



**PART # 89610 & 89616**  
**INSTRUCTION SHEET**  
**FORD EXPLORER - PUSHROD**  
**4.0L ENG. ONLY 1995-98 2WD & 4WD**

**CAUTION!** This is a custom designed exhaust header system, designed for this particular application (s). Do not bend, bang, cut, dent, drill or heat any portion of this header! Any alteration other than those suggested in this instruction sheet will void the Hedman Lifetime Guarantee!  
To prevent leaks, install your headers using Hedman Heddgers exhaust gaskets ONLY and a spray copper gasket sealant.

**BEFORE STARTING INSTALLATION:**  
It is necessary to raise the vehicle at least 36 inches from the ground. A floor hoist is recommended, if not available, use a hydraulic floor jack with jack stands. **DO NOT USE A BUMPER JACK!**

**INSTALLATION INSTRUCTIONS:**

**DISASSEMBLY INSTRUCTIONS**

1. Disconnect the negative cable from battery to prevent damage to the electrical system.
2. Spray WD-40 or penetrating oil on all necessary fasteners and fittings before attempting to remove stock exhaust manifolds and y-pipe to catalytic converter flange!
3. Unbolt the muffler assembly from the rear of the catalytic converter. Slide back and let hang to allow clearance to remove the catalytic converter assembly. Unbolt the catalytic converter assembly from the y-pipe and set aside until later. Save all fasteners for re-installation.
4. Carefully remove the O2 sensor wire by unplugging sensor wires. You can use a box wrench or purchase a special socket from your local parts store. When you have removed the O2 sensors, remove the y-pipe assembly and move out of the way.
5. Remove (where equipped) the EGR tube from the EGR adapter from the exhaust manifold. You will need to use the adapter from the exhaust manifold, to use in header.
6. Unbolt the dipstick tube bracket from the engine. Carefully remove the nuts that hold the left side (manifold) in place and remove from above. It is important at this time to clean the head surface of carbon, making sure of a proper seal. (It is not necessary to remove studs.)
7. If you choose to remove the exhaust studs, replace them with 8mm bolts included in kit.
8. You may install the EGR fitting into the new left side header. (Make sure you clean the fitting and use anti-sieze compound on threads.)
9. Remove (where equipped) the heat riser tube from the passenger side exhaust manifold. Carefully remove the fasteners that hold the right side exhaust manifold in place. When removed, slide the stock manifold toward the frame off the studs and remove from bottom of vehicle. (In some cases removal of starter and letting it hang, will make removal and installation easier of passenger side header.) Make sure head surface is clean at this point.
10. Removal of the last two studs, upper and lower, on the passenger side will make installation of the header easier! (If you prefer, you may remove all the head studs and replace with bolts supplied in kit.) Use anti-sieze on bolt threads.

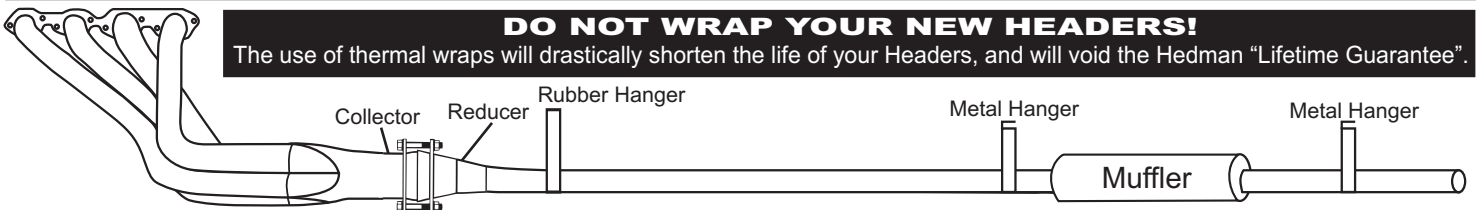
**INSTALLATION INSTRUCTIONS**

1. From below, with gasket in place install drivers side header. Leave loose and carefully start EGR tube fitting in adapter. Do not secure at this time. Tighten header fasteners, or bolts and secure header to cylinder head. Secure EGR tube in adapter. Use anti-seize on EGR threads.
2. From below, with the header gasket in place, install the passenger side header using stock fasteners or bolts supplied and tighten. Attach the heat riser tube supplied in parts kit.
3. Install the O2 sensor in to the y-pipe. (Use anti-sieze on the O2 sensor threads. Over application of anti-seize will cause plugging of sensors!)
4. Slip the y-pipe together in the center and (copper sealant can be used to avoid exhaust leaks) attach with bolts and nuts provided to the ball end of headers. When y-pipe assembly is in place, leave loose to allow alignment with catalytic converter assembly, plug in O2 sensor wires. Make sure that the catalytic converter flange is clean. Now bolt up with stock gasket, if still in good condition, to y-pipe flange. Bring your exhaust system forward to catalytic converter. Attach and make sure the total system is aligned. At this point, tighten and secure all bolts to 25-30 foot pounds of torque.
5. Re-connect battery cables and make sure you have adequate clearance, all electric connections, brake lines, and fuel line. (If you removed starter, re-install before you connect battery.)
6. Take the vehicle for a test drive. Allow the engine to reach normal temperature. Turn engine off and allow the engine and headers to cool. Re-tighten all header bolts.

**ENJOY YOUR HEADERS WHILE COMBINING INCREASED FUEL ECONOMY WITH BETTER PERFORMANCE.**

**SPECIAL INSTRUCTIONS!**

After installing your headers it is very important that your exhaust system be suspended properly. As indicated in the drawing below you must place hangers as close to the header collector as possible. Rubber hangers should be used to allow the front of the system to flex with the engine torque. A hanger is needed before and after the muffler (s). When your exhaust system is unbolted from the header collector, it should remain suspended all by itself. Your Headers Are Not designed to support your exhaust system. Failure to follow these instructions will most likely result in cracks around the area where your primary tubes and collector are welded together, and will nullify your "Lifetime Guarantee".



**WARNING:** Removal of catalytic converters and other factory air pollution control devices is illegal. We recommend you adhere to your state's local laws. Our testing indicates performance is not significantly affected by these devices.