

FORD

COURIER and RANGER

1986 TO 2006

ALL 4X4 AND 2X4 HI-TRAIL MODELS



FRONT SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12667GR	Ea	2
SPRING			
Performance Torsion Bar	MAZDA005	Set	1

REAR SUSPENSION

	Part Number	Unit	Req	
SHOCK ABSORBER				
Ironman Nitro Gas	12095GR	Ea	2	
SPRING				
	Additional Weight			
Performance Leaf Spring	0 - 200KG	MAZDA006B	Set	1
Load Leaf Spring	200 - 400KG	MAZDA006C	Set	1
U-BOLT KIT				
Complete Kit	415UBK	Set	2	
POLYURETHANE BUSHES				
Complete Kit	756UK	Kit	1	

GREASABLE SHACKLES & PINS

Rear Shackle		386-1	Ea	2
Rear Shackle - Extended	25mm Lift	MT12167L	Ea	2

COMPLETE SUSPENSION KIT

PERFORMANCE	On / Off road performance	SUSKIT10B	Ea	1
LOAD	Load carrying workhorse vehicle	SUSKIT10C	Ea	1

The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers, 1 pair of torsion bars, 1 pair of leaf springs, a set of 4 u-bolts and a polyurethane bush kit for the rear springs.



FORD

RANGER

2006 up to 2010
4X4 & 4X2 HI TRAIL



FRONT SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12667GR	Ea	2
SPRING			
Performance Torsion Bar	MAZDA014*	Set	1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12095GR	Ea	2
SPRING				
	Additional Weight			
Performance Leaf Spring	0 - 200KG	MAZDA041B	Set	1
Load Leaf Spring	200 - 400KG	MAZDA041C	Set	1
U-BOLT KIT				
Complete Kit		417UBK	Set	2
POLYURETHANE BUSHES				
Complete Kit		759UK	Kit	1
GREASABLE SHACKLES & PINS				
Rear Shackle		386-1	Ea	2
Rear Shackle - Extended	25mm Lift	MT12167L	Ea	2

COMPLETE SUSPENSION KIT

PERFORMANCE	On / Off road performance	SUSKIT11B	Ea	1
LOAD	Load carrying workhorse vehicle	SUSKIT11C	Ea	1

The complete IRONMAN suspension kit consists of 4 **Nitro Gas** shock absorbers, 1 pair of torsion bars, 1 pair of leaf springs, a set of 4 u-bolts and a polyurethane bush kit for the rear springs.



*MAZDA014 is 1024mm in length, used on most vehicles.
Vehicles with 2.5L WLT Engine use MAZDA006 (924mm) Torsion Bar.
Check length before ordering.

GREATWALL STEED

GWM STEED

V240

2009 ONWARDS

ALL 4X4 AND 4X2 HI-TRAIL MODELS



FRONT SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Foam Cell	24667FE	Ea	2
SPRING			
Performance Torsion Bar	HOLD010	Set	1

REAR SUSPENSION

	Part Number	Unit	Req	
SHOCK ABSORBER				
Ironman Nitro Gas	12636GR	Ea	2	
Ironman Nitro Gas	Comfort Soft Ride Shock	12636GRC	Ea	2
SPRING				
	Additional Weight			
Performance Leaf Spring	0 - 200KG	HOLD006B	Set	1
Load Leaf Spring	200KG - GVM	HOLD006C	Set	1
U-BOLT KIT				
Complete Kit	417UBK	Set	2	
POLYURETHANE BUSHES				
Complete Kit	728UK	Kit	1	
GREASABLE SHACKLES & PINS				
Rear Shackle	386-2	Ea	2	

COMPLETE SUSPENSION KIT

PERFORMANCE -GRC	On / Off Rd performance Comfort RR	SUSKIT12B-GRC	Ea	1
PERFORMANCE	On / Off Rd performance	SUSKIT12B	Ea	1
LOAD	Load carrying workhorse vehicle	SUSKIT12C	Ea	1

The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers, 1 pair of coil springs, 1 pair of leaf springs, a set of 4 u-bolts and a polyurethane bush kit for the rear springs.



