



 **MISHIMOTO**

Crew Cab Shown

INSTALLATION GUIDE

Silicone Body Mounts, Fits 2008-2016 Ford Super Duty
SKU: MMBM-F2D-08RC, MMBM-F2D-08CC

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RESOURCES & CONTACT



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CUSTOMER SERVICE HOURS: MON-FRI 9:00AM-7:00PM EST



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DISCLAIMERS

1. Raise vehicle only on jack stands or on a vehicle lift.
2. Mishimoto is not responsible for any vehicle damage or personal injury due to installation error, misuse or removal of Mishimoto products.
3. Mishimoto suggests that a trained professional install all Mishimoto products and to wear PPE during install.
4. When heating body mounts, keep a fire extinguisher nearby, as the rubber may melt or ignite. Interior carpeting should be moved away from areas being heated to avoid melting or burning.

REQUIRED TOOLS

15MM SOCKET	PRY BAR
22MM SOCKET	JACK OR LIFT
½ INCH EXTENSIONS	RECIPROCATING SAW (OPTIONAL)
½ INCH RATCHET	BLOW TORCH (OPTIONAL)
½ INCH BREAKER BAR	
½ INCH TORQUE WRENCH (76 FT LBS)	

INSTALL TIME: 6 HOURS

INSTALL DIFFICULTY:

Note: There are 6x mounts for the regular/extended cab and 8x for the crew cab. Two of the mounts are at the front of the vehicle near the radiator support. There are 2x in the front footwell area, 2x behind the driver/passenger seats, and 2x behind the rear seat for the crew cab.

Important: The mount bolts thread into a cage nut, and the cage is welded to the body. The cages can be weak, especially if they are rusty. It is recommended NOT to use an impact gun on the bolts as the hammering action can cause the cage to bend and the nut to spin.

INSTALLATION INSTRUCTIONS

1. With the truck on a flat, level surface, chock your wheels to prevent the vehicle from rolling while working underneath it. Ensure the vehicle is in Park (for automatics) and that the parking brake is set.
2. Use a 15mm socket and a breaker bar to loosen the bolts for the mounts slowly. A blowtorch or an induction heater can be used to heat

the bolt head and loosen the thread locker. Be careful, as the rubber mounts can melt or catch fire. For a regular or extended cab, there will be four mounts under the cab and two under the radiator support.

A crew cab will have six mounts under the cab. (Crew cab shown.)

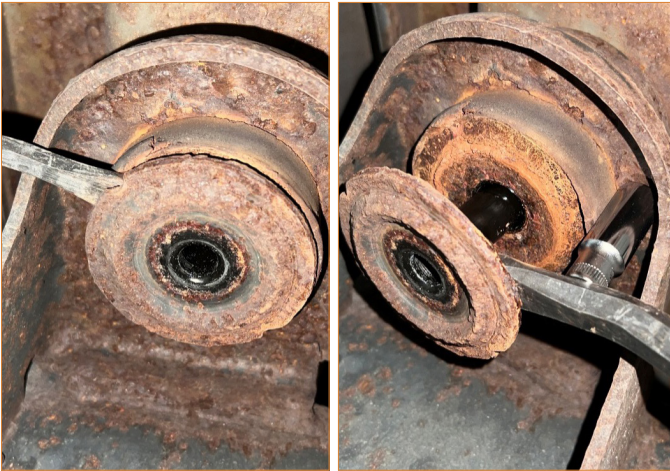


Note: If you have difficulty removing a bolt because one of the cage nuts failed and the bolt spins, you can reach the top of the nut and counterhold it directly (22mm). The nuts can be accessed from inside the cab. They are under the carpet behind plastic covers. The carpet does not have to be removed; it can be folded back out of the way. (Passenger side footwell shown.)



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3. Use a pry bar to separate the lower metal and rubber part of the mount from the upper. You can use a 1/4-inch drive deep socket to pry against to help get it out the last bit. Repeat for the remaining mounts. If the lower part of the mount won't come loose, you can use a reciprocating saw to cut through the mount radially. Repeat for the other mounts.



4. Ensure there is nothing connected between the body and frame that will get damaged when lifting the body, like the parking brake cable or ground strap. It will only need to be lifted enough to get the old mounts out, about 2.5 inches.

5. Now that all the mount bolts and lower bushings are removed, jack up on one side of the cab until it is just high enough to get the upper part of the mount out. Only lift or jack on the reinforced sections of the cab. Grab the mount on the sides, lift it straight up, then pull it out to the side.

WARNING: Never place your hand directly between the mount and the body or frame; always grab it from the side as shown. (Front shown.)



6. Separate the Mishimoto mount as shown. All the mounts are the same so position does not matter. **Pro tip:** All the components above and including the orange shim go above the frame perch. Everything below the orange shim goes under the perch.



7. Install the upper assembly as shown, then push the lower part of the mount in from the bottom. It should hold itself in place. **Note:** the mount holes in the frame are oval shaped. Ensure the mount is properly clocked so it fully seats against the perch.



8. Repeat steps 4-7 for all mounts on one side, then repeat for the opposite side. Ensure the components stacked in the upper assembly are concentric after lowering the body back down on the mounts.

9. Install the new mount bolts provided with the kit, torquing each to 76 ft-lbs. Do not reuse the old bolts. The thread locker is one-time use. If the cage nuts fail, the kit includes new ones. Remove as much of the old cage nut as you can, and counterhold the new nut when tightening the bolt. (Image on following page.)

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Note: The mounts will bulge out slightly after tightening. This is normal. If the mount's profile remains straight and not bulged, this may indicate the bolt is not tightened correctly.



10. Reinstall the plastic covers for the bolts in the cab and reassemble the remaining parts of the vehicle. This concludes the installation.

Note: The cab may sit slightly higher after installation. The mounts will settle after a few weeks of regular driving and sit in the correct position.

DISPOSAL INSTRUCTIONS

- › Do not dispose of any product as unsorted municipal waste. Use separate collection facilities. Contact your local authority for information regarding the collection systems available.
- › Never improperly dispose of any coolant, oil, or other chemicals.

WARRANTY INFORMATION

This product is backed by Mishimoto's Lifetime Limited Warranty. Please visit www.mishimoto.com/lifetime-warranty to see the full warranty.



WARNING
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Reproductive Harm
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