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Body Lift Install W/Pics

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4x4 / Off-Road Tech This section contains all discussion related to taking the FJ Cruiser in Off-Road situations, 4x4 applications and any armor modifications.

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02-03-2009, 02:24 PM

!Cruzer! [\[OP\]](#)

Forum Veteran



Join Date: Nov 2007
 Member Number: 15780
 Location: Agoura Hills
 California
 Posts: 799

Body Lift Install W/Pics

Hey All!

Ok First up - I am not your father, your lawyer, your teacher or your doctor. If you attempt to follow in my footsteps and it, damaging your vehicle, yourself, or someone else in the process, well, tough luck, maybe you shouldnt have been re have the mechanical knowledge, tools or time to take care and do everything properly... DONT DO IT!

People who want to say "body lifts are bad blah blah blah, i had a friends friends dogs owners brother have one that we his chevy truck etc" please go start your own thread. I have done many body lifts and the only one i ever had issues wi poly body lift mounts after I rolled my SOA HJ60 3 times down a sand dune at Fraser Island. After that though, i wasnt my broken body mounts.

So, lets get to it...

[SIZE="5"]FJ Cruiser Body Lift...[/SIZE]

Why a body lift? I needed a little more clearance - my tires catch on my flares/body instead of moving into my wheel w

Aesthetics Anyhting attached to the frame - bumpers, sliders, etc will be seperated from the body. Some of these can be drilling or new mounts, some cant. There will be a gape between the body and the frame the same as the body blocks y be hidden with gap guards and inner well liners.

Manual and xfer gear sticks will be lowered the respective heigt of the lift. Auto sticks are OK.
 The radiator needs to be lowerd (or you can cut the shroud, but lowering the radiator is easier)
 The steering shaft needs to be extended.

You may have diffrent accessories etc that could become pulled tight or broke. As you lift the body - keep an eye out for tight and STOP if necessary - however never stick your hand between the body and frame unless it is safe to do so (duf

Stuff needed The body lift kit, tools (sockets, wrenches and a hammer) and at least one friend.

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I did some research through [FJ Cruiser Forums](#), and [Toyota120.com](#) and the same name kept coming up time and time [4Crawler Off Road](#). A few emails exchanged and I had ordered a 1.25" UHMW body lift kit for myself, and a 1.5" UHMW friend.


Both Kits included -

8 x Ultimate Body Lift Blocks
Heavy duty hardware
Steering shaft spacer
Radiator drop brackets

We recieved the kit from Roger in perfect condition and everything was there, so I highly recommend 4Crawler for your


[SIZE="5"]The Install[/SIZE]

We put Glens truck in the garage.
It looked like this to start with

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The first step was to find all the body mount loactions, and loosen all the bolts. There is 8 in total, the front ones are lo headlight support, inside little recesses in fornt of the front wheel wells. The photos are of the drivers side ones, the pa mirrored.

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The second is inside the vehicle, close to the firewall. Remove the door sills, foot rest (drivers side) plastic nut and the floor covering up and you will expose a rubber grommet about 2in diameter. pul it out and it will expose the top of the b

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The 3rd one is next to the rear seat. Fold the base of the seat up against the front seats, and from where the child rest floor covering out from under the plastic side trim. The grommet and bolt hole will be exposed in the corner of the floor.

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The last one is accessible from behind the cargo area trim. Remove your jack/tools cover and you will see the grommet passenger side is as easy as removing the inverter trim and it is behind that.

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Loosen all the nuts, dont take them off at this stage.

Next take the radiator trim and shroud off the radiator. The trim is removed by the 7 clips.


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Also take the shroud off, by 5 10mm bolts (3 on the overflow bottle, 2 on the radiator shroud.) The shroud is held in the engine bay to dislodge it and lay it against the motor

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At this stage you will also need to remove the front bumper and grille.
Stock bumper removal instructions are here
For aftermarket bumpers, consult your user manual 😊

For stock bumper-ees, you will need to remove the steel brace behind the front bumper (4 14mm nuts on both sides of re-install this 1 set of holes up to align the bumper with the body on your lift.

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Next loosen the steering column slip joint located in the engine bay underneath the brake master cyl, accessible via the drivers side front wheel well. Loosen both bolts located here.

