



INSTALLATION INSTRUCTIONS

Progress Technology Competition Series 2 Coilover Suspension System

90-93 Integra, Part Series 77.0101

94-01 Integra Type R, Part Series 77.1000

1998 Civic, Part series 77.1001

89-91 Honda Civic, Part series 77.1002

92-00 Honda Civic, 94-01 Acura Integra, Part series 77.1003

Picture is 77.1003 series kit



WHO SHOULD INSTALL THIS PRODUCT?

Progress Technology products should only be installed by a qualified licensed mechanic experienced in the installation and removal of suspension components. Please read instructions from start to finish and verify all parts are in kit before beginning installation.

NOTE: These components are designed for **competition use**, and allow for suspension height adjustment from approximately 1.00" to 3.00" lower than stock height. Please note that knowledge in race preparation is necessary in order to obtain maximum performance for your specific application, and certain modifications may be required to insure proper function. **Since these units have shorter compressed lengths than stock, tire clearance and suspension travel may need to be examined.**

Important Installation Notes:

- 1) **NEVER** grab the chrome shock rod with pliers or any tools. To tighten the top nut, insert an allen key in the hole at the top of the shock rod and use a wrench to tighten. Clamping the shock rod with tools will put nicks in the chrome finish and this will ruin the oil seal. Any markings on the shock rod will VOID your warranty!
- 2) Do **NOT** use an impact gun. This will damage the top threads or may loosen the shock rod inside the housing and cause the rod to come loose. This will VOID your warranty!

Spring Rate Chart

Part #	Front Spring	Rear Spring
77.0101.3525	9.0" x 350#	9.0" x 250#
77.0101.3535	9.0" x 350#	9.0" x 350#
77.0101.3545	9.0" x 350#	9.0" x 450#
77.0101.3555	9.0" x 350#	8.0" x 550#
77.0101.4535	9.0" x 450#	9.0" x 350#
77.0101.4545	9.0" x 450#	9.0" x 450#
77.0101.4555	9.0" x 450#	8.0" x 550#
77.0101.5555	8.0" x 550#	8.0" x 550#
77.1000.3525	10.0" x 350#	9.0" x 250#
77.1000.3535	10.0" x 350#	9.0" x 350#
77.1000.3545	10.0" x 350#	9.0" x 450#
77.1000.3555	10.0" x 350#	8.0" x 550#
77.1000.4535	9.0" x 450#	9.0" x 350#
77.1000.4545	9.0" x 450#	9.0" x 450#
77.1000.4555	9.0" x 450#	8.0" x 550#
77.1000.5555	8.0" x 550#	8.0" x 550#
77.1001.3525	9.0" x 350#	9.0" x 250#
77.1001.3535	9.0" x 350#	9.0" x 350#
77.1001.3545	9.0" x 350#	9.0" x 450#
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77.1002.4555	9.0" x 450#	8.0" x 550#
77.1002.5555	8.0" x 550#	8.0" x 550#
77.1003.3525	10.0" x 350#	9.0" x 250#
77.1003.3535	10.0" x 350#	9.0" x 350#
77.1003.3545	10.0" x 350#	9.0" x 450#
77.1003.3555	10.0" x 350#	8.0" x 550#
77.1003.4535	9.0" x 450#	9.0" x 350#
77.1003.4545	9.0" x 450#	9.0" x 450#
77.1003.4555	9.0" x 450#	8.0" x 550#
77.1003.5555	8.0" x 550#	8.0" x 550#

READ THESE INSTRUCTIONS COMPLETELY BEFORE STARTING YOUR INSTALLATION

1. Park vehicle on a smooth, level concrete or asphalt surface. Set the parking brake and block the rear wheels. Raise the front of the vehicle using a floor jack, and support the frame with jack stands. Remove front wheels and tires. Remove the bolts holding the front brake lines to the strut housing, and **note the manner in which the brake lines are routed (TIP: Take a picture with your phone)**. Remove the factory pinch bolt from the lower mounting fork, and then remove the lower mounting bolt from the shock mounting fork. Remove the fork from the lower end of the shock.
2. Remove the upper spring hat mounting bolts from under the hood. **DO NOT** remove the nut from the center shock absorber stud at this time. Remove the spring/shock assembly from the vehicle.

