



**PART # 89470, 89476 & 89478**  
**INSTRUCTION SHEET**  
**FORD F150, BRONCO**  
**1986-96 5.0L 2 & 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 Hedders 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!**

**WARNING!** Breaking in an engine with ceramic-coated headers **WILL** result in damage to the coating and will **VOID** all warranties. Ceramic-coated headers require several heat cycles to fully cure before they will withstand extreme heat. Hedman Hedders recommends using a cast-iron exhaust manifold or an old header to break in new engines to avoid coating damage.

**INSTALLATION INSTRUCTIONS:**

1. Disconnect negative cable from battery. Removal of spark plugs is recommended to avoid breakage during disassembly and installation (Number Wires).
2. Use penetrating oil on all nuts and bolts to be removed. Will prevent the possibility of broken or stripped nuts and bolts.
3. Un-bolt exhaust pipes from both exhaust manifolds and remove both exhaust manifolds.
4. Clean and inspect all sealing surfaces before assembly.
5. On some models, it may be necessary to un-bolt vacuum canister and lay aside. When installation is complete, re-bolt in original position.

**LEFT SIDE:**

1. Install two header bolts in both ends of header.
2. Install header gasket. **NOTE:** The dipstick and coil support brackets may have to be slightly modified.
3. Start the remaining header bolts, and then tighten all bolts evenly.

**RIGHT SIDE:**

1. Repeat Left side steps 1 & 2 on the right side.
2. Install spacer and long bolt in 3rd bolt hole from the front of the header. Place spacer between header and upper intake bracket support.
3. Install the remaining header bolts, and then tighten all bolts evenly.
4. Re-connect the exhaust system to the header using 7/16" bolts, nuts and washers provided. **NOTE:** Some models have the oxygen sensor in the exhaust pipe. Use a 18mm allen head plug or a bolt to plug header.
5. Make sure that there is adequate clearance between headers and transmission cooling hoses, brake, fuel lines and electrical wires.
6. Re-connect battery and re-install spark plugs.
7. 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.

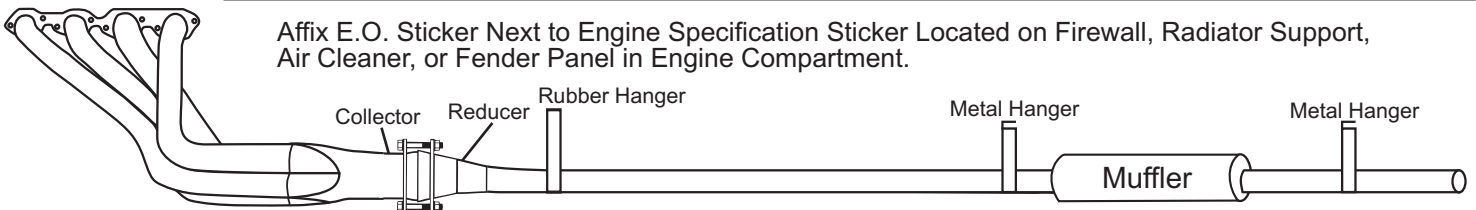
**ENJOY YOUR HEADERS WHILE COMBINING INCREASED FUEL ECONOMY WITH BETTER PERFORMANCE.**

**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.