

Instruction Guide

Billet Aluminum Body Mounts
67-81 F-Body



Speedtech
PERFORMANCE

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

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Figure 11969 Camaro features our Body Mounts, Hex Camaro

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

Read and understand all instructions thoroughly before you begin. Your main assembly and setup 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 story.

Speedtech Performance wishes you the best with 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 all instructions thoroughly before beginning, and take all required safety precautions 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 the order, Speedtech has provided tables that can be used as checklists, 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 the table that includes the amounts, descriptions, and sizes

NOTE: There may be some extra hardware that was packaged but is not accounted for in the checklist. 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.

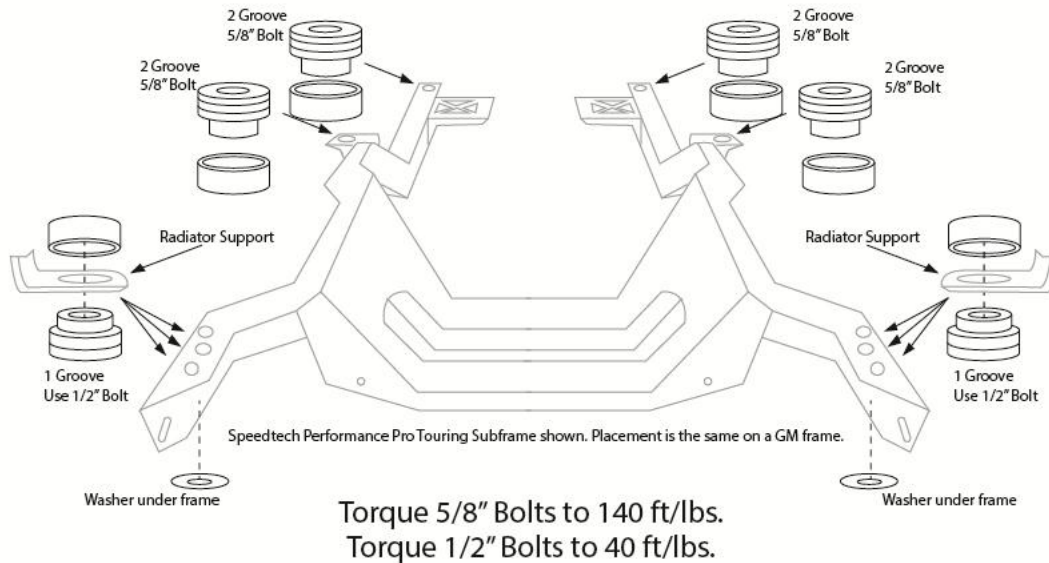


Figure 3: Locations of the bolts

3.2 RADIATOR SUPPORT

Once the bolts are out, there should be enough room to slip the top mount into 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 them 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 the 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 the hood and fenders align properly with the body, and that all bushings fully contact the floor before torquing. Use additional shims (not included) as needed to adjust. 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.

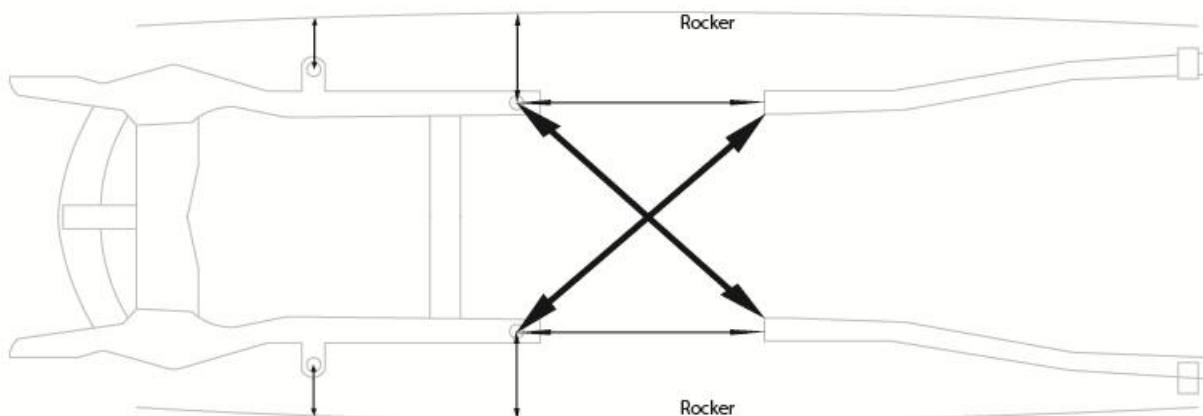


Figure 4: Measuring guide

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 Team Speedtech group on Facebook. Team Speedtech is a community of customers, dealers, and factory employees who have a passion for pro-touring muscle cars and use Speedtech Performance products. You can ask questions, get advice from the group members, and share your experience. Everyone enjoys seeing the videos and pictures as your project progresses, 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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