Springs store energy and proper tools must be used to avoid injury.

3. Using a McPherson strut type coil spring compressor, compress the spring far enough to allow the factory spring hat to rotate freely. Carefully remove the center nut from the spring hat and remove the spring hat from the shock. Carefully release the spring tension and remove the compressor. **You will be re-using the factory spring hats from your old shock assemblies.**
4. Thread the spring perch onto the threaded sleeve, near the bottom 1/3 of the threads. Make sure the collar is installed with the spring locator up. If the spring collar is too tight to easily rotate by hand, you may insert the flat blade of a screwdriver into the slot on the collar to ease installation. Do not force the screwdriver into the threads! Insert the 1/4-20 socket head clamp bolt loosely in the spring collar. (Figure 1)

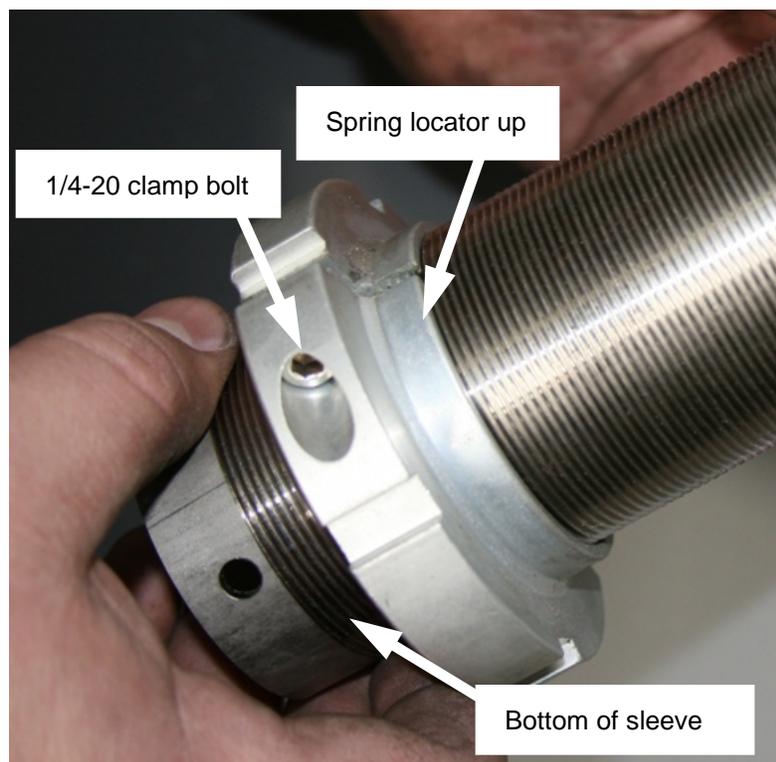


Figure 1

5. Next, place the threaded sleeve over the shock body, with the holes in the sleeve body toward the bottom of the shock. The sleeve fits on the welded ring. Install the threaded sleeve's poly isolator over the shock and into the threaded sleeve, this will require some hand pressure to push into position. (Figure 2)

