



## Installation Guide

### Gen 3 Countryman/Clubman Lift Kit

#### Part # 70-530200 (2.5" Lift)

M7 Speed engineers and manufactures the highest quality and best fitting MINI Cooper accessories and performance parts available anywhere on Planet Earth! Please inspect your parts when you receive them to verify everything is included and no damage has happened during shipment. Read these instructions completely BEFORE attempting to install this product. If you are not confident you can do the work described or do not have the tools or skills necessary please contact a local M7 dealer (listed on our website [www.m7speed.com](http://www.m7speed.com)) or a local MINI repair shop or automotive accessory installation center to perform this work. We acknowledge not everything is perfect but we work very hard every day to improve our products and make installations easier. If you have any comments please contact M7 Customer Service directly at 704-663-0094. We encourage and welcome any and all criticism, comments or product reviews. Thank you.

### Rear Spring Riser Block

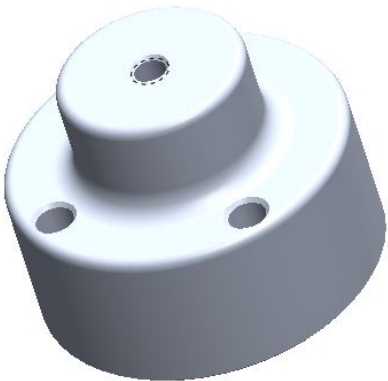


Figure 1: Rear Spring Riser Block-TOP

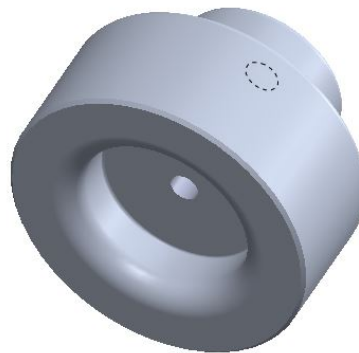


Figure 2: Rear Riser Block Bottom View

The rear spring riser blocks install between the lower rear suspension swing arm and the bottom of the rear spring.

1. Remove the rear shock assembly.
2. Full droop the rear suspension.
3. Remove the rear coil spring
4. Remove lower rear spring rubber isolator from the OE swing arm.
5. Install the M7 rear spring riser block onto the swing arm spring perch.
6. From underneath, insert the retaining bar assembly through the access hole in the swing arm and thread in the 3/8-16 x 1.5" long bolt and flat washer. DO NOT TIGHTEN.
7. Install the OE rubber isolator into the M7 Riser Block aligning the two locator nubs with the holes in the block
8. Install the OE coil spring. Verify the pigtails align with the top and bottom rubber locators/isolator pads. Rotate the rise block to get proper pigtail alignment
9. Tighten the 3/8-16 UNC Hex bolt. Use Blue Loctite. Torque to 30 lb-ft.
10. Repeat the above steps for the opposite side of the vehicle.

