



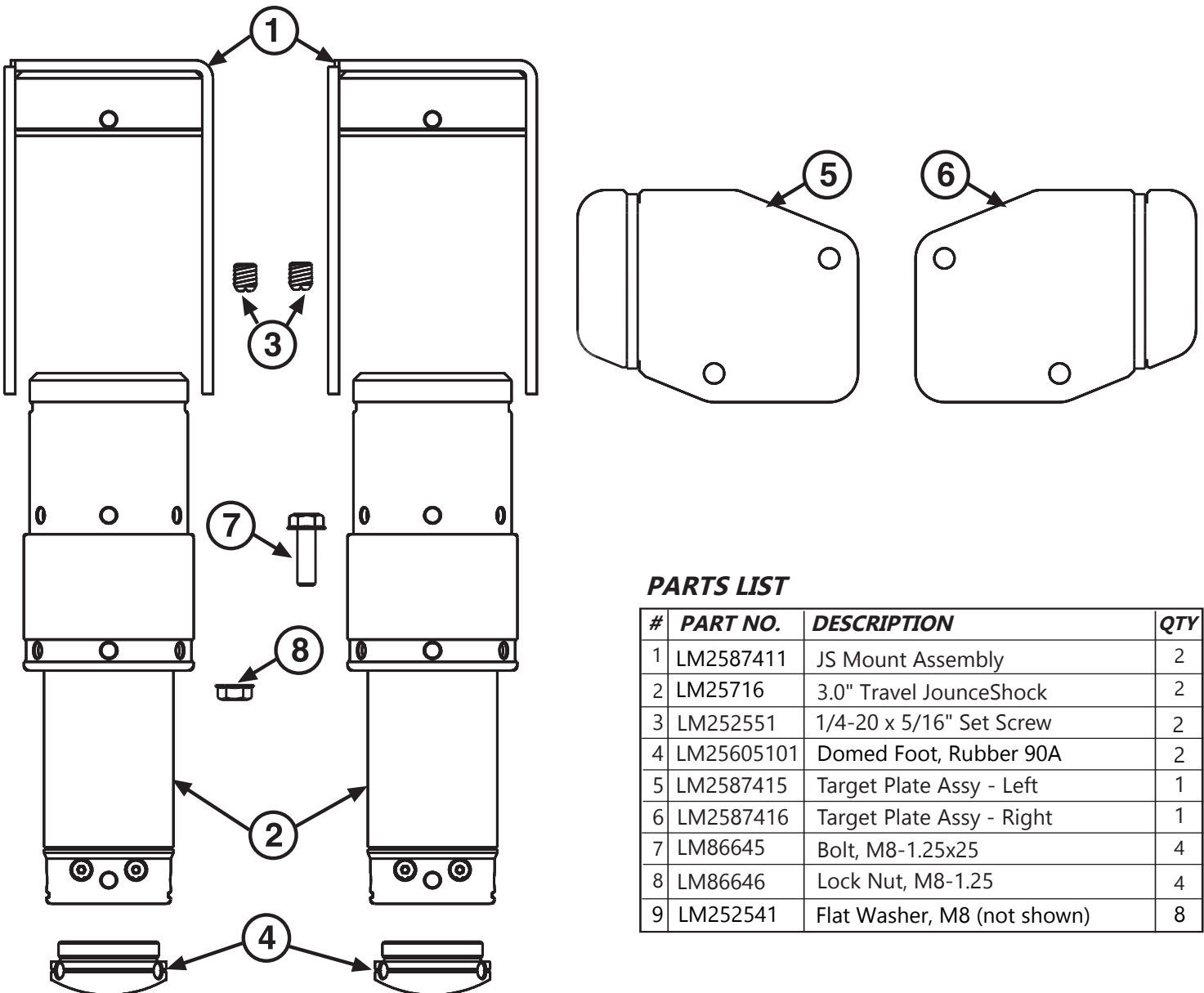
INSTRUCTION SHEET
JOUNCESHOCK™ SYSTEM (REAR)
2006-2010 HUMMER H3

This part should only be installed by personnel who have the necessary skill, training and tools to do the job correctly and safely. Incorrect installation can result in personal injury, vehicle damage and/or loss of vehicle control.