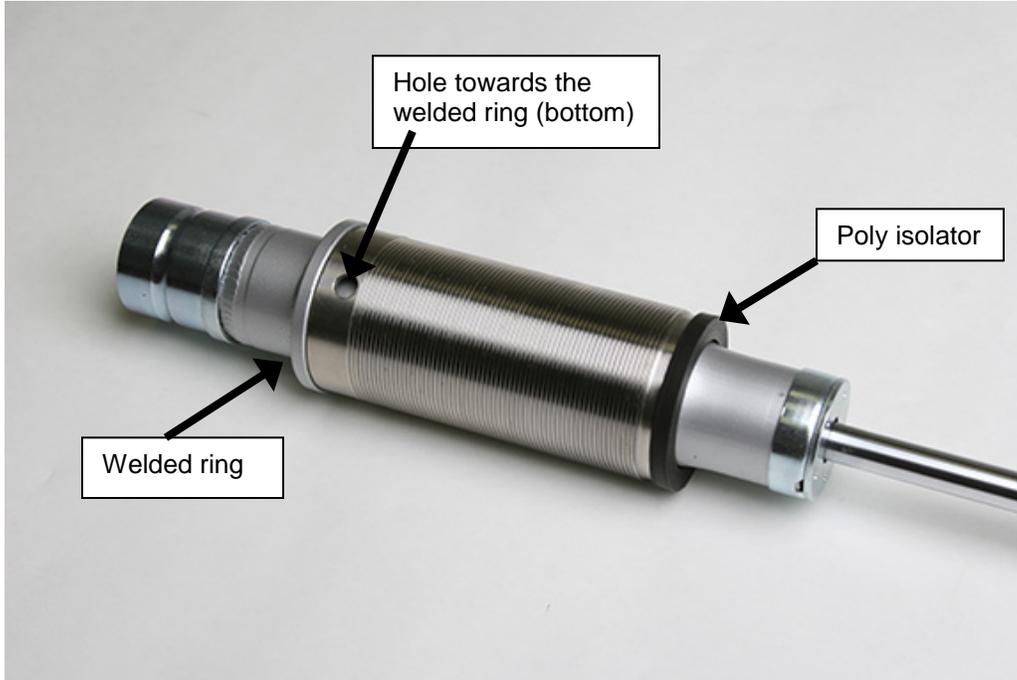


Figure 2

6. Trim the bump stop that comes with the kit and use only the top part when assembling. (Figure 3)

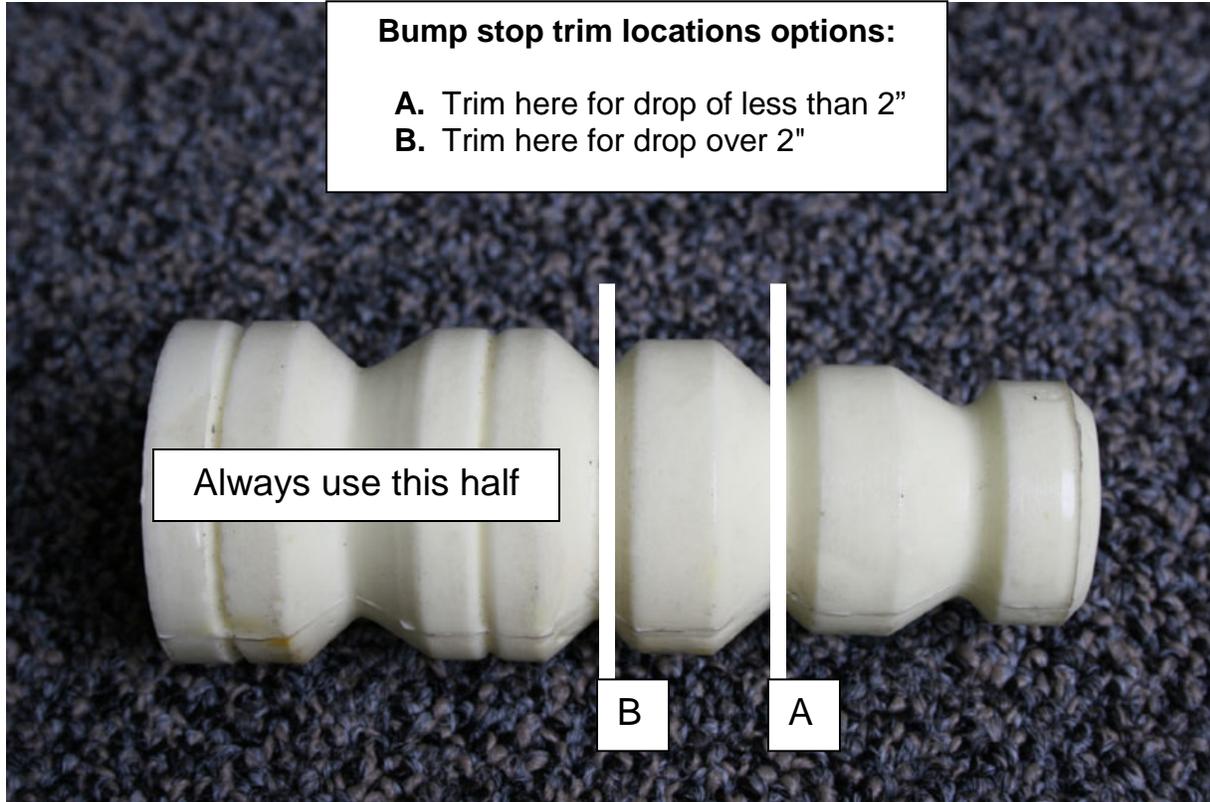


Figure 3

7. Next, assemble the front springs (refer to spring rate chart) bump stop, bushings, steel sleeve, cup washers, polyurethane isolator, and factory (OEM) spring hat as shown in the illustration. Do NOT use the factory rubber spring cushion! Use a 5mm allen key in the hex to hold the shock and tighten the M10 x 1.25 nylock nut firmly. (Figure 4) **Use hand tools only, torque 36 ft•lbs**



Figure 4

8. Raise the lower spring collar up to the spring, until the spring has approximately 1/8" free play between the upper and lower perches, then thread