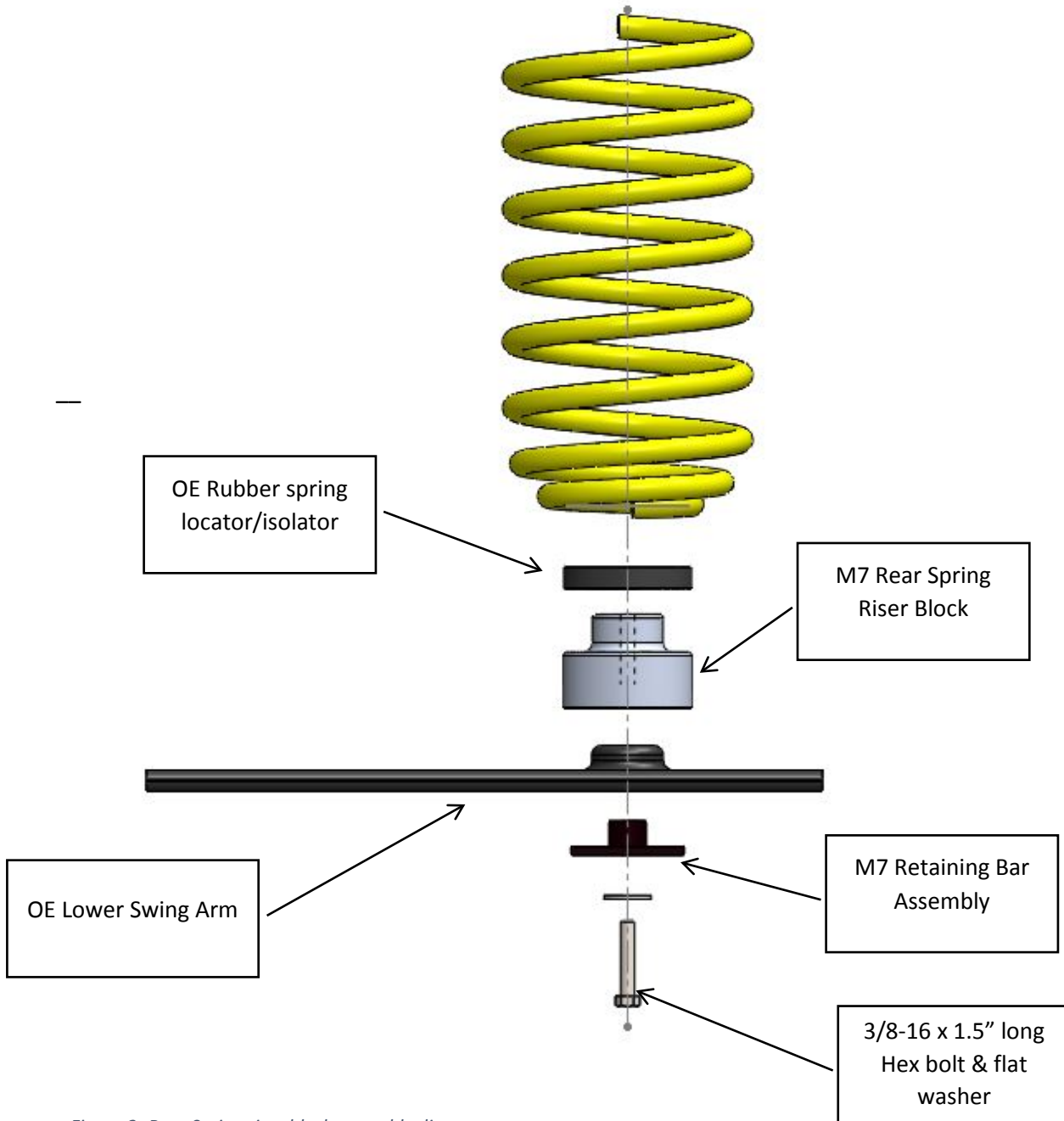


Figure 2- Rear Spring riser block assembly diagram

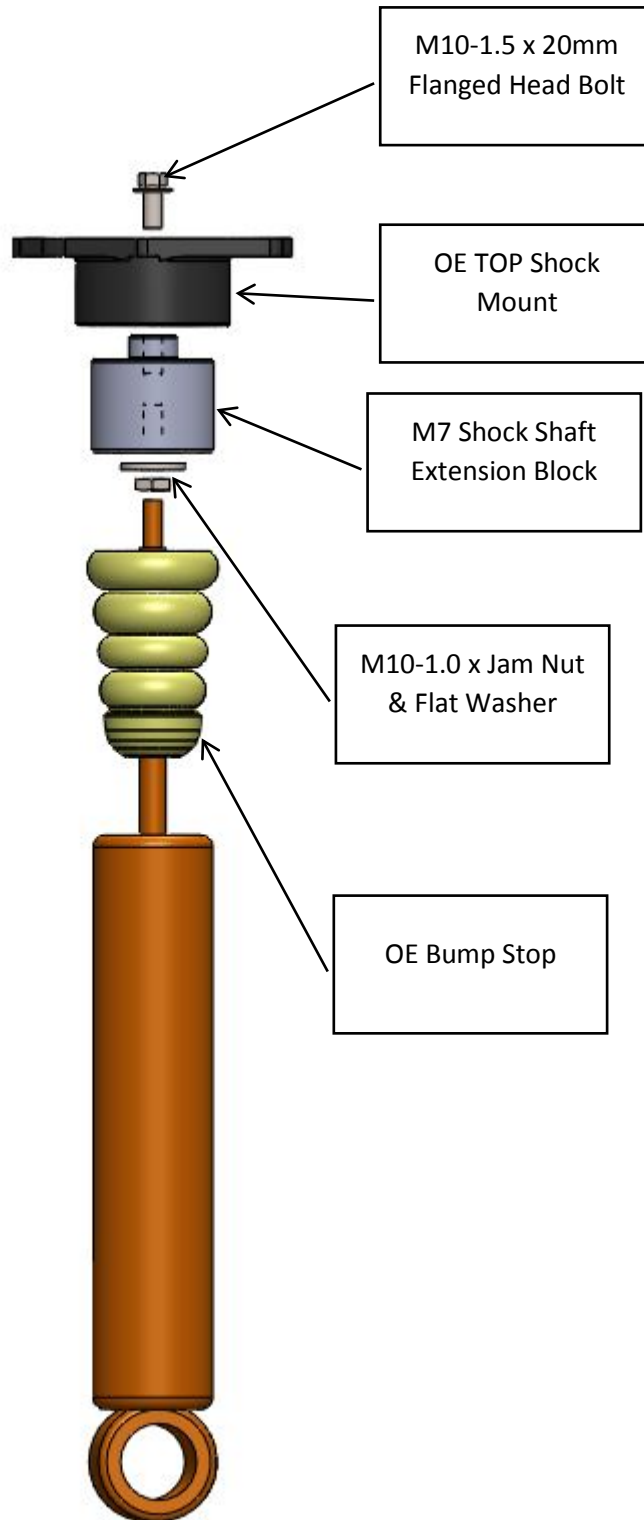
## Rear Shock Shaft Extension



Figure 3: Rear Sock extension Block

The Rear Shock Extension Block installs between the shock shaft and the TOP shock mounting plate.

1. Disassemble OE top shock mount from shock shaft. Do not remove any OE bumpstop parts.
2. Install M7 supplied M10-1.0 jam nut & flat washer onto shock shaft
3. Add BLUE Loctite onto shock shaft threads.
4. Thread M7 Extension shaft onto shock shaft-full engagement.
5. Tighten Jam Nut against M7 Extension Block and torque to 20 lb-ft
6. Connect OE Top shock mount to M7 Extension Block.
7. Add BLUE Loctite to threads of bolt. Install M7 supplied M10-1.5 Flange Head bolt through OE top shock mount and into M7 Extension Block. Torque to 30-lb-ft
8. Install shock assembly on to vehicle
9. Repeat the above steps for opposite side of vehicle.



