



TheRock's-Jaguar F-Type Front Strut / Coil R&R (Lowering Springs)

As always, this is how I did it and not suggesting you do it this way or any other specific way. Do so at your own risk and in any fashion you choose to do it. This guide is simply in the spirit of offering a method that worked for me. **This is on an F-Type R AWD 5.0L S/C. Others will be similar....**

Helpful Tools:

Various metric sockets, ratchets, extensions, Torx and Allen keys and sockets, Floor Jack, Block of wood, bungee or cord. You will also need a method to compress springs. Several examples below:



*****Note: Be very careful when compressing springs. It is very dangerous. *****

Gaining Access and Performing the Change:

1. Loosen wheel lugs - Lift car



2. Remove front wheels

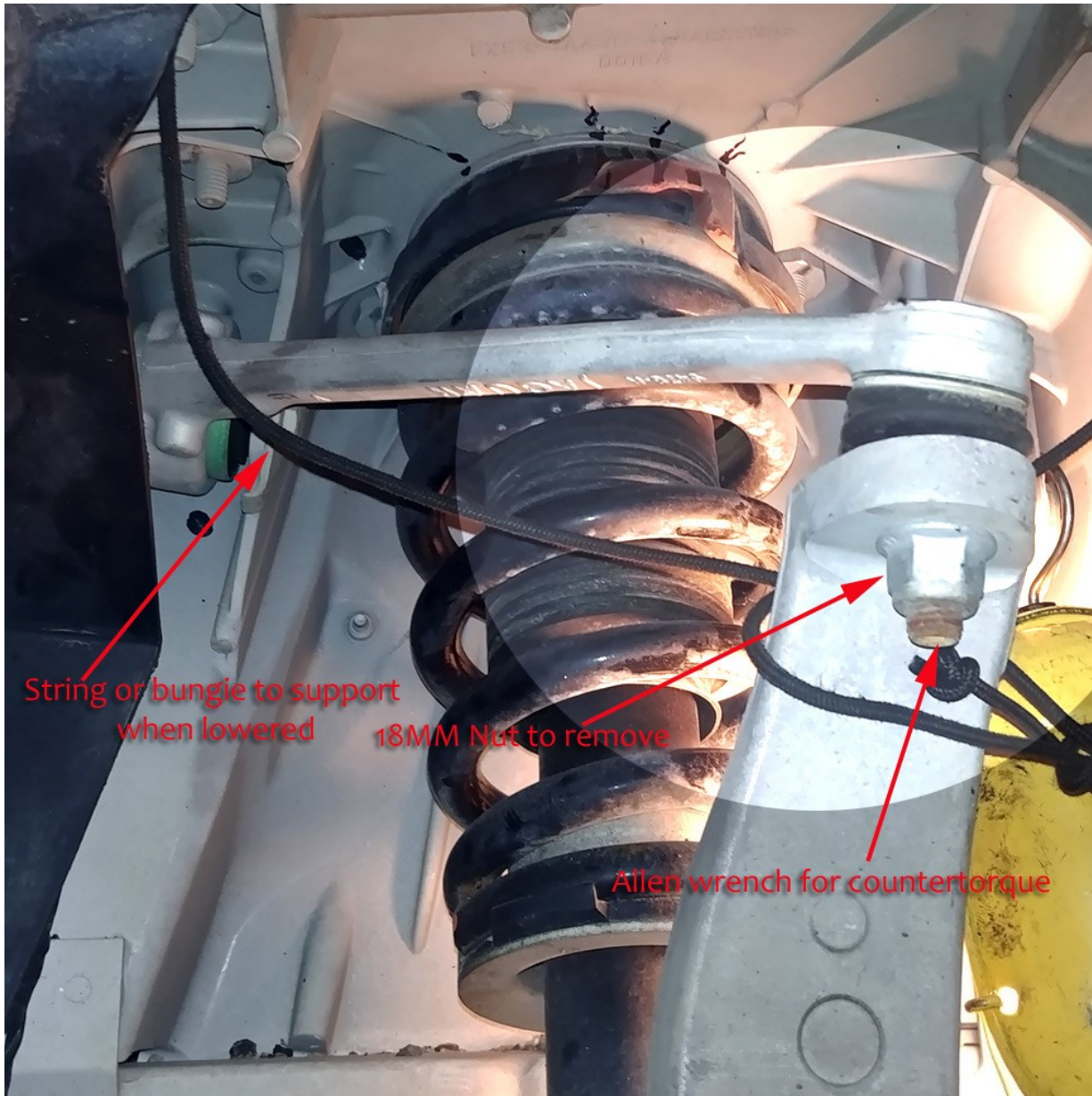


3. Support suspension with a floor jack and block (or whatever method you choose):

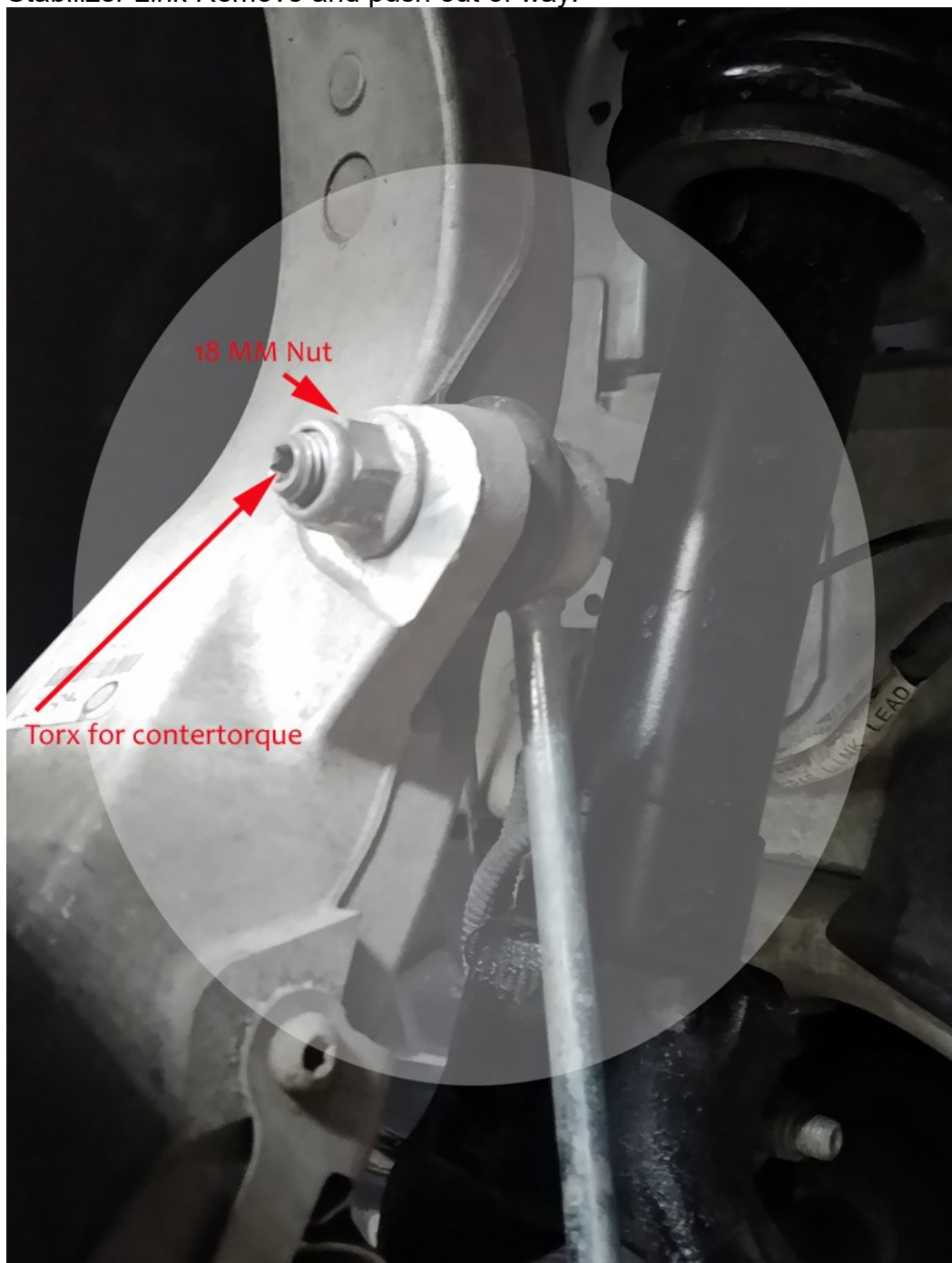


4. Remove 3 Suspension fasteners – Top nut from **Steering Knuckle** 18 MM, **Stabilizer Link** 18 MM and the **Lower Strut Mount** Large Torx as shown. Note you will need to insert a Torx/Allen wrench to counter torque the 18 MM nuts.

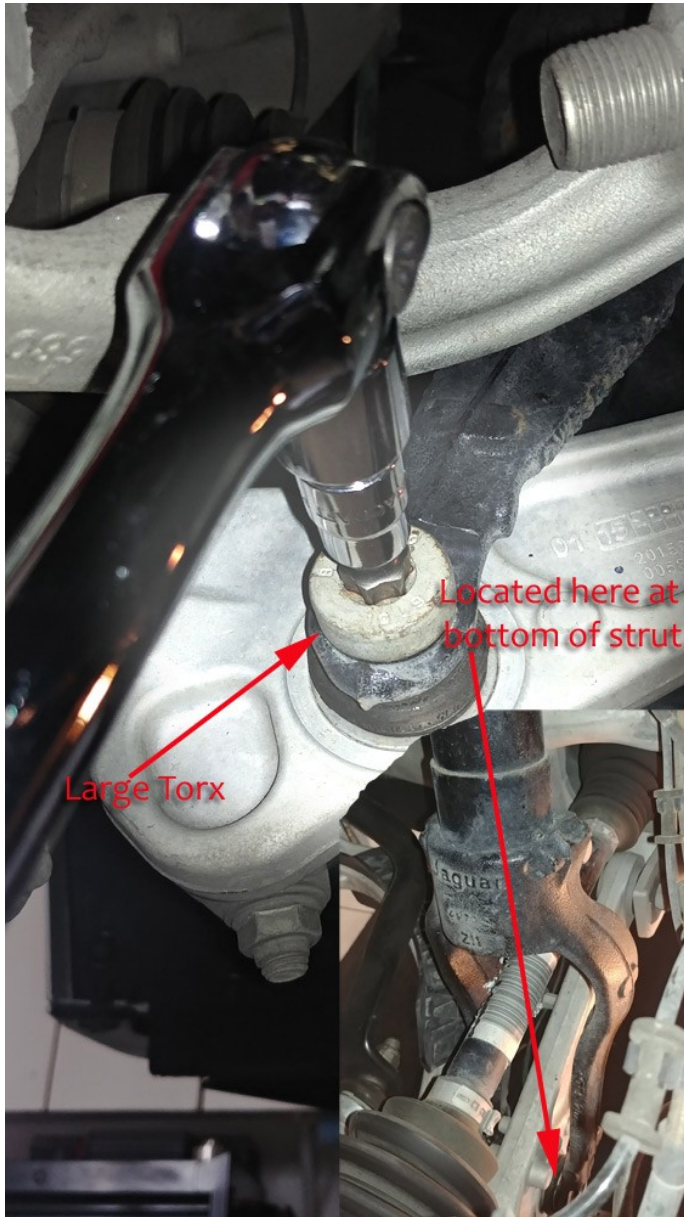
Remove top Steering Knuckle Nut and separate:



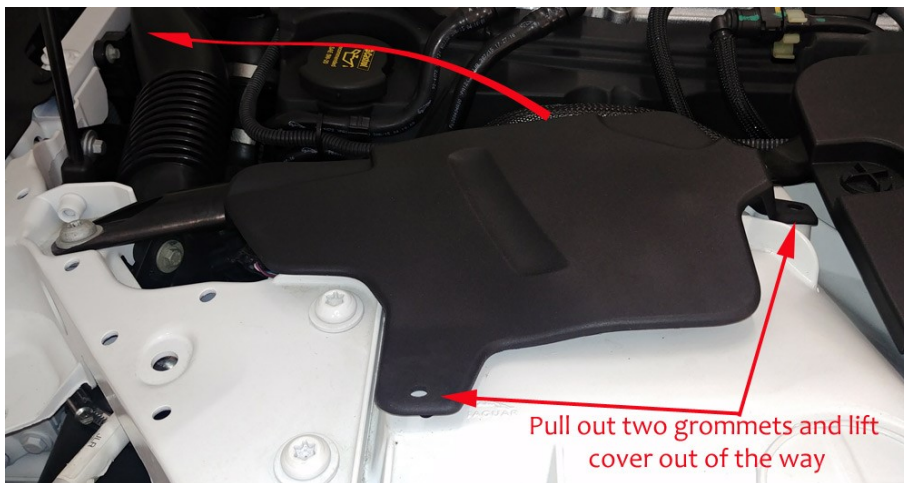
Stabilizer Link Remove and push out of way:



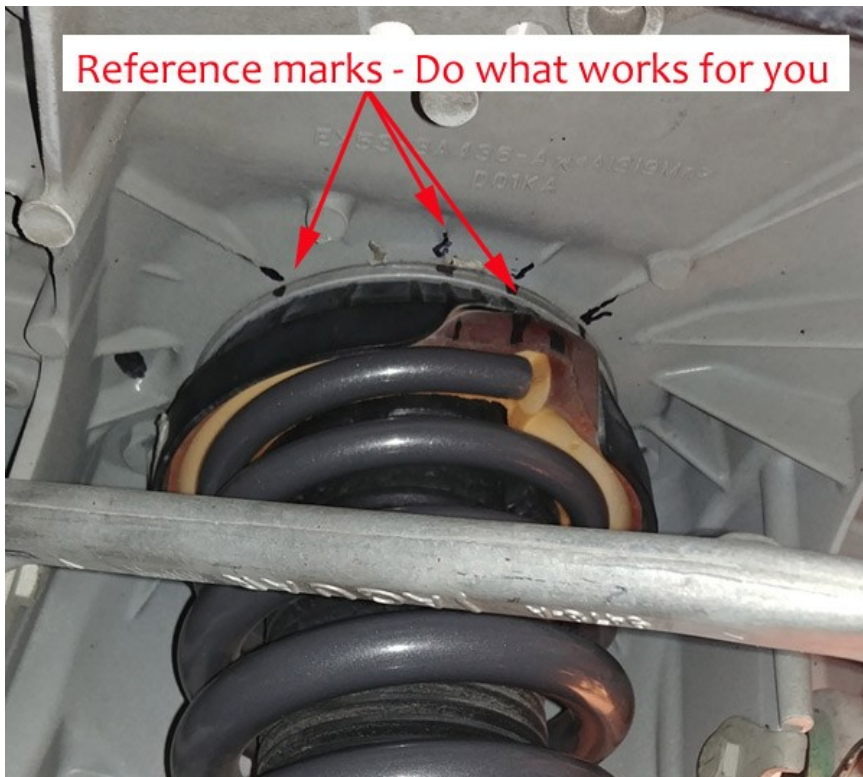
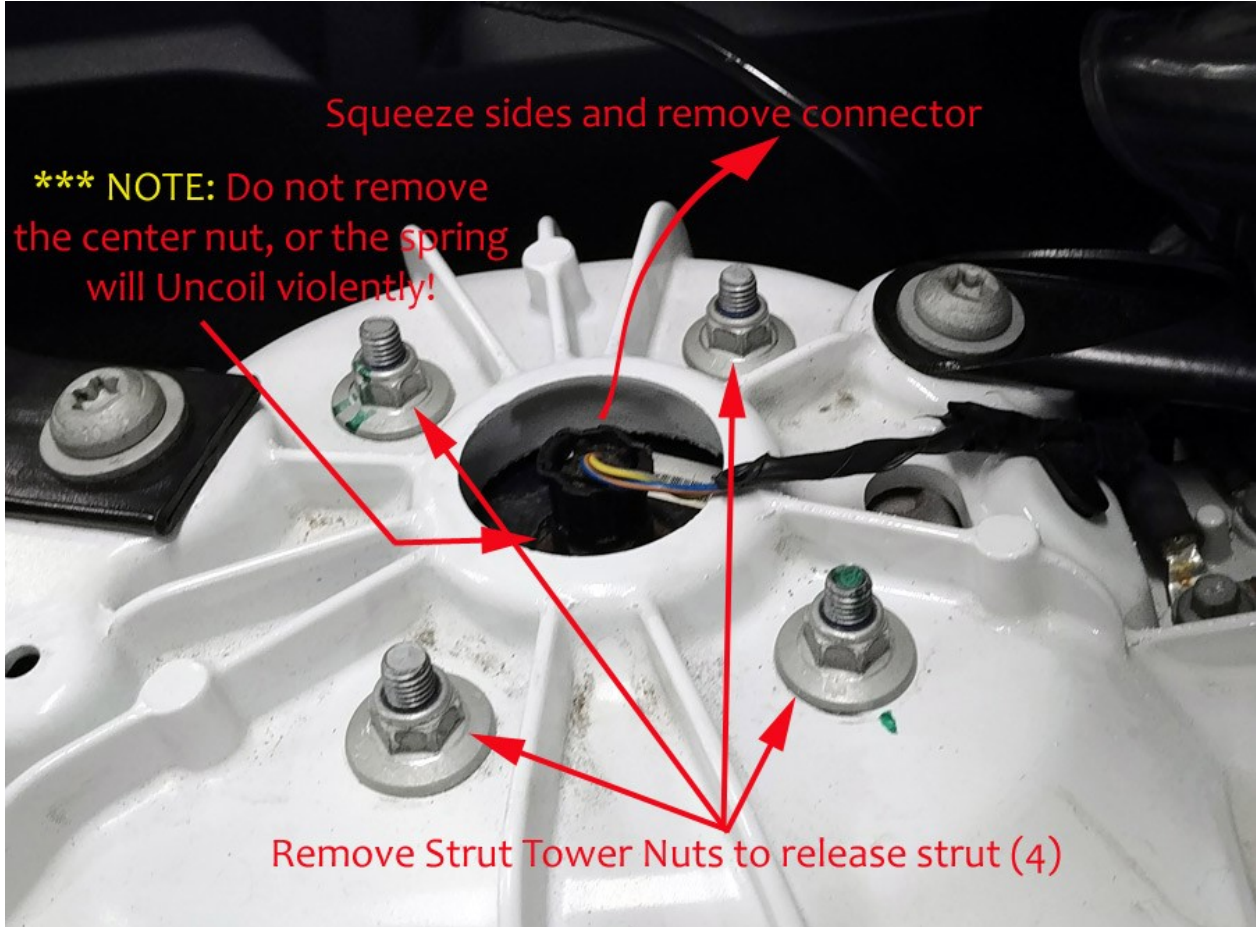
Remove Lower Strut Fastener:



Remove top of strut tower:



Note: Mark a bolt/nut for reference and orientation when re-installing. Also do so on underside:



5. **Remove the Struts/Springs** – Now you loosen the string/bungie and lower the jack with the block of wood....Holding the top of steering knuckle so it does not flop out After you lower it down to near its limit, you will also need to push up on the upper arm to clear the Strut top bolts.

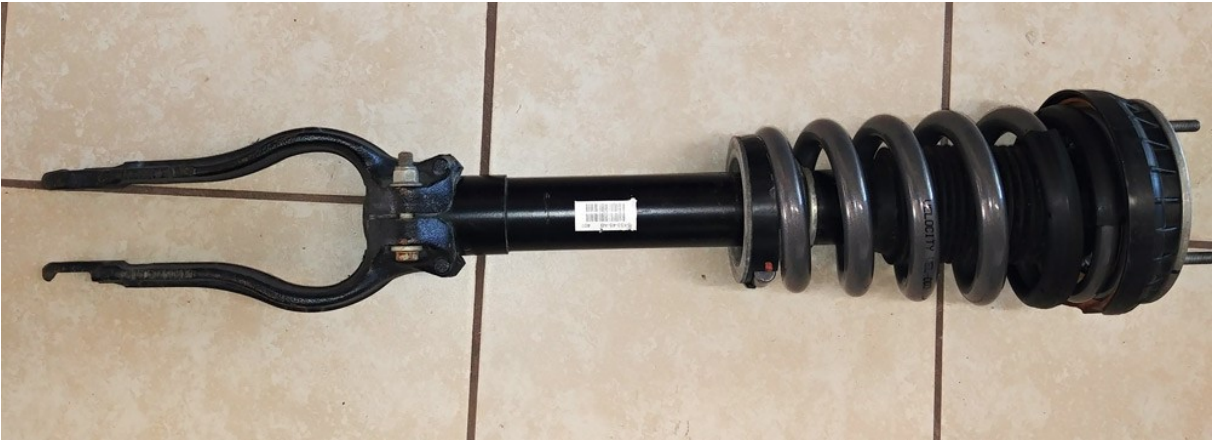


6. **Replace Coil Spring** – This will vary based on the tool(s) you use...But basically, you use a spring compressor, undo the top spring nut as you compress the spring. Release spring compressor. Remove old spring. Place new spring on strut. Compress spring. Re-install top retaining nut. Release compressor. Not there is a washer and rubber bumper inside of the tower cap. Be sure all parts are in place when re-installing. **Note:** Some pictures may show rear strut, so do not get confused because they look a little different...Only took limited photos while doing the work.

Put strut in Compressor, and compress to remove retaining nut:



Remove Spring and replace with new spring:



Re-Install in vehicle:



Do the reverse of all above steps to re-install everything. Make sure all fasteners are replaced and torqued. Jaguar recommends replacing all fasteners once removed. That is your call. After all is tight, replace wheel and lower car. Also note that most springs will "settle in" after a drive. So take it for a drive and give the car a day or so to settle to final ride height.



Take your time...when done...you should have no extra parts if done right! ☺

Finished Product