upward (*tighten*) the lower perch 8 to 10 full turns to load the spring. There are two spanner wrenches in the kit. The smaller wrench is used to hold the threaded sleeve (Figure 5) and keep it from turning. The larger wrench is used to turn the spring collar. (Figure 6)
9. Tighten the perch nut using the 1/4-20 clamp bolt. (Figure 1)

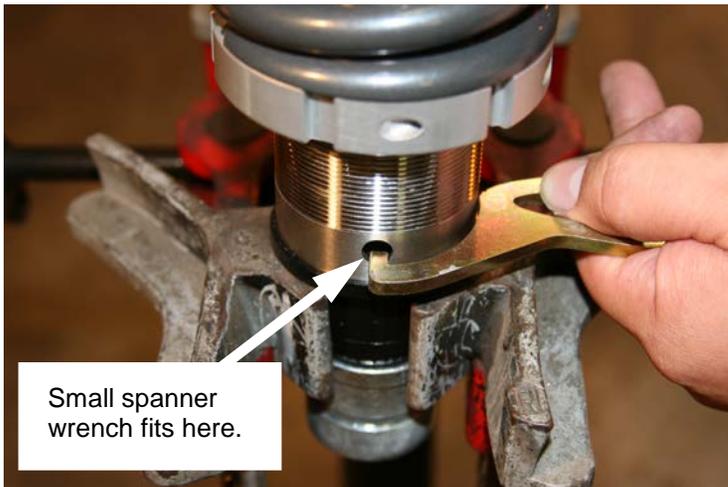


Figure 5

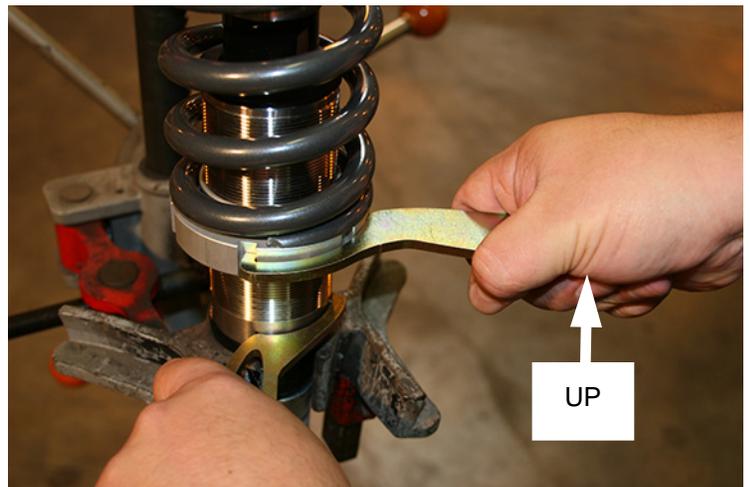


Figure 6

10. Install the front coilover assembly back into the vehicle. Install the new brake line bracket onto the factory pinch bolt as shown in illustration, and tighten securely. Route the brake line as originally noted, and use the M8 x 1.25 bolt, nut, and washers as shown in illustration to retain the brake line.