## Front Strut Riser Block

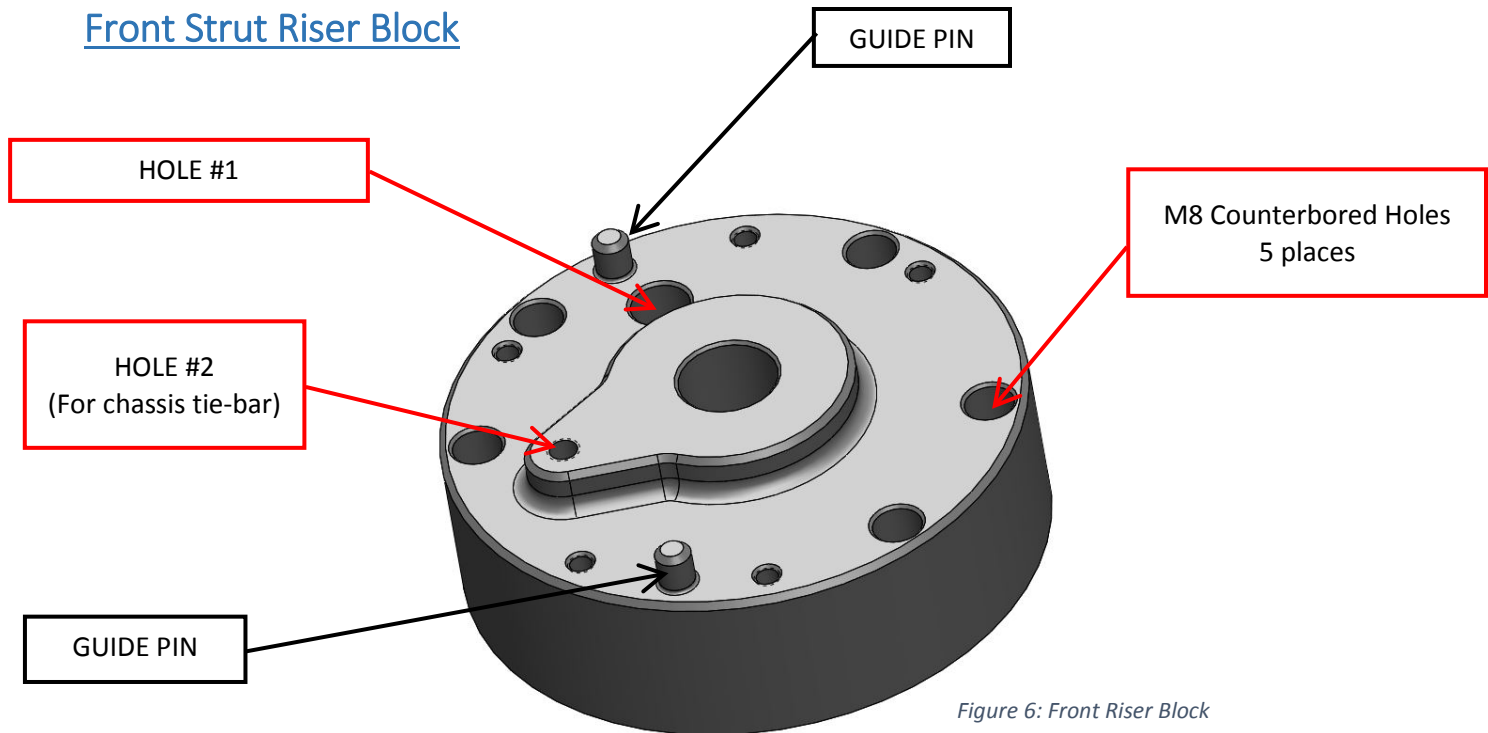


Figure 6: Front Riser Block

The Front Strut Riser Block installs between the top of the factory OE strut mounting plate and the body mounting location. It is designed to index with and fit flush onto the shape of the OE plate. Right & Left side use the same riser block

1. Remove OE Strut assembly from vehicle. Retain all the OE hardware for re-installation.
2. Clean the top of the OE plate if necessary.
3. Install the M7 Riser block on top of the OE plate and rotate it until it indexes and sits flush.
4. Install one M10-1.5 x 50mm lg Socket Head Cap Screw and one M10 Hy-Collar Lock washer into hole # 1. DO NOT TIGHTEN.
5. Install five M8-1.25 x 50mm long Socket Head Cap Screw with a M8 Hy-Collar Lock washer on each bolt into the five counterbored holes along the outside edge of the part.
6. TORQUE ALL HARDWARE TO OE SPECIFICATIONS
7. Install the strut assembly onto the vehicle. Index into correct the body location using the pins on the riser block as a guide.
8. Install the five OE M8 Flange head bolts and TORQUE TO OE SPECIFICATIONS
9. Install the M7 supplied M10-1.25 x20 Flange Head bolt through the chassis tie-bar and into the M7 riser block. (Hole #2) Torque to OE Specifications.
10. Repeat the above steps for the opposite side of the vehicle.