HYUNDAI

TERRACAN
2001 ON



FRONT SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12087GR	Ea	2
SPRING			
Performance Torsion Bar	HYUND004	Set	1

REAR SUSPENSION

	Part Number	Unit	Req	
SHOCK ABSORBER				
Ironman Nitro Gas	12637GR	Ea	2	
SPRING				
Performance Coil Spring	Additional Weight 0 - 300KG	HYUND003B	Set	1

COMPLETE SUSPENSION KIT

PERFORMANCE	On / Off road performance	SUSKIT90B	Ea	1
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The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers, 1 pair of torsion bars and 1 pair of coils.



ISUZU

KB

1989 TO 2004

ALL 4X4 AND 2X4 320 V6 MODELS

3.0 D AND 3.2V6 RAISED SUSPENSION MODELS



FRONT SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12643GR	Ea	2

SPRING

Performance Torsion Bar	HOLD005A	Set	1
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REAR SUSPENSION

	Part Number	Unit	Price	
SHOCK ABSORBER				
Ironman Nitro Gas	12636GR	Ea	2	
Ironman Nitro Gas	Comfort soft ride shock	12636GRC	Ea	2

SPRING

	Additional Weight			
Performance Leaf Spring	0 - 300KG	HOLD004B	Set	1
Load Leaf Spring	300KG - GVM	HOLD004C	Set	1

U-BOLT KIT

Complete Kit	415UBK	Set	2
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POLYURETHANE BUSHES

Complete Kit	728UK	Kit	1
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GREASABLE SHACKLES & PINS

Rear Shackle		386-2	Ea	2
Rear Shackle - Extended	25mm Lift	MT12049L	Ea	2

COMPLETE SUSPENSION KIT

PERFORMANCE	B-SPRING COMFORT REAR SHOCK	SUSKIT20B-GRC	Ea	1
PERFORMANCE	On / Off road performance	SUSKIT20B	Ea	1
LOAD	Load carrying workhorse vehicle	SUSKIT20C	Ea	1

The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers, 1 pair of torsion bars, 1 pair of leaf springs, a set of 4 u-bolts and a polyurethane bush kit for the rear springs.



ISUZU

RA / D-MAX

2004 ONWARDS

ALL 4X4 AND 2X4 RAISED SUSPENSION MODELS



FRONT SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12667GR	Ea	2
SPRING			
Performance Torsion Bar	HOLD010	Set	1

REAR SUSPENSION

	Part Number	Unit	Req	
SHOCK ABSORBER				
Ironman Nitro Gas	12636GR	Ea	2	
Ironman Nitro Gas	Comfort soft ride shock	12636GRC	Ea	2
SPRING				
	Additional Weight			
Performance Leaf Spring	0 - 300KG	HOLD006B	Set	1
Load Leaf Spring	300KG - GVM	HOLD006C	Set	1

U-BOLT KIT			
Complete Kit	417UBK	Set	2

POLYURETHANE BUSHES			
Complete Kit	728UK	Kit	1

GREASABLE SHACKLES & PINS				
Rear Shackle		386-2	Ea	2
Rear Shackle - Extended	25mm Lift	MT12049L	Ea	2

COMPLETE SUSPENSION KIT

PERFORMANCE	B-SPRING COMFORT REAR SHOCK	SUSKIT21B-GRC	Ea	1
PERFORMANCE	On / Off road performance	SUSKIT21B	Ea	1
LOAD	Load carrying workhorse vehicle	SUSKIT21C	Ea	1

The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers, 1 pair of torsion bars, 1 pair of leaf springs, a set of 4 u-bolts and a polyurethane bush kit for the rear springs.