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Climb inside the drivers foot well, and pull the black plastic steering column shroud of as well (4 plastic nuts). This will allow you to separate the steering joint. Take out both 12mm bolts with nuts on them (do not touch the studs) and slide the longer bolts in that were supporting the shroud extension - and do the nuts up a couple of threads. This will allow the steering joint to separate as you lift the vehicle with the wheel coming of center.

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If you have a Man-A-Fre auxillary tank, you will need to pull the filler neck inspection cover off (Rr drivers side wheel well) and remove the hose clamps that hold the filler neck rubber hosing to the filler neck. This will allow it to slide as you jack the body up.

Now your ready to start lifting the body. One side at a time to avoid anything shifting, take the nuts completely off the

There's a few ways you can do this part, but the most easy and successful i have done is by using a scissor style jack on a block of wood to spread the weight over the wheel well.

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Each wheel you lift from gives you access to 2 body mounts eg. Front Drivers side you can get the front ds mount and the Back drivers side you can access the 3rd ds mount and the rear one.

Crank the jack until you can slide a block in between the vehicle body and the existing factory rubber mounts. Pop the block in, then drop the new bolt (w/ new washer on top side) through and with the existing washer and a new bolt tight

⚠ This image has been resized. Click this bar to view the full image.



Not the best pic but it should look like

T <- New Bolt
 O <- New washer
 ----- <- Floor
 I <- Body lift block
 8 <- existing top rubber body mount
 ----- <- frame mount
 8 <- existing bottom rubber body mount
 O <- existing washer
 Q <- new lock nut

The front two mounts have shorter bolts then the back 6 - dont get them mixed up (i did!)

Now carry out this same procedure for the remaining 3 mounts per side.. Jack up, slide new blocks in, jack down, jack u

Once you have completed one side, finger tightn the nuts you just installed, and head over to the other side where you thing you just did.

Once both sides are completed, torque all nuts to 50ft-lb and you have just installed your new body lift!

Now its time to re-install everything.

The Steering column should have spereated and you will be able to slide the steering column spacer between the rag jo

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Tighten it good and then proceed to the steering slip joint at the firewall which you loosened earlier and tighten it back


You can now reinstall all your interior.

The radiator drop brackets are installed by removing the 4 12mm bolts that support the radiator from the front with the TOP

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BOTTOM

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Slide the drop brackets in so the hex bolt goes through the rubber mount and the stud through the original support hole them, you may have interference issues with a nut located on the front bib panel. If you do, you can cut it off or install stop you plastic radiator hitting the nut.

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Tighten these support brackets and reinstall your fan shroud and overflow bottle, and double check to make sure your radiator, or shroud.

After you have completed the radiator drop you can re-install your bumper. The stock bumper will align perfectly if you crossmember as mentioned above.

Double check EVERYTHING!!! I had 1.25 on my truck and everything was ok, except the main tank fill hose and come u neck. For some reason the clamp wasnt tight.

Glenns PS line from the reservoir was getting tight with his 1.5in lift so we replaced it. The gas tank skid also has a grou too stretched with a body lift and will need to be modified.

We left our rear bumpers at stock height which left a gap in the plastic corner peice, but both of us dont really care abo something out for it furthur down the road.

Both of us were also happy with the slider gap, means we can use our MAF sliders as steps and brings them off the bod;

Front bumpers are both stock for now, and the body lifts will be accomodated when we get front bars.

The xfer gear lever is low, and my TT gear know hits the plastic center console in 4L, but glenns doesnt (he has the stan

We did these lifts on Saturday and have ben driving the trucks with no problems since.

The finished product

Glenns Before

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Glenns After (1.5in)

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Mine Before

⚠ This image has been resized. Click this bar to view the full image.



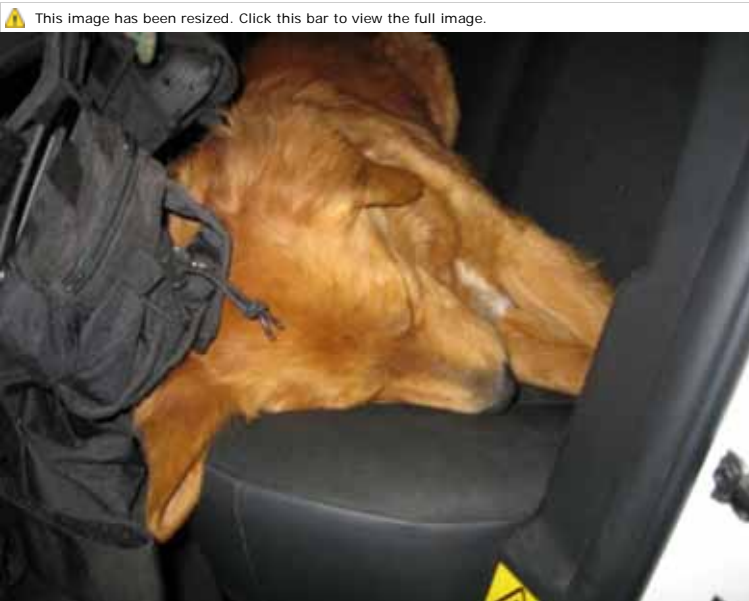
Mine After (1.25in)



