



# PART # 89180 & 89186 INSTRUCTION SHEET 360 -390 FORD 4 WD PICKUPS

**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:

### LEFT SIDE:

1. Disconnect battery and remove all spark plugs (Number Wires).
2. Remove stock exhaust manifold and head pipe, dipstick tube, clutch linkage bracket from motor and clutch linkage bracket cross shaft. **NOTE:** 1976 Pick-Ups modify or discard motor mount head shield for adequate hedder clearance.
3. Remove U-bolts from front of driveshaft and lower driveshaft out of working area.
4. Starting from below the engine, work header up through chassis and into position.
5. Replace clutch linkage cross shaft and linkage mounting bracket on motor.
6. With gasket in place, install header to motor. Start all header bolts and tighten down evenly.
7. Bend dipstick tube as necessary for clearance. **NOTE:** Vehicles equipped with A/C must modify A/C mounting bracket.
8. Replace driveshaft and install bolts.

### RIGHT SIDE:

1. Remove stock cast iron exhaust manifold and head pipe. Starter cable and nut from motor mount bolt.
2. Loosen frame mount and motor mount.
3. With wooden board placed between oil pan and hydraulic jack raise the engine slightly. Remove both the frame mount & motor mount. **NOTE:** Trucks equipped with alternator mounted on low right hand side of motor must loosen starter (Do not remove) to gain maximum clearance for installation.
4. Starting from below engine, work header up through chassis into position. On 1976 F-100's replace starter at this time.
5. Replace frame mount and motor mounts. Lower engine back to normal position.  
**NOTE:** For additional clearance you may install the frame mount bolts from the opposite direction. The spring shackle bolts may be reversed to allow additional clearance from collector.
6. With gasket in place, install header to motor. Start all header bolts and then tighten them down evenly. Carefully lower engine back in stock position. Tighten motor mount bolt at this time.
7. Tighten starter bolts if necessary.
8. Connect your headers to the exhaust system.
9. Make sure all brake and fuel lines and electrical wiring have sufficient clearance.
10. Connect battery and install spark plugs.
11. Start engine, test drive vehicle, allowing engine to gain normal operating temperature. Check for leaks and new or unusual noises. After test drive, re-tighten all header bolts.

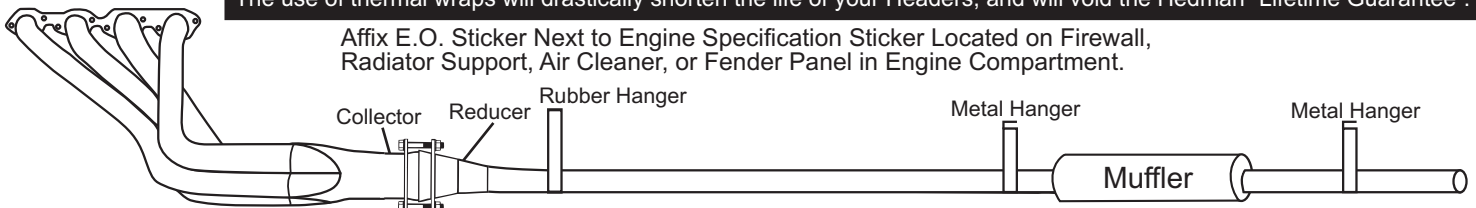
## ENJOY YOUR HEADERS WHILE COMBINING INCREASED FUEL ECONOMY WITH BETTER PERFORMANCE.

### 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".

### DO NOT WRAP YOUR NEW HEADERS!

The use of thermal wraps will drastically shorten the life of your Headers, and will void the Hedman "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.

12438 Putnam Street • Whittier, CA 90602 • tel (562) 921-0404 • fax (562) 921-7515  
website: [www.hedman.com](http://www.hedman.com) • email: [techsupport@hedman.com](mailto:techsupport@hedman.com)