



## TheRock's-Jaguar F-Type Rear 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 (Jack with Jack Stands, or Lift...Whatever you have)



2. Remove rear wheels

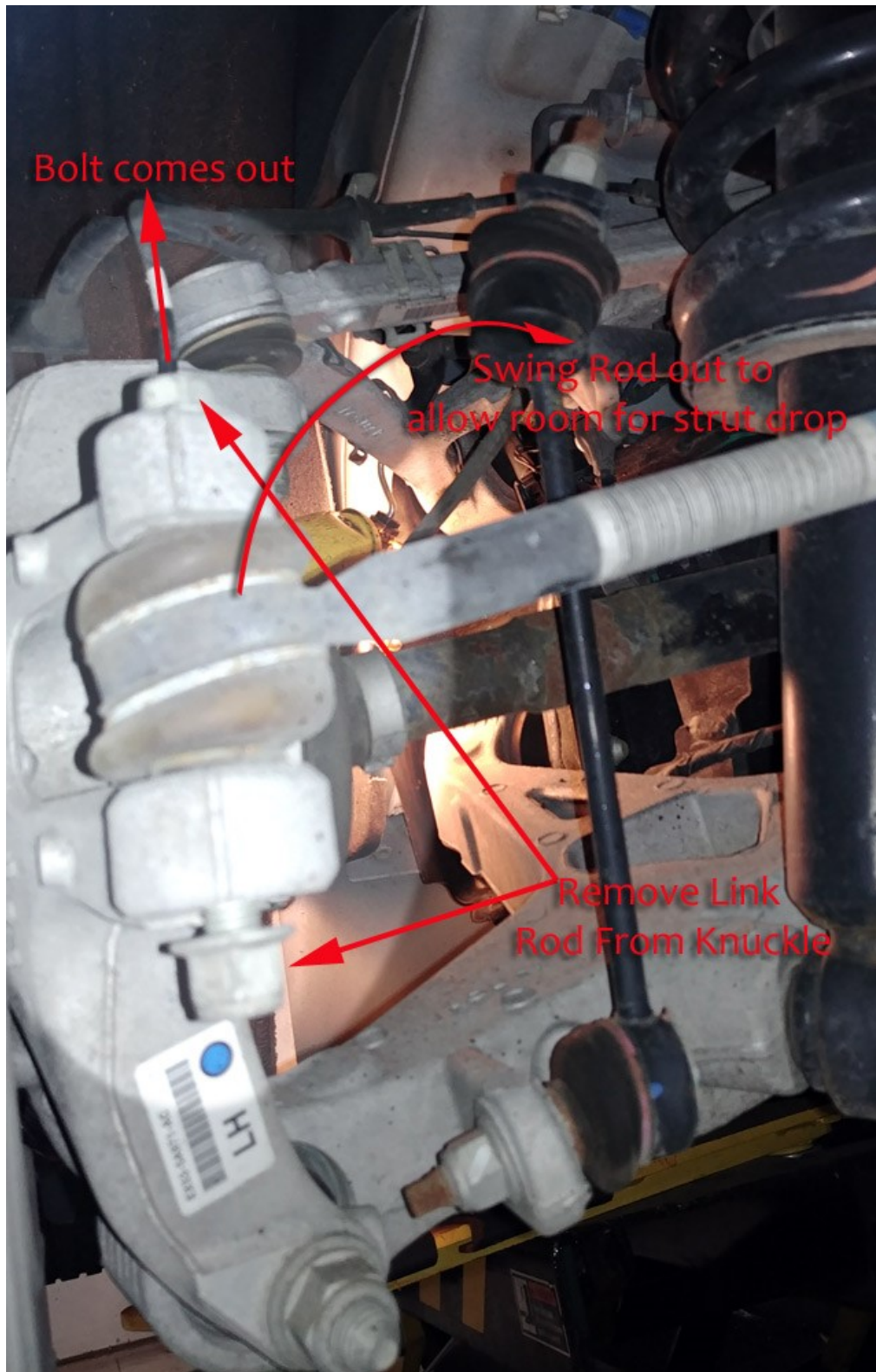


3. Support rear suspension with a floor jack and block (or whatever method you choose):