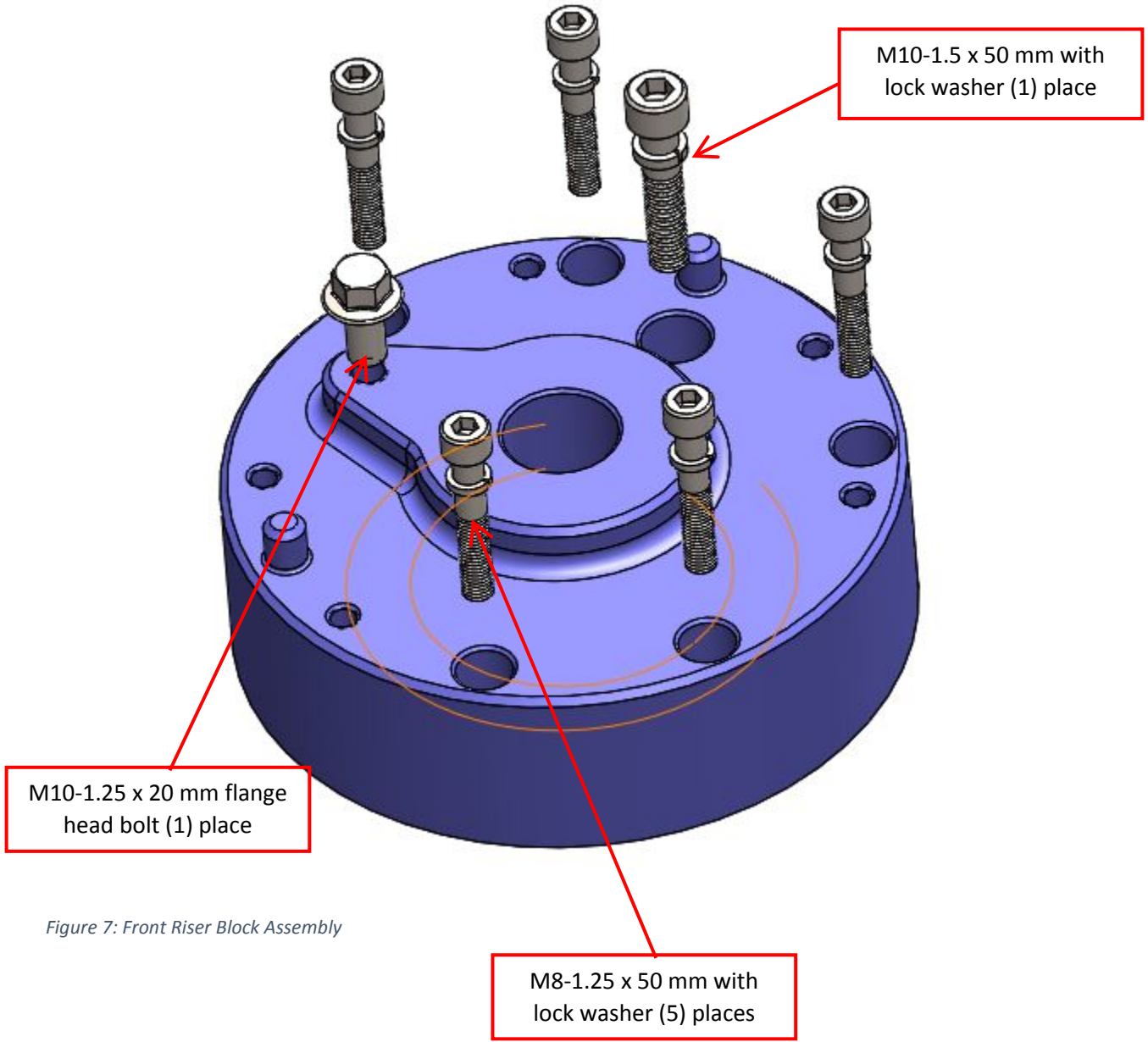


Figure 7: Front Riser Block Assembly