOP	45 LB/FT
.551"	14MM OEM hardware	85 LB/FT

## Alignment

A professional alignment is highly recommended to be performed before driving this vehicle at highway speeds.



**Max preload** is measured by the length of exposed threads between the spring nut and the top cap. Adjusting past the specs listed below could result in damaging the spring at full compression.

<b>PART NUMBER</b>	<b>MAX THREADS SHOWING</b>
<b>100ADS-10114</b>	<b>1.672 MAX</b>
<b>100ADS-10112</b>	<b>1.672 MAX</b>

**If additional lift height is needed, please contact ADS for technical support.**

**520-748-0005 or at [techsupport@adsshocks.com](mailto:techsupport@adsshocks.com)**

Your ADS Mesa coil-overs are factory charged with nitrogen to **150 psi**. Do not alter this pressure or internal damage will occur.