



Crew Cab Shown

INSTALLATION GUIDE

Silicone Body Mounts, Fits 2003-2007 Ford Super Duty
SKU: MMBM-F2D-03RC, MMBM-F2D-03CC

TABLE OF CONTENTS

1. RESOURCES & CONTACT INFO
2. IMPORTANT SAFETY INFORMATION
INSTALL TIME & DIFFICULTY
REQUIRED TOOLS
5. DISPOSAL & WARRANTY INFORMATION

RESOURCES & CONTACT



CALL 1.877.466.4744

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



@MISHIMOTO



@GOMISHIMOTO



MISHIMOTO



@MISHIMOTO



ENGINEERING BLOG

WWW.MISHIMOTO.COM/ENGINEERING

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	1/2 INCH TORQUE WRENCH (76 FT LBS)
18MM SOCKET	PRY BAR
21MM SOCKET	JACK OR LIFT
24MM SOCKET	RECIPROCATING SAW (OPTIONAL)
1/2 INCH EXTENSIONS	BLOW TORCH (OPTIONAL)
1/2 INCH RATCHET	
1/2 INCH BREAKER BAR	

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 shorter and can be found at the front of the vehicle, just behind the radiator support. There are 2x in the front footwell area, 2x behind the driver/passenger seats for the crew cab, and 2x behind the rear seat. The bolts for the mounts under the cab are accessed from inside the cab and are located behind plastic covers under the carpet.

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. Remove the front bumper and air intake (for diesel-equipped vehicles).

Note: The bolt heads for the front mounts are accessed through a hole in the bottom of the frame rail, and the nuts from up top next to the radiator.



3. Use a 15mm socket to counter-hold the bolt underneath and remove the 18mm nut and washer.
4. Use a 15mm socket to remove the bolt from the upper mount. If the mount spins, try grabbing it at the top with a pair of large channel locks. You may have to cut and peel the rubber off the mount to hold the upper steel flange directly. Heating the bolt with a blowtorch or induction heater can help loosen the thread locker and/or rust. Be careful, as the rubber can melt or catch fire. Repeat for the other side.



Note: If the bolt is very difficult to remove or seized completely, you can use a reciprocating saw to cut through the mount and bolt. You'll want to lift the cab slightly off the frame to prevent the blade from binding. Try to cut as close to the top flange as possible to be above the threads. (Image on the following page.)

Continued on next page



5. Reach inside the frame rail from the front and remove the bottom part of the mount. Repeat steps 3-5 for the other side of the vehicle.



6. Peel back the carpet in the footwell to gain access to the covers for the front cab mount bolts. This can be done without removing trim panels, but it may be easier if they are removed. Remove the plastic cover, then use a 24mm socket to remove the bolt. Repeat for the other side.



7. If the truck has a regular cab, fold the front seat forward and remove the storage tray behind it. If it has an extended cab, remove the rear

seat backrest. If it has a crew cab, remove the entire rear seat and storage tray. (Crew cab pictured.)



Note: If the truck has a regular or extended cab, skip to step 9. If it has a crew cab, proceed to step 8.

8. Fold the carpet out of the way to gain access to the plastic cover behind the front seat. Remove the plastic cover, then use a 24mm socket to remove the bolt. Repeat for the other side.



9. Peel back the carpet, then use a 24mm socket to remove the driver rear cab mount bolt. Repeat for the passenger side, using a 21mm socket.



Continued on next page

10. Use a pry bar to remove the lower part of the mount from the upper. It helps to peel part of the rubber off the lower mount to get the pry bar under the steel flange. You can also put the bolt back in the top and hit it with a hammer to drive the bottom part out. Remove the remaining lower mounts.

11. 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.

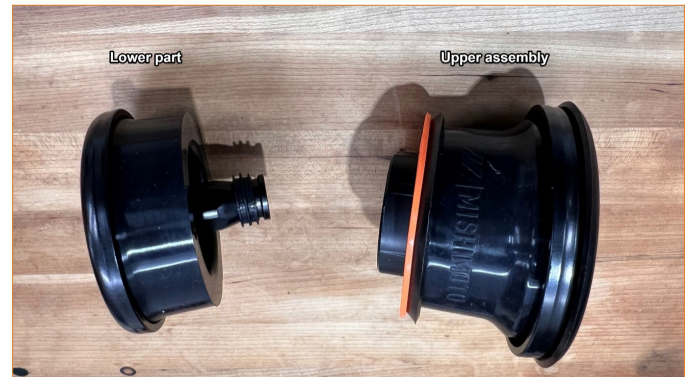
12. Now that all the mount bolts are removed, raise one side of the cab using a lift or jack until the upper mount can be removed. Only lift or jack on the reinforced sections of the cab.



13. Grab the mount on the side, 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.



14. Separate the Mishimoto mount as shown. **Note:** The two front mounts are smaller than the others. Ensure they are installed in the correct position.



15. 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. **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.



16. Repeat steps 10-15 for all the mounts on one side, then lower the cab and repeat for the opposite side. Ensure the plastic isolators on top of the mounts are centered after lowering the body back down.

17. Install the new hardware provided with the Mishimoto kit hand-tight to ensure everything is aligned properly before final tightening. These bolts are one-time use. See below for bolt locations. **Note:** There are 2x center bolts for regular and extended cabs and 4x for the crew cab. Torque all the bolts to 76 ft-lbs. (Hardware may differ slightly from shown, image on the following page.)

Continued on next page



18. Make sure the washer is centered with the nut on the front mounts.



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.



19. 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
Cancer and
Reproductive Harm
www.P65Warnings.ca.gov

- › This product can expose you to chemicals which are known to the state of California to cause cancer. For more information visit: www.p65warnings.ca.gov