Sorry if my instructions are a bit confusing or vague, i didnt realise this write up would take so long and i'm supposed to hurry through it!

If you have any questions just shoot me a pm.

Oh - and doing the body lift may be boring for some!



Ben

Its a TOYOTA thing - shove your jeep up your A..

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Last edited by !Cruzer!: 07-26-2011 at 07:25 PM.



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02-03-2009, 02:34 PM

DominicG
Forum Superstar


Re: Body Lift Install W/Pics
Cool!



Join Date: Apr 2006
Member Number: 1647
Location: Afghanistan
Posts: 7,991
Blog Entries: [1](#)



Demello-Offroad
951-735-4417
SoCal FJs

The Original Airborne Motorhome



02-03-2009, 02:37 PM

mattmainster
Forum Superstar


Re: Body Lift Install W/Pics
Wow....nice.




Join Date: May 2007
Member Number: 11822
Location: Upland, CA
Posts: 1,689



[SoCal FJ Cruiser Forums](#)

02-03-2009, 02:38 PM

MudLovingFJ
Forum Superstar


Re: Body Lift Install W/Pics
Very interesting



Join Date: Jan 2007
Member Number: 8945
Location: Somewhere where I don't know where I am. Actually, the OC
Posts: 3,763



ICONS/35s/Demello

The So-Cal Safari Snorkel Install Guy  14 *chicken necks* installed to date



02-03-2009, 02:41 PM

MIKESCRUISER
Forum Superstar


Re: Body Lift Install W/Pics
looks great



Join Date: Dec 2007
Member Number: 16266
Location: SoCal
Posts: 1,880



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<http://socialfjcruiserforums.com/foru...read.php?t=218>


check out FJ Cruiser shirts

<http://www.fjcruiserforums.com/forum...ml#post1691957>



02-03-2009, 02:46 PM

rockland
Forum Master


Re: Body Lift Install W/Pics
those tall FJ's look so cool 



Join Date: Jun 2008
Member Number: 20180

Check out my build.
[The Warlord](#)

Location: From Parts
Unknown
Posts: 1,009



02-03-2009,
02:48 PM

FJCamel

Forum Superstar



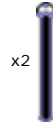
Join Date: May 2007
Member Number: 11390
Location: Norcal...
Posts: 2,402



Re: Body Lift Install W/Pics

Quote:

MudLovingFJ previously said: *Very interesting*



Mods NEVER Stop



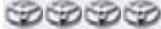
DIGGER made them HAPPEN !!



02-03-2009, 02:59 PM

gsgmac

Forum Superstar



Join Date: Apr 2006
Member Number: 1534
Location: Los Gatos, CA
Posts: 1,873



Re: Body Lift Install W/Pics

Mmmm, Jack-in-the-Box....yummy.

2007 FJC
1972 FJ40



02-03-2009, 03:03 PM

USMC_Sgt

Forum Master



Join Date: Jun 2006
Member Number: 3297
Location: DFW, TX
Posts: 1,250

Re: Body Lift Install W/Pics

I agree, LOOKS GOOD.

[USMC_Sgt](#)
2007 Toyota FJ Cruiser
Voodoo Blue 4x4 AT
[USMC_Sgt's Blue Raider](#) Build Page



He has all of the virtues I dislike and none of the vices I admire.
-Winston Churchill



02-03-2009, 03:05 PM

FrankieFJ

Forum Veteran



Re: Body Lift Install W/Pics

Looking good!!! Never been a big fan of body lifts on Wranglers and P/U trucks. I don't like being able to see through th and frame. However, your truck looks tight!



Join Date: Mar 2007
 Member Number: 10148
 Posts: 490



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