ISUZU

TROOPER
1998 on



FRONT SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12643GR	Ea	2
SPRING			
Performance Torsion Bar	HOLD009	Set	1

REAR SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12644GR	Ea	2
SPRING			
Performance Coil Spring	Additional Weight 0 - 300KG	HOLD008B	Set 1

COMPLETE SUSPENSION KIT

PERFORMANCE	On / Off road performance	SUSKIT22B	Ea	1
** PLEASE PHONE TO CONFIRM STOCK **				

The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers, 1 pair of torsion bars and 1 pair of coils.



JEEP

CHEROKEE KJ

2002 on

ALL COIL FRONT & REAR MODELS



FRONT SUSPENSION

Part Number	Unit	Req
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SHOCK ABSORBER

Ironman Nitro Gas	12711GR	Ea	2
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SPRING

Performance Coil Spring - PETROL	JEEP014B	Set	1
Performance Coil Spring - DIESEL	JEEP014C	Set	1

REAR SUSPENSION

Part Number	Unit	Req
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SHOCK ABSORBER

Ironman Nitro Gas	12712GR	Ea	2
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SPRING

Performance Coil Spring	JEEP015B	Set	1
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COMPLETE SUSPENSION KIT

PERFORMANCE	On / Off road performance - Petrol	SUSKIT82B	Ea	1
PERFORMANCE	On / Off road performance - Diesel	SUSKIT82C	Ea	1

The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers and 4 coil springs.



**Unnecessary fitment of Trim Packers may lift vehicle too high.
It is also essential to select the correct front coil springs to
maintain a minimum of 60mm downward suspension travel.**

JEEP

CHEROKEE XJ

1991 to 2002

ALL COIL FRONT & LEAF REAR MODELS



FRONT SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12665GR	Ea	2
SPRING			
Performance Coil Spring	JEEP016B	Set	1

REAR SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12666GR	Ea	2
SPRING			
Performance Leaf Spring	JEEP004B	Set	1
U-BOLT KIT			
Complete kit	512UBK	Set	2
POLYURETHANE BUSHES			
Complete Kit	762UK	Kit	1

COMPLETE SUSPENSION KIT

PERFORMANCE	On / Off road performance	SUSKIT81B	Ea	1
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The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers, 1 pair of coil springs, 1 pair of leaf springs, a set of 4 u-bolts and a polyurethane bush kit for the rear springs.



*In some cases, a Driveline vibration may occur after lift.
A Gearbox Crossmember Spacer Kit may be required.*

JEEP

GRAND CHEROKEE WJ
1998 to 2005



FRONT SUSPENSION

	Part Number	Unit	Req
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SHOCK ABSORBER

Ironman Nitro Gas	12774GR	Ea	2
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SPRING

Performance Coil Spring	JEEP012B	Set	1
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REAR SUSPENSION

	Part Number	Unit	Req
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SHOCK ABSORBER

Ironman Nitro Gas	12775GR	Ea	2
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SPRING

Performance Coil Spring	JEEP013B	Set	1
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COMPLETE SUSPENSION KIT

PERFORMANCE	On / Off road performance	SUSKIT84B	Ea	1
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The complete IRONMAN suspension kit consists of 4 **Nitro Gas** shock absorbers and 4 coil springs.



JEEP

GRAND CHEROKEE ZJ

1993 to 1998



FRONT SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12665GR	Ea	2
SPRING			
Performance Coil Spring - PETROL	JEEP003B	Set	1
Performance Coil Spring - DIESEL	JEEP016B	Set	1

REAR SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12670GR	Ea	2
SPRING			
Performance Coil Spring	JEEP006B	Set	1

COMPLETE SUSPENSION KIT

PERFORMANCE	On / Off road performance - Petrol	SUSKIT83B	Ea	1
PERFORMANCE	On / Off road performance - Diesel	SUSKIT83C	Ea	1

The complete IRONMAN suspension kit consists of 4 **Nitro Gas** shock absorbers and 4 coil springs.