11. Repeat installation on the other side. Install wheels, torque the wheels to spec and lower the vehicle to the ground.
12. Place manual transmission in 1st gear, or auto transmission in park. Block front wheels. Raise rear of vehicle with a floor jack, and support the frame with jack stands. Remove rear wheels. Remove lower shock mounting bolt. Remove upper spring perch mounting bolts. **DO NOT** remove the nut from the center shock absorber stud at this time. Remove the spring/shock assembly from the vehicle.
13. Using a McPherson strut type coil spring compressor, compress the spring far enough to allow the factory spring hat to rotate freely. Carefully remove the center nut from the spring hat and remove the spring hat from the shock. Carefully release the spring tension and remove the compressor.
14. Remove the factory cup washer, bushings and sleeve from the center of the upper spring hat. Remove the factory spring isolator from the spring hat. **You will be using only the factory spring hat.**
15. Thread the spring perch onto the threaded sleeve, near the bottom 1/3 of the threads. Make sure the collar is installed with the spring locator up. If the spring collar is too tight to easily rotate by hand, you may insert the flat blade of a screwdriver into the slot on the collar to ease installation. Do not force the screwdriver into the threads! Insert the 1/4-20 socket head clamp bolt loosely in the spring collar. (Figure 1)
16. Next, place the threaded sleeve over the shock body, with the holes in the sleeve body toward the bottom of the shock. The sleeve fits on the welded ring. Install the threaded sleeve's poly isolator over the shock and into the threaded sleeve, this will require some hand pressure to push into position. (Figure 2)
17. Trim the bump stop that comes with the kit and use only the top part when assembling. (Figure 3)
18. Next, assemble the front springs (refer to spring rate chart) bump stop, bushings, steel sleeve, cup washers, polyurethane isolator, and factory (OEM) spring hat as shown in the illustration. Do NOT use the factory rubber spring cushion! Use a 5mm allen key in the hex to hold the shock and tighten the M10 x 1.25 nylock nut firmly. (Figure 4) **Use hand tools only, torque 36 ft•lbs**
19. Raise the lower spring collar up to the spring, until the spring has approximately 1/8" free play between the upper and lower perches, then thread upward (*tighten*) the lower perch 8 to 10 full turns to load the spring. There are two spanner wrenches in the kit. The smaller wrench is used to hold the threaded sleeve (Figure 5) and keep it from turning. The larger wrench is used to turn the spring collar. (Figure 6)
20. Tighten the perch nut using the 1/4-20 clamp bolt. (Figure 1)
21. Install the rear coilover assembly into the vehicle, using the M10 x 80mm bolts for the lower mounts. On 1996-2000 models, the four clevis spacers shown in the illustration will be necessary. If using a 10" tall spring you may need to use the upper hole located on the lower mounts to achieve the lowered ride height desired. (Figure 7)

Note for #77.1000 & #77.1001

Integra Type R and 1988 Civic/CRX applications use the “loop-style” rear shock mounting as shown (Figure 8). The special (thick) washers are required, ONE per side. The washers are zip-tied to the lower mounts. See the arrow in the photo.

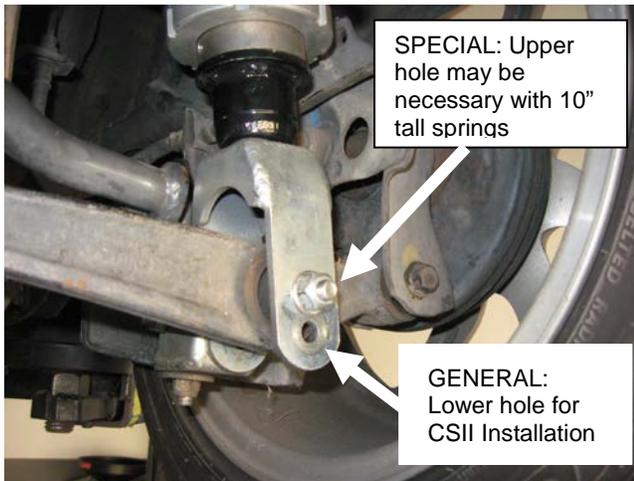


Figure 7



Figure 8

22. Repeat installation on the other side. Install wheels, torque wheels to spec and lower the vehicle to the ground.

23. Roll the vehicle back and forth several times to settle the suspension. You are now ready to set your ride heights.

Setting Ride Height



24. Measure ride height as shown in the photo from center of the wheel to the top of the fender.

25. Determine the desired ride height. Ideal ride height range is between 11 1/2" – 12 1/2", front and rear. Note that each full turn of the lower spring collar will result in approximately 1/16" of ride height change.

