

Instruction Guide

Billet Aluminum Body Mounts
55-57 Chevy Bel Air



Speedtech
PERFORMANCE

CHASSIS - SUSPENSION - PRO TOURING - AUTOCROSS - DRAG RACING - CUSTOM BUILDS

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Figure 1: 1956 Bel Air, features our ExtReme IRS Chassis, and Body Mount Kit

Congratulations on the purchase of your new Speedtech Performance aluminum body mounts. Use only approved and appropriately rated jack and jack stands, and be sure to take all safety precautions required to complete the job safely and correctly. If you have uncertainties, seek the assistance of a highly qualified workshop to assist you.

Read and understand all instructions thoroughly before you begin. Your main assembly and set up of your new aluminum body mounts can be done in a home garage with hand tools.

Speedtech enjoys seeing the progress our customers are making as they work through their builds. Join the group, [Team Speedtech](#), on Facebook and share your pictures and your story.

Speedtech Performance sends you best wishes for your project!

TABLE OF CONTENTS

1.0	GENERAL INFORMATION.....	4
1.1	THIS GUIDE	4
1.2	OVERVIEW	4
1.3	TOOLS	4
2.0	CHECK IN PARTS AND HARDWARE	5
2.1	CHECKING IN THE ORDER	5
2.2	CHECK IN TABLE	5
3.0	GETTING STARTED / INSTALLATION	5
3.1	LEVELING AND SUPPORT	5
3.2	INSTALLATION	5
4.0	FINISHING	7
4.1	TORQUE	7
5.0	CONGRATULATIONS	7

1.0 GENERAL INFORMATION

[Back to Table of Contents](#)

1.1 THIS GUIDE

Thank you for purchasing your new Speedtech Performance aluminum body mounts. Read through all instructions thoroughly before beginning and take all safety precautions required to do the job carefully and correctly. If you have uncertainty, seek the assistance of a highly qualified workshop.

1.2 OVERVIEW

These instructions outline the aluminum body mounts that will be installed with the Speedtech Performance ExtReme chassis only.

1.3 TOOLS

Installation of the Speedtech Performance aluminum body mounts can be done on the floor with simple hand tools.

Additional things to have before you start:

- Wrench
- Jack Stands
- Anti-Seize
- Post Lift (if possible)

2.0 CHECK IN PARTS AND HARDWARE

[Back to Table of Contents](#)

2.1 CHECKING IN THE ORDER

Check in your order as soon as possible. To check in the order, Speedtech has provided a table which can be used as a check list, as displayed in figure 2. All bolts and nuts are NF unless otherwise noted. Hardware comes in several boxes. If you discover anything missing from your order, call your authorized dealer as soon as possible.

2.2 CHECK IN TABLE

X	#	Description	Size
	16	Upper Mounts	
	16	Lower Mounts	
	6	Hex Cap Screw	3/8 x 2 1/2 NC
	8	Hex Cap Screw	3/8 x 3 NC
	2	Hex Cap Screw	3/8 x 4 NC
	16	Washer – Flat	5/8
	28	Washer – Flat	3/8
	6	Washer – Lock	7/16
	10	Nylock Nut	3/8

Figure 2: Check in table that includes the amount, description, and size

NOTE: There may be some extra hardware that was packaged and is not accounted for in the check list. The hardware kits are made to fit multiple products and the excess is from that process.

3.0 GETTING STARTED / INSTALLATION

[Back to Table of Contents](#)

3.1 LEVELING AND SUPPORT

WARNING: The vehicle should be on a level surface before you start.