Read instructions completely before beginning installation.

REQUIRED TOOLS:

- Drill motor and drill index
- Spray paint
- Metric sockets and wrenches
- Welder and welding equipment
- 1/8" Hex key
- 1/4" Pin style spanner wrench
- Medium strength thread locker (Blue Loctite)



PARTS LIST

#	PART NO.	DESCRIPTION	QTY
1	LM2587411	JS Mount Assembly	2
2	LM25716	3.0" Travel JounceShock	2
3	LM252551	1/4-20 x 5/16" Set Screw	2
4	LM25605101	Domed Foot, Rubber 90A	2
5	LM2587415	Target Plate Assy - Left	1
6	LM2587416	Target Plate Assy - Right	1
7	LM86645	Bolt, M8-1.25x25	4
8	LM86646	Lock Nut, M8-1.25	4
9	LM252541	Flat Washer, M8 (not shown)	8

PART NO. LM25874 INSTRUCTION SHEET - CONTINUED

JOUNCESHOCK SYSTEM (REAR) 2006-2010 HUMMER H3

INSTALLATION PROCESS:

1. Confirm that you have all necessary parts and tools as shown on parts and tools list.
2. Safely raise vehicle per manufacturer's specifications.
3. Pry stock urethane bumpstop from cup on frame. Urethane bumpstop will not be re-installed.
4. Install lower target plate assemblies onto rear axle bumpstop striker platform as shown in **Figure 1**. Use one M8 bolt per target plate assembly through existing holes in stock bump striker platforms.
5. Drill other holes through stock bumpstop striker platform using the target plate assembly as a drill template and install second M8 bolt per side. Torque all M8 bolts to 12 lb-ft.
6. Working on one side of vehicle hold JS mount assembly up to inside of frame rail as shown in **Figure 2**. Mount assembly should sit flush against inner surface of frame rail with lower tips of side plates hooked below the frame. Mount assembly should sit as close to lower corner of stock body mount as possible while still clearing body mount weld.
7. Welding will be required as shown in **Figure 3**. Note where welding will be needed and remove paint and undercoating from frame to ensure good quality welds.
8. Clamp JS mount assembly in proper location and tack weld mount assembly to frame.
9. Install domed rubber foot onto JounceShock shaft end firmly until it bottoms. Make sure to use o-ring supplied with foot.
10. Temporarily thread cylinder end of 3.0" JounceShock into JS mount assembly until it bottoms and lower vehicle back onto tires. Check for good alignment between JounceShock and target plate assembly on axle.
11. Once alignment is correct, raise vehicle again, remove JounceShock, and weld JS mount assembly to frame as shown in **Figure 3**.
12. Paint welded areas to limit corrosion.
13. Re-thread JounceShock into JS mount assembly until it bottoms. Apply a small dab of medium strength thread locker (Blue Loctite) to 1/4-20 x 5/16" set screw and install into mount assembly snug tight using 1/8" hex key.
14. Finished install should look as shown in **Figure 4**.
15. Check and re-torque all fasteners after 100 miles.

NOTE: *Supplied parts have been painted with Steel-It weldable polyurethane paint to prevent corrosion. After welding part into position, clean and paint weld and bare areas of part and frame with an automotive grade paint to prevent corrosion.*