26. Ride height may be changed at each corner by raising the vehicle, removing the wheel, loosening the 1/4-20 socket head clamp bolt, and turning the spring collar. Remember to tighten the 1/4-20 clamp bolt hand tight after each adjustment.

27. Wheel alignment must be checked and adjusted after each change in ride height in order to maximize tire life and suspension performance.

Maintaining Your Coilovers

In order to simplify height adjustment and extend the life of the coil-over finishes, we suggest the following maintenance procedures for your PROGRESS Coil-over system.

A) Occasionally, RINSE the coil-over units with FRESH WATER using the garden hose and a spray nozzle. Spray off the springs and suspension links as well. This will remove caked-on mud, grimy accumulation and salt. It's simple to do during a car wash, after an oil change, or a vehicle service at home.

B) If you are having difficulty ADJUSTING the vehicle HEIGHT, review the use of the two spanners (included) as shown in Figure 6. Also SPRAY a light application of Boeshield T-9 © to lubricate the threaded sleeves and perch nuts. We suggest the use of this excellent dry lubricant/protectant product.

C) PROTECT the coil-over bodies with regular applications of Boeshield T-9 ©. First RINSE OFF any caked-on grime and let the suspension DRY if possible per (A) above. Then apply a liberal coating of Boeshield T-9 © to the strut housings, threaded sleeves and perch nuts. Allow it to DRY without wiping. The fluid will evaporate, leaving a protective layer of paraffin wax coating.

D) More about BOESHIELD T-9 ©

Boeshield T-9 is a lubricant/protectant developed and licensed by BOEING for aircraft, marine, and automotive use. It is readily available at select retail stores and online. Visit www.Boeshield.com to learn more and find a dealer. We suggest the purchase of the 12 oz. aerosol spray can for ease of use and the best value.

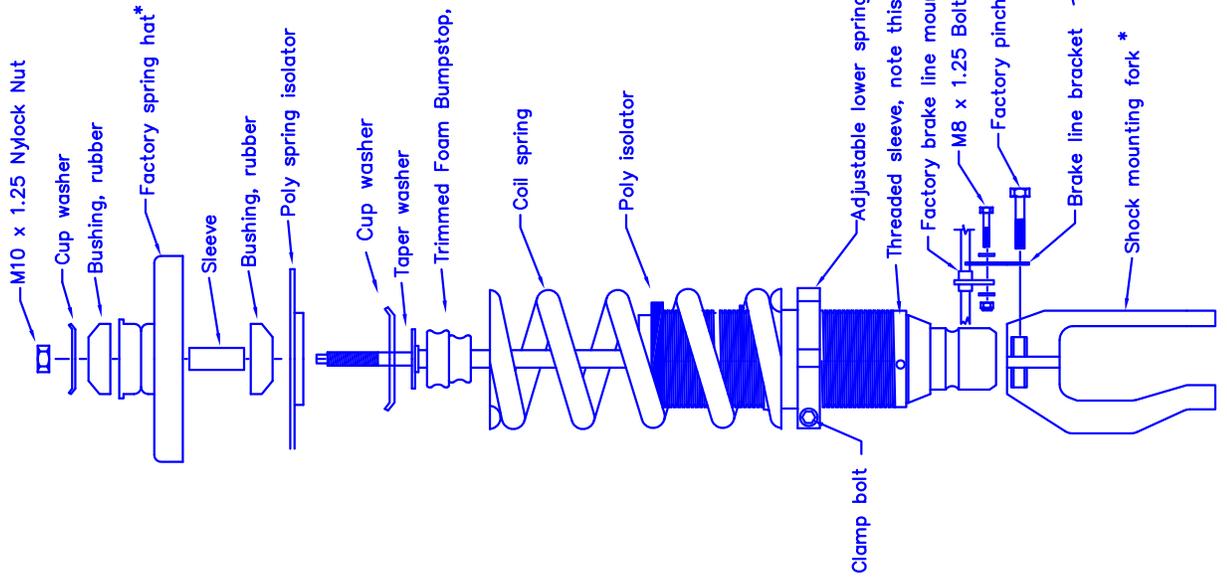
NOTE: We do NOT suggest the use of Rust-free © as it is ACIDIC and will affect anodized coatings, paint, plastics and other automotive materials.



**Thank you for choosing Progress products.
For additional product and technical information, visit our website.**

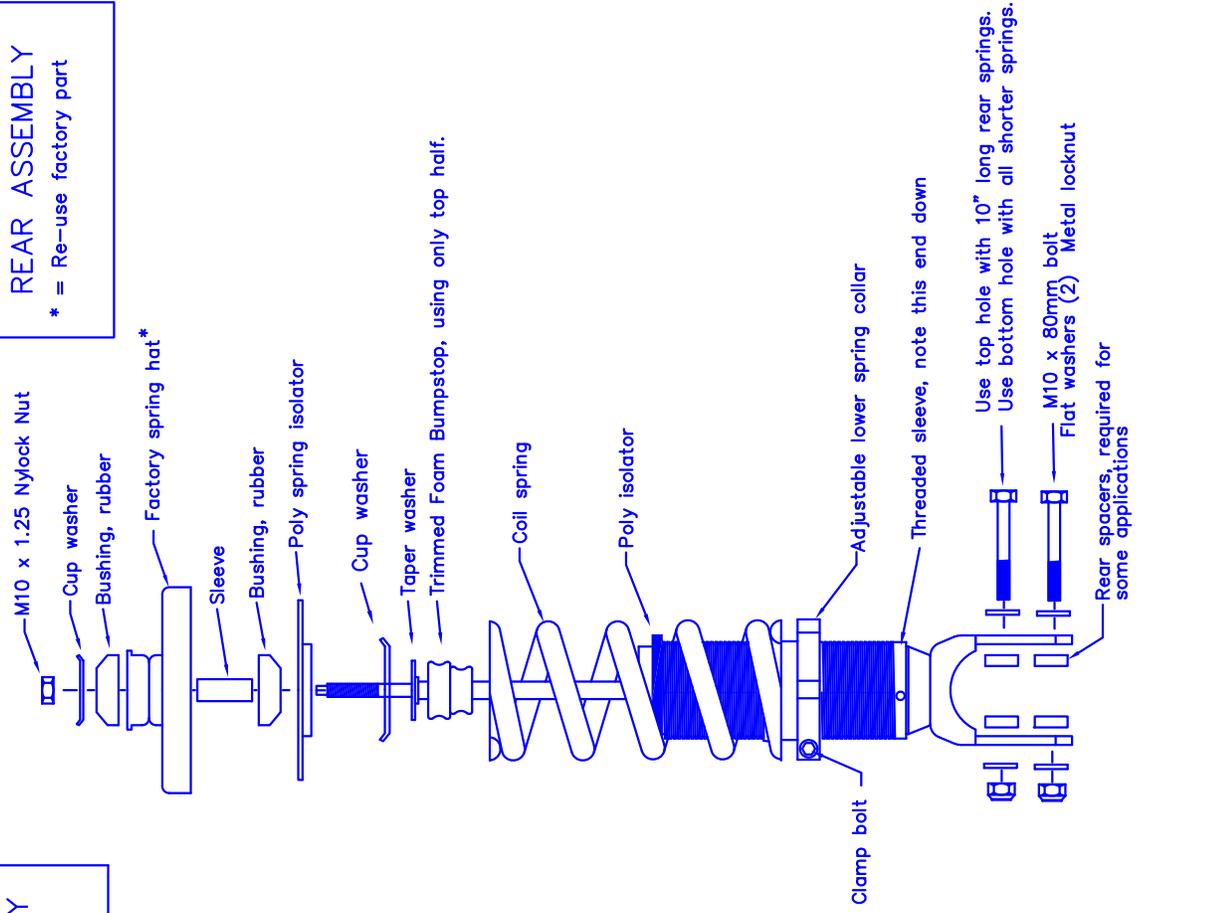
FRONT ASSEMBLY

* = Re-use factory part



REAR ASSEMBLY

* = Re-use factory part



77.1002/77.1003