

# Instruction Guide

Billet Aluminum Body Mounts  
67-81 F-Body



***Speedtech***  
**PERFORMANCE**

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

435.628.4300 [SPEEDTECHPERFORMANCE.COM](http://SPEEDTECHPERFORMANCE.COM)    

4160 S. RIVER RD, ST. GEORGE, UT 84790



*Figure 1: 1969 Camaro features our Body Mounts, Hex Camaro*

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 and basic welding equipment.

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!

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## **1.0 GENERAL INFORMATION**

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### **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 or a factory Subframe

### **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**

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### **2.1 CHECKING IN THE ORDER**

Check in your order as soon as possible. To check in the order, Speedtech has provided tables which can be used as check lists, 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
	2	Radiator Support Mounts (Upper and Lower Set)	1 Groove
	4	Body Mount	2 Groove
	2	Front Radiator Support – Bolt	1/2 x 3 NF
	2	Rear Position – Bolt	5/8 x 3 1/2 NC
	2	Nylock Nuts	1/2
	4	Washer – Flat	1/2
	4	Washer – Flat	5/8
	4	Washer – Lock	5/8

Figure 2: Check in table that includes the amounts, descriptions, and sizes

**NOTE:** There may be some extra hardware that was packaged that 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

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### 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 so you may need to apply penetrating fluid to remove them.

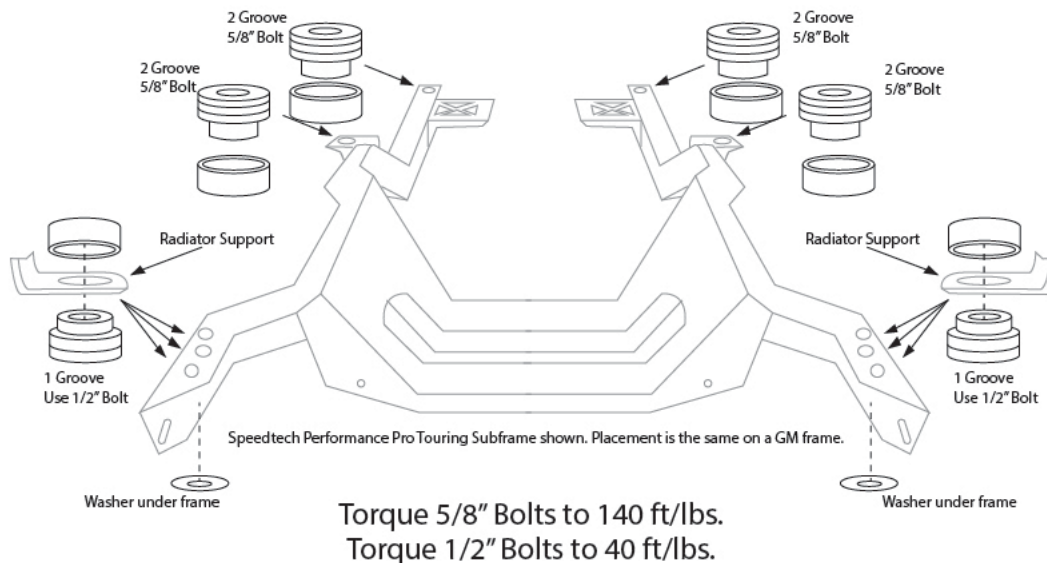


Figure 3: Locations of the bolts

## 3.2 RADIATOR SUPPORT

Once the bolts are out there should be enough room to slip the top mount in the frame. With the top mount in place, install the interlocking lower mount. Coat the threads of two 1/2 X 3" bolts with anti-seize and loosely thread into the body.

## 3.3 SIDE LOCATIONS

When there is enough room, remove the old mounts, and slip the upper mounts in place. Coat the threads of your 7/16 X 3" bolts with anti-seize and loosely thread through the lower bushings and into the body with a flat washer and lock washer as shown in figure 3.

Repeat for remaining bushing locations on that side.

## 3.4 REPEAT

Repeat steps on the other side of the car.

## 4.0 FINISHING

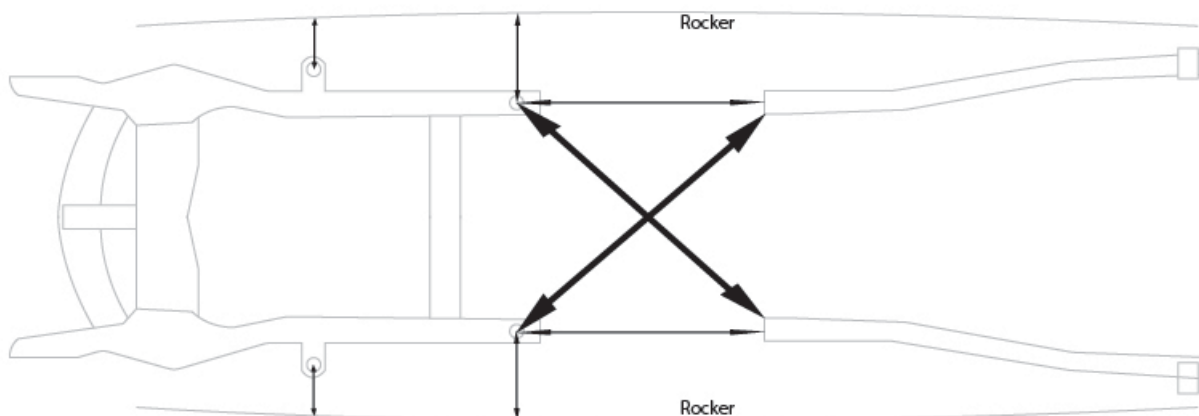
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### 4.1 TORQUE

All floor pans are slightly different, but most rubber mounts tend to compress and distort over time. To avoid this, 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) to adjust as necessary. Cross measure the frame to ensure it is straight and square to the body. When the frame is squared in, torque all bolts to 140 ft lbs.

**NOTE:** Recheck torque after approximately 100 miles of driving.

**See figure 4 to ensure the body/frame is square.**



*Figure 4: Measuring guide*

## 5.0 CONGRATULATIONS

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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.

Speedtech Performance, LLC  
4160 S. River Rd.  
St George UT, 84770  
(435) 628-4300