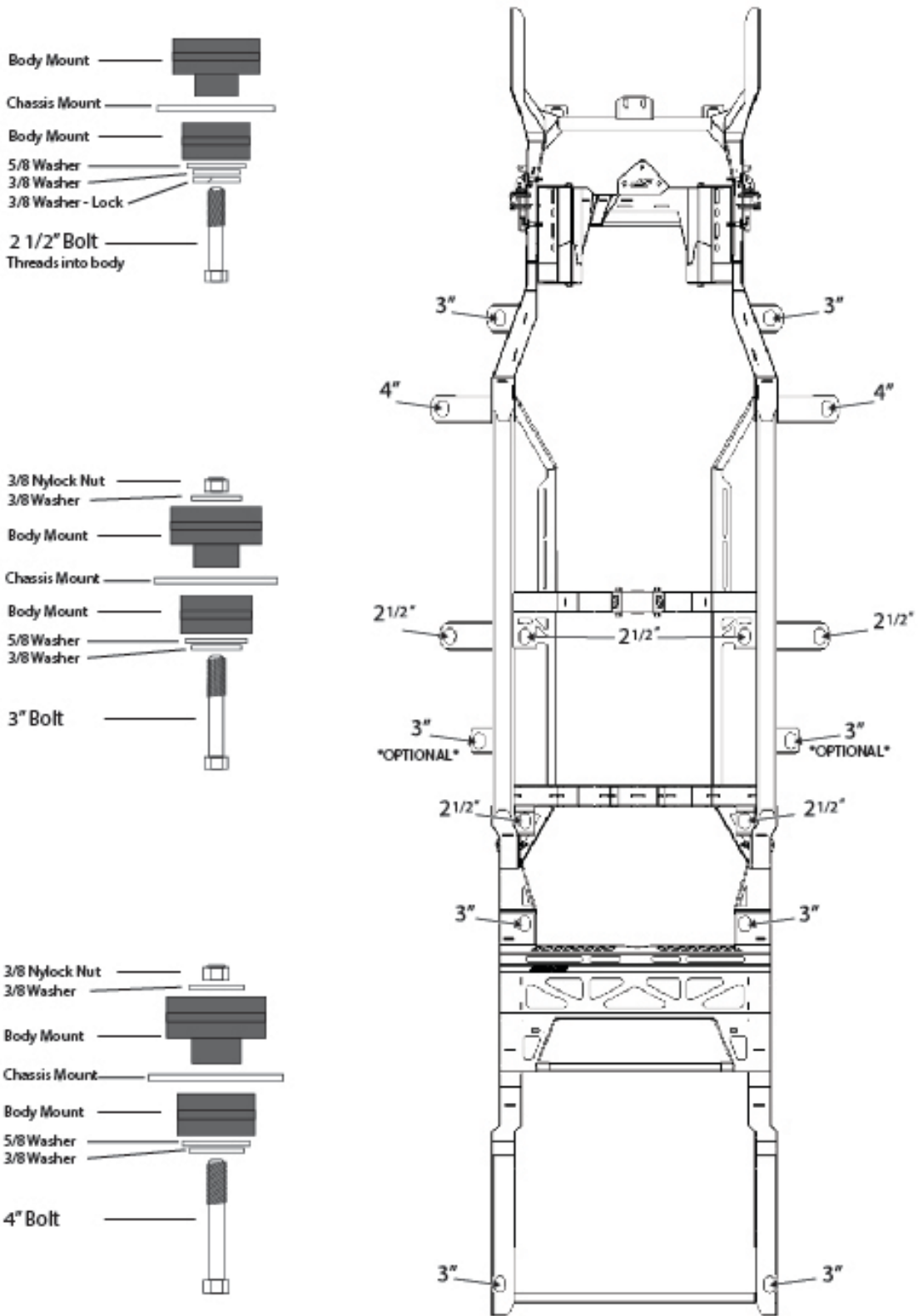
Leave the vehicle on the ground and remove all body mount bolts and lower bushing halves. Some bolts may be rusty, you may need to apply penetrating fluid to remove them.

3.2 INSTALLATION

Refer to figure 3, on page six.

NOTE: Ensure the body is square on the chassis during the mounting process. You may need additional shims between upper mount and the body, due to years of use and variations on your individual vehicle.

Figure 3: Installation guide



4.0 FINISHING

[Back to Table of Contents](#)

4.1 TORQUE

Since all floor plans are slightly different and rubber mounts tend to compress and distort over time, ensure that the hood and fenders line up properly with the body and that all bushings fully contact the floor before torquing.

Use additional shims (not included in this set) to adjust as necessary.

Finally, cross measure the frame to ensure it is straight and square to the body. When the frame is squared in, torque all bolts to 90 ft lbs.

IMPORTANT: Recheck torque after approximately 100 miles of driving.

5.0 CONGRATULATIONS

[Back to Table of Contents](#)

Congratulations on completing your project! We know you will get many years of enjoyment from your project. Please join the group, [Team Speedtech](#), on Facebook. Team Speedtech is a community of customers, dealers, and factory employers that have a passion for pro touring muscle cars and are using Speedtech Performance products. You can ask questions and get advice from the group members and share your experience. Everyone enjoys seeing the videos and pictures during the progress of your project and Speedtech encourages you to share them!

Thank you for choosing Speedtech Performance and entrusting us with your aluminum body mounts for your custom muscle car.

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