PART NO. LM25874 INSTRUCTION SHEET - CONTINUED JOUNCESHOCK SYSTEM (REAR) 2006-2010 HUMMER H3

FIGURE 1

Install target plate assembly
to stock bumpstop striker plate



FIGURE 2

Placement of JS mount
assembly against frame.
Driver's side shown



FIGURE 3

Welding positions

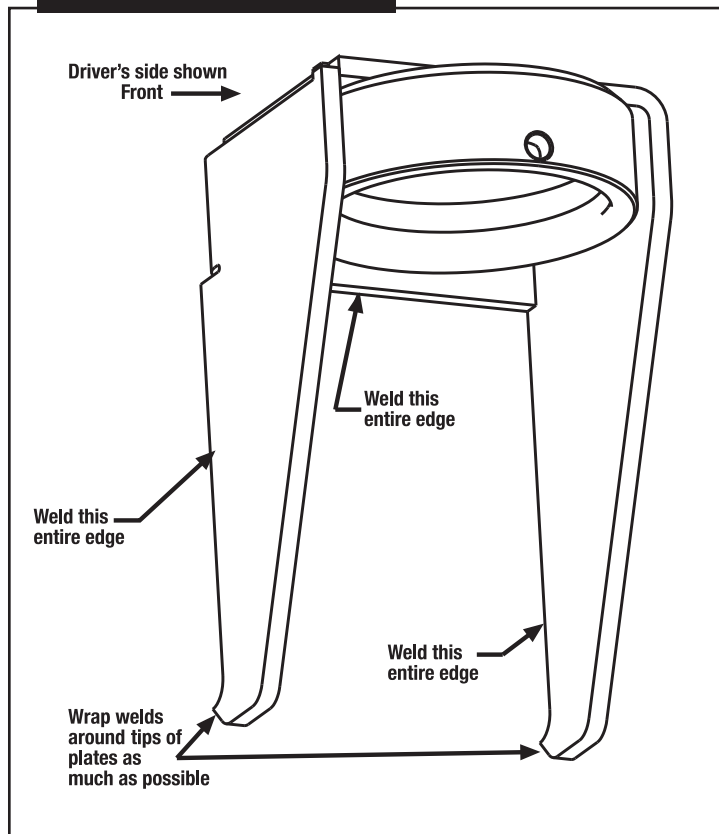


FIGURE 4

Finished installation



PART NO. LM25874 INSTRUCTION SHEET - CONTINUED

JOUNCESHOCK SYSTEM (REAR) 2006-2010 HUMMER H3

WHAT TO EXPECT FROM YOUR JOUNCESHOCK SYSTEM:

The JounceShock is the core of a secondary suspension system that dramatically increases the capacity of your vehicle's suspension. Most systems are designed such that the JounceShocks do not engage the suspension of your vehicle at ride height. Therefore, the system does not usually alter the ride height or on-road ride quality of your vehicle. When you have a heavy payload or take your vehicle off-road, your suspension will compress more and engage the JounceShocks. When the suspension engages the JounceShocks, you may hear the initial contact. This is normal and is an indication that the JounceShocks are being applied. When the vehicle is driven off-road you will notice a couple of performance gains: First, as you drive the vehicle over rough terrain, you will not feel a distinct hard suspension bottoming when compared with the unmodified vehicle. Also, you may realize that the vehicle has more "Gross Vehicle Motion Control" due to the characteristic exponential air spring curve and the critical damping of the JounceShock units. These changes significantly enhance the performance and durability of the vehicle, as well as the comfort level of the occupants. This added capacity can be misleading and care should be taken to learn the new limits of your vehicle without damage to the vehicle itself. For more discussion on JounceShock function and performance gains please visit our website at: WWW.LANTERNMARK.COM

H3 JounceShocks are supplied with optimal settings for most vehicle off-road uses. For more information on how to custom tune JounceShocks, please refer to the *Custom Application Instruction Sheet* at WWW.LANTERNMARK.COM/STORE/JOUNCESHOCK

Check out WWW.LANTERNMARK.COM/STORE for replacement parts.

JOUNCESHOCK REBUILD KIT
PART NO. LM25712



DOMED FOOT - RUBBER 90A
PART NO. LM25605



PIN WRENCH SET
PART NO. LM25520



There is no warranty stated or implied due to the inability to monitor the part's modification, installation, and use, except that Lanternmark Industries Inc warrants its products to be free from defects in material and workmanship for 90 days after purchase under normal use. In that case, parts returned must be determined by Lanternmark to be defective and Lanternmark's obligations under that warranty are solely limited to repairing or replacing, at its option, any part proven defective.

Final determination of the suitability of the parts for use contemplated by the buyer is the sole responsibility of the buyer. Lanternmark Industries Inc shall not be liable for any special, direct, indirect, incidental, or consequential damages that might be claimed as a result of the failure of any part, including claims for delay, loss of profits or labor. Lanternmark Industries Inc shall not be liable for any damage or injury to persons or property resulting from improper installation or misuse of any part subject to this warranty. There are no other warranties expressed or implied extending beyond those set forth above.
