

# SumoSprings Front

Suspension Enhancement  
Ford E150/250/350 Van [1970~present]  
Ford E350/450 Cutaway [1996~present]  
SumoSpring SSF-106-40/47



OE bumpstop

OE bumpstop self-tapping screw unscrews from the bottom

SSF-106-47

Thread the OE self-tapping screw into the threaded bolt hole on the frame several times to allow for installation of the SSF-106. Install by threading jounce into the existing hole.

**Bumpstop Comparison**



**OE bumpstop**



**SSF-106-40 Installed**

Refer to SumoSprings application guide for part selection [www.supersprings.com](http://www.supersprings.com) [Tech line #866-898-0720]  
SumoSprings enhance load carrying capability, handling & towing. Never exceed vehicle manufacturer's GVWR rating.

# **Installation Instructions**

- 1) Park vehicle of level hard surface. Engage emergency brake. Place blocks in front and behind rear wheels to prevent rolling. Observe all safety precautions and wear safety glasses.
- 2) Raise front of vehicle allowing the suspension to hang freely. Support the frame using safety jack stands.
- 3) Remove existing factory jounce bumper from the frame by inserting the socket with extension onto the bolt from the bottom up through the OE jounce.
- 4) Using the OE self-tapping screw clear the threads of the hole where the SumoSPring jounce will be installed by screwing the screw into the frame several times.
- 5) Insert the stud on the end of the SumoSPring into the threaded hole where the factory jounce bumper was located. Tighten the jounce into the frame
- 6) Repeat steps three through six on the other side of the vehicle.
- 7) Jack up vehicle, remove safety jack stands.
- 8) Carefully lower vehicle to the hard surface. Remove the blocks in front and back of the rear wheels.
- 9) Release emergency brake.
- 10) Fill out warranty card and send to SuperSprings. The warranty card is on the reverse side of this page.

## **Tool List**

- *Floor Jack* 1
- *Jack Stands* 2
- *10mm Socket/Wrench* 1
- *Ratchet with extension* 1
- *Wheel Blocks* 4

## **Parts List**

- *SumoSPrings* 2

## **Important Notice.**

- 1) For easy installation please read instructions completely first and have all necessary tools available.
- 2) We recommend that this installation be done by a professional or persons with sound mechanical knowledge.
- 3) SumoSPrings are designed to work with the original factory springs only. If they have been replaced with aftermarket springs then please consult with Supersprings International at 866-898-0720.
- 4) These instructions are meant as a guide for the installation of SumoSPrings. SuperSprings International assumes no liability for the actual installation process. Installers should apply common automotive safety practices when raising, lowering and working on vehicles.
- 5) SumoSPrings are designed to enhance the vehicles load carrying performance and road handling however it does not authorize (or recommend) loading beyond the manufacturer's GVWR specifications.
- 6) For technical support contact SuperSprings International at 866-898-0720.

***To prevent damage to the vehicle and to ensure safety, do not exceed the maximum load recommended by the vehicles manufacturer (GVWR).***

# **SuperSprings®**

Suspension Enhancement

Dodge Sprinter 2500/3500 [2010~present]

SumoSprings SSF-106-40



**OE  
Bumpstop**



**SSF-106-40**



**SSF-106-40 Installed**

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SumoSprings enhance load carrying capability, handling & towing. Never exceed vehicle manufacturer's GVWR rating.

# **Installation Instructions**

- 1) Park vehicle on level hard surface. Engage emergency brake. Place blocks in front and behind rear wheels to prevent rolling. Observe all safety precautions and wear safety glasses.
- 2) Raise front of vehicle allowing the suspension to hang freely. Support the frame using safety jack stands.
- 3) Remove existing factory jounce bumper from the frame by unbolting the factory bumpstop.
- 4) Insert the stud on the end of the SumoSPring into the hole where the factory jounce bumper was located.
- 5) Using the nut and washer provided, fasten the jounce to the frame. Tighten securely.
- 6) Repeat steps three through five on the other side of the vehicle.
- 7) Jack up vehicle, remove safety jack stands.
- 8) Carefully lower vehicle to the hard surface. Remove the blocks in front and back of the rear wheels.
- 9) Release emergency brake.
- 10) Fill out warranty card and send to SuperSprings. The warranty card is on the reverse side of this page.

## **Tool List**

- Floor Jack 1
- Jack Stands 2
- 10mm Socket/Wrench 1
- Ratchet with extension 1
- Wheel Blocks 4

## **Parts List**

- SumoSPrings 2
- 8mm Nylock nuts 2
- 8mm washers 2

## **Important Notice.**

- 7) For easy installation please read instructions completely first and have all necessary tools available.
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