JEEP

JEEP WRANGLER

2007 ONWARDS

40MM LIFT ONLY

JK



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12751GR	Ea	2
COIL SPRING		Additional Weight		
Performance Coil Spring	0-50KG	JEEP017B	Set	1
Load Coil Spring	50 - 100KG	JEEP017C	Set	1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12752GR	Ea	2
COIL SPRING		Additional Weight		
Performance 2 Door	0 - 250KG	JEEP018A	Set	1
Performance 4 Door	0 - 250KG	JEEP018B	Set	1

COMPLETE SUSPENSION KIT

PERFORMANCE - NITRO GAS	2 DOOR	SUSKIT85B	Ea	1
PERFORMANCE - NITRO GAS	4 DOOR	SUSKIT86B	Ea	1
LOAD - NITRO GAS	2 DOOR	SUSKIT85C	Ea	1
LOAD - NITRO GAS	4 DOOR	SUSKIT86C	Ea	1

The complete IRONMAN suspension kit consists of 4 **Nitro Gas** shock absorbers, 1 pair of coil springs, 1 pair of leaf springs, a set of 4 u-bolts and a polyurethane bush kit for the rear springs.



JEEP

WRANGLER TJ

1996 up to 2007

ALL COIL SPRING MODELS



FRONT SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12665GR	Ea	2
SPRING			
Performance Coil Spring	JEEP007B	Set	1
Load Coil Spring	JEEP003B	Set	1

REAR SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12669GR	Ea	2
SPRING			
Performance Coil Spring	JEEP008B	Set	1

COMPLETE SUSPENSION KIT

PERFORMANCE	On / Off road performance	SUSKIT80B	Ea	1
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The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers and 4 coil springs.



**In some cases, a Driveline vibration may occur after lift.
A Gearbox Crossmember Spacer Kit may be required.**

LANDROVER

DEFENDER 90

ALL MODELS
1984 ONWARDS



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12080GR	Ea	2
Ironman Large Bore Foam Cell		24080FE	Ea	2
STEERING DAMPER				
Ironman Large Bore Foam Cell		3532	Ea	1
SPRING				
	Additional Weight			
Performance Coil Spring	0 - 80KG	LAND009B	Set	1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12640GR	Ea	2
Ironman Large Bore Foam Cell		24640FE	Ea	2
SPRING				
	Additional Weight			
Performance Coil Spring	0 - 300KG	LAND011B	Set	1
Load Coil spring	300KG - GVM	LAND011C	Set	1

POLYURETHANE BUSH KIT

		Part Number	Unit	Req
Complete Vehicle Kit		ARKIT43	Kit	1

COMPLETE SUSPENSION KIT

PERFORMANCE	NITRO GAS SHOCKS	SUSKIT40B	Ea	1
LOAD	REAR LOAD ONLY - NITRO GAS	SUSKIT40C	Ea	1
PERFORMANCE	FOAM CELL SHOCKS	SUSKIT40FB	Ea	1
LOAD	REAR LOAD ONLY - FOAM CELL	SUSKIT40FC	Ea	1

The complete IRONMAN suspension kit consists of 4 shock absorbers and 4 coil springs.
contains either Nitro Gas or Foam Cell shock absorbers.

Kit



LANDROVER

DEFENDER 110 / 130

ALL MODELS
1984 ONWARDS



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12080GR	Ea	2
Ironman Large Bore Foam Cell		24080FE	Ea	2
STEERING DAMPER				
Ironman Large Bore Foam Cell		3532	Ea	1
SPRING				
	Additional Weight			
Performance Coil Spring	0 - 80KG	LAND005B	Set	1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12640GR	Ea	2
Ironman Large Bore Foam Cell		24640FE	Ea	2
SPRING				
	Additional Weight			
Performance Coil Spring	0 - 300KG	LAND006B	Set	1
Load Coil spring	300KG - GVM	LAND006C	Set	1

POLYURETHANE BUSH KIT

		Part Number	Unit	Req
Complete Vehicle Kit	110 - 1984 to 1994	ARKIT45	Kit	1
Complete Vehicle Kit	110/130 - 1994 to 1998	ARKIT43	Kit	1
Complete Vehicle Kit	110/130 - 1998 onwards	ARKIT47	Kit	1

COMPLETE SUSPENSION KIT

PERFORMANCE	NITRO GAS SHOCKS	SUSKIT42B	Ea	1
LOAD	REAR LOAD ONLY - NITRO GAS	SUSKIT42C	Ea	1
PERFORMANCE	FOAM CELL SHOCKS	SUSKIT42FB	Ea	1
LOAD	REAR LOAD ONLY - FOAM CELL	SUSKIT42FC	Ea	1

The complete IRONMAN suspension kit consists of 4 shock absorbers and 4 coil springs.
contains either Nitro Gas or Foam Cell shock absorbers.

Kit



LANDROVER

DISCOVERY SERIES I

1989 to 1998

DISCOVERY SERIES II

1998 to 2005



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas	SERIES I	12080GR	Ea	2
Ironman Nitro Gas	SERIES II	12776GR	Ea	2
Ironman Large Bore Foam Cell	SERIES I	24080FE	Ea	2
Ironman Large Bore Foam Cell	SERIES II	24776FE	Ea	2
STEERING DAMPER				
Ironman Large Bore Foam Cell	SERIES I	3511	Ea	1
Ironman Large Bore Foam Cell	SERIES II	3502	Ea	1
SPRING		Additional Weight		
Performance Coil Spring Disco I	0 - 50KG	LAND009B	Set	1
Performance Coil Spring Disco II	0 - 50KG	LAND014B	Set	1
Load Coil Spring Disco I	50 - 100KG	LAND009B	Set	1
Load Coil Spring Disco II	50 - 100KG	LAND009B	Set	1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas	SERIES I	12640GR	Ea	2
Ironman Nitro Gas	SERIES II	12777GR	Ea	2
Ironman Large Bore Foam Cell	SERIES I	24640FE	Ea	2
Ironman Large Bore Foam Cell	SERIES II	24777FE	Ea	2
SPRING		Additional Weight		
Performance Coil Spring	0 - 300KG	LAND011B	Set	1
Constant Load Coil Spring	300KG - GVM	LAND011C	Set	1

POLYURETHANE BUSH KIT

		Part Number	Unit	Req
Complete Vehicle Kit	SERIES I	ARKIT43	Kit	1

COMPLETE SUSPENSION KIT

PERFORMANCE - NITRO GAS	Series I	SUSKIT43B	Ea	1
PERFORMANCE - NITRO GAS	Series II	SUSKIT44B	Ea	1
PERFORMANCE - FOAM CELL	Series I	SUSKIT43FB	Ea	1
PERFORMANCE - FOAM CELL	Series II	SUSKIT44FB	Ea	1
LOAD - NITRO GAS	Series I	SUSKIT43C	Ea	1
LOAD - NITRO GAS	Series II	SUSKIT44C	Ea	1
LOAD - FOAM CELL	Series I	SUSKIT43FC	Ea	1
LOAD - FOAM CELL	Series II	SUSKIT44FC	Ea	1

The complete IRONMAN suspension kit consists of 4 shock absorbers and 4 coil springs. contains either Nitro Gas or Foam Cell shock absorbers.

Kit



LANDROVER

RANGEROVER CLASSIC

1976 TO 1995

2 DOOR & 4 DOOR MODELS



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas	Non Air Suspension	12080GR	Ea	2
Ironman Large Bore Foam Cell	Non Air Suspension	24080FE	Ea	2
STEERING DAMPER				
Ironman Large Bore Foam Cell		3511	Ea	1
SPRING				
	Additional Weight			
Performance / Load	50 - 110KG	LAND009B	Set	1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas	Non Air Suspension	12640GR	Ea	2
Ironman Large Bore Foam Cell	Non Air Suspension	24640FE	Ea	2
SPRING				
	Additional Weight			
Performance Coil Spring	0 - 300KG	LAND011B	Set	1
Load Coil spring	300KG - GVM	LAND011C	Set	1