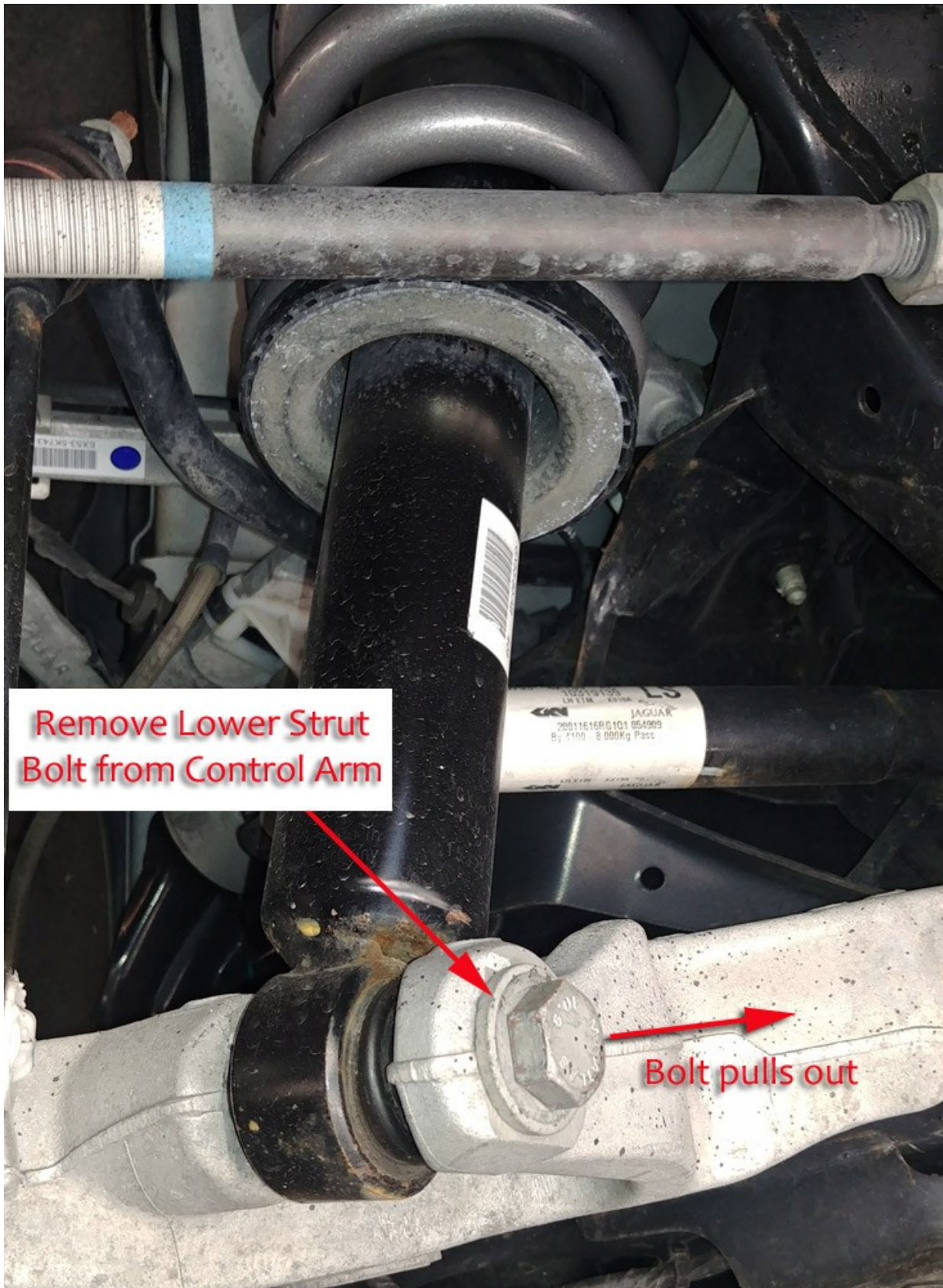


4. Remove Lower Suspension fasteners (2) – **Link Rod** from Knuckle – remove Bolt/Nut, and the **Lower Strut Mount** from Lower Control Arm - as shown. Note you will need to remove Link Rod to allow strut to be removed.

Remove Link Rod from Knuckle and swing away for clearance:

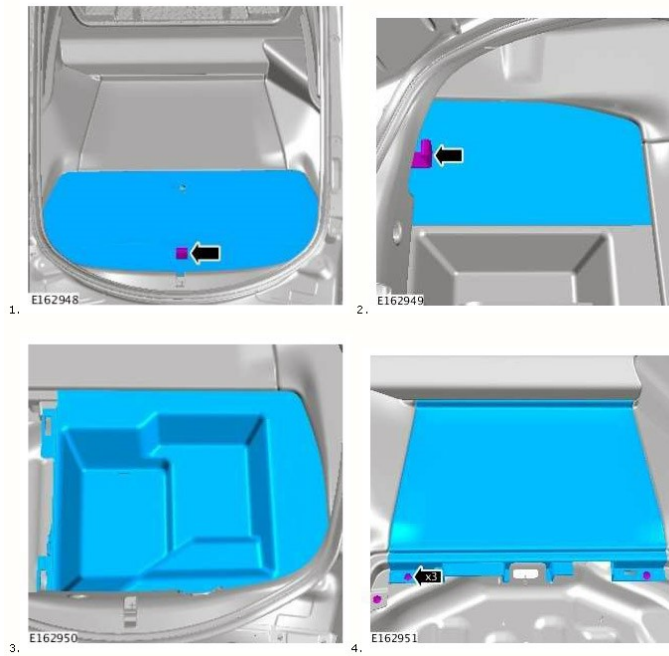


Remove Strut Mount from Lower Control Arm:

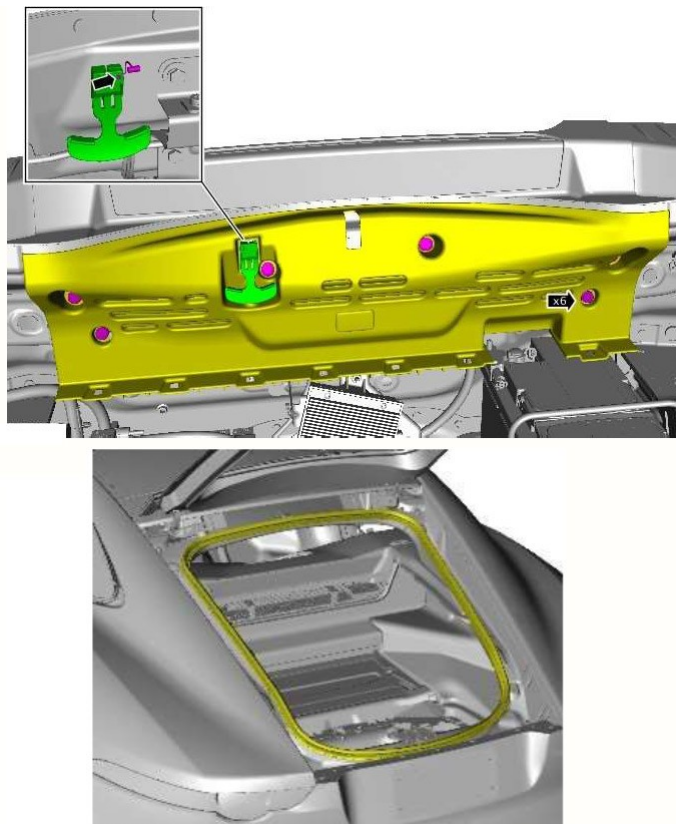


Now we have to remove rear Cargo interior for access to Strut Tower/Fasteners:

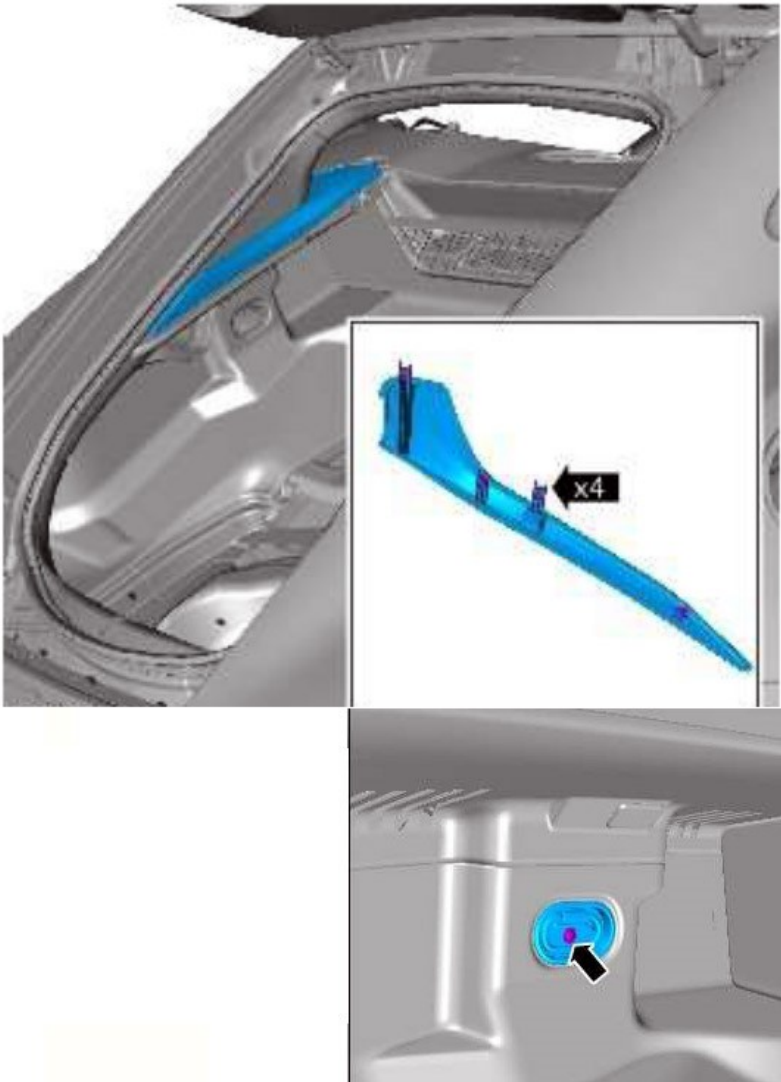
Remove panels 1, 2, 3 and 4 as shown

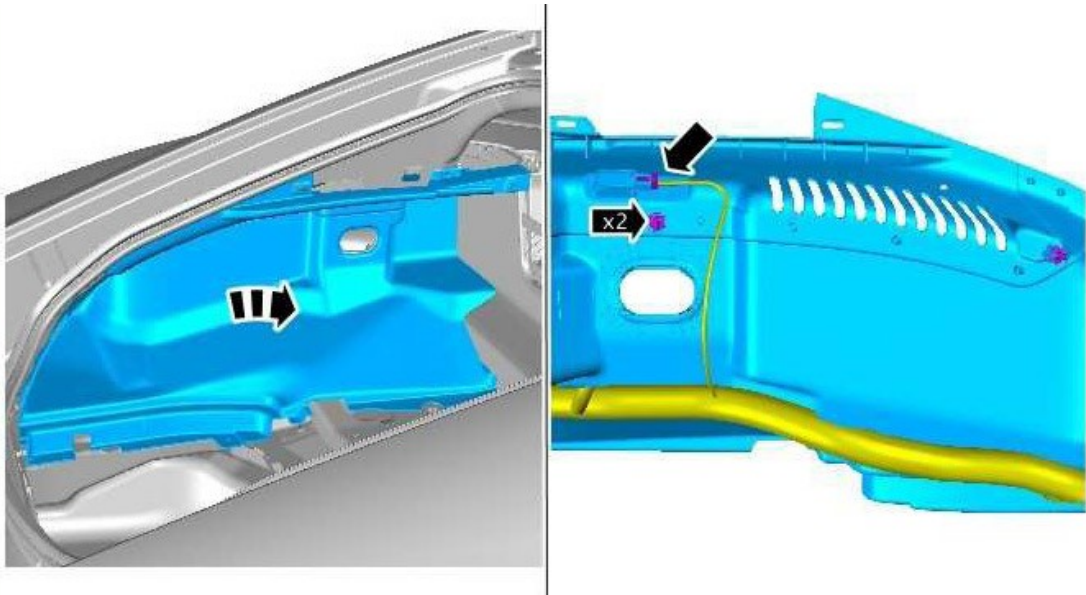


Remove additional trim pieces as shown



You can just remove these clips as opposed to the entire molding above:





You need to disconnect the connector on back of each side panel as well ^

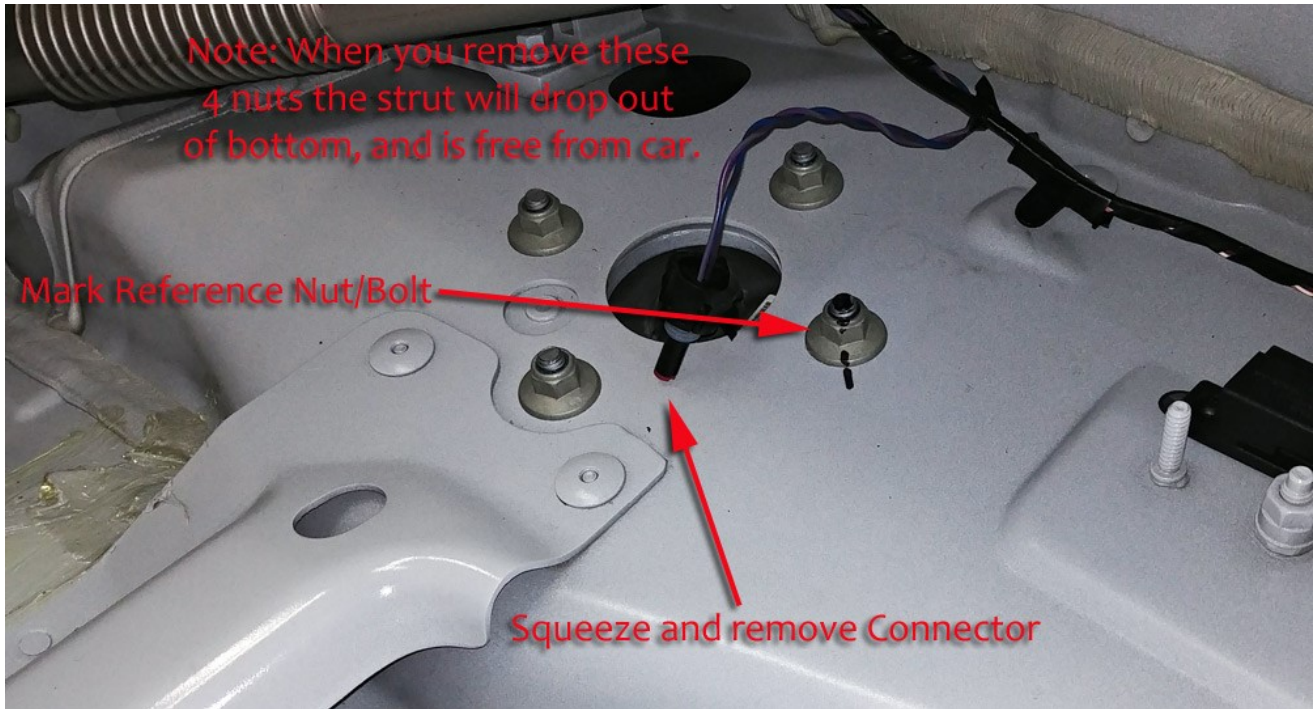
Now you will have this:







Remove top of strut – **Note:** When you remove these 4 nuts the strut is free and will drop out of car. Have it supported, or someone below to catch it:



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

5. **Remove the Struts/Springs** – Now the strut is free and you can remove from car and replace springs.



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



Remove Spring and replace with new spring:





Re-Install in vehicle: Feed strut from bottom. Replace Link Rod bolt and Lower Strut Bolt. Replace Strut Tower nuts, and replace connector.



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