POLYURETHANE BUSH KIT

		Part Number	Unit	Req
Complete Vehicle Kit	2 DOOR	ARKIT42	Kit	1
Complete Vehicle Kit	4 DOOR	ARKIT45	Kit	1

COMPLETE SUSPENSION KIT

PERFORMANCE	NITRO GAS SHOCKS	SUSKIT43B	Ea	1
LOAD	REAR LOAD ONLY - NITRO GAS	SUSKIT43C	Ea	1
PERFORMANCE	FOAM CELL SHOCKS	SUSKIT43FB	Ea	1
LOAD	REAR LOAD ONLY - FOAM CELL	SUSKIT43FC	Ea	1

The complete IRONMAN suspension kit consists of 4 shock absorbers and 4 coil springs. Kit contains either Nitro Gas or Foam Cell shock absorbers.

Kit



MAZDA

B-SERIES & DRIFTER

1986 TO 2007

ALL 4X4 AND 2X4 HI-TRAIL MODELS



FRONT SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12667GR	Ea	2
SPRING			
Performance Torsion Bar	MAZDA005	Set	1

REAR SUSPENSION

	Part Number	Unit	Req	
SHOCK ABSORBER				
Ironman Nitro Gas	12095GR	Ea	2	
SPRING				
	Additional Weight			
Performance Leaf Spring	0 - 200KG	MAZDA006B	Set	1
Load Leaf Spring	200 - 400KG	MAZDA006C	Set	1
U-BOLT KIT				
Complete kit	415UBK	Set	2	
POLYURETHANE BUSHES				
Complete Kit	756UK	Kit	1	
GREASABLE SHACKLES & PINS				
Rear Shackle		386-1	Ea	2
Rear Shackle - Extended	25mm Lift	MT12167L	Ea	2

COMPLETE SUSPENSION KIT

PERFORMANCE	On / Off road performance	SUSKIT10B	Ea	1
LOAD	Load carrying workhorse vehicle	SUSKIT10C	Ea	1

The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers, 1 pair of torsion bars, 1 pair of leaf springs, a set of 4 u-bolts and a polyurethane bush kit for the rear springs.



MAZDA

BT-50

2007 ONWARDS

ALL 4X4 AND 2X4 HI-TRAIL MODELS



FRONT SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12667GR	Ea	2
SPRING			
Performance Torsion Bar	MAZDA014*	Set	1

REAR SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12095GR	Ea	2
SPRING			
	Additional Weight		
Performance Leaf Spring	0 - 200KG	MAZDA041B	Set 1
Load Leaf Spring	200 - 400KG	MAZDA041C	Set 1
U-BOLT KIT			
Complete kit	417UBK	Set	2
POLYURETHANE BUSHES			
Complete Kit	759UK	Kit	1
GREASABLE SHACKLES & PINS			
Rear Shackle	386-1	Ea	2
Rear Shackle - Extended	25mm Lift MT12167L	Ea	2

COMPLETE SUSPENSION KIT

PERFORMANCE	On / Off road performance	SUSKIT11B	Ea	1
LOAD	Load carrying workhorse vehicle	SUSKIT11C	Ea	1

The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers, 1 pair of torsion bars, 1 pair of leaf springs, a set of 4 u-bolts and a polyurethane bush kit for the rear springs.



*MAZDA014 is 1024mm in length, used on most vehicles.
Vehicles with 2.5L WLT Engine use MAZDA005 (924mm) Torsion Bar.
Check length before ordering.

MITSUBISHI

COLT MJ & MK

1994 TO 2007

ALL 4X4 AND 2X4 HI-TRAIL MODELS



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas	MJ - 1994 TO 1998	12082GR	Ea	2
Ironman Nitro Gas	MK - 1998 ONWARDS	12087GR	Ea	2
SPRING				
Performance Torsion Bar		MITSO15B	Set	1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12698GR	Ea	2
Ironman Nitro Gas	Comfort Soft Ride Shock	12698GRC	Ea	2
SPRING				
	Additional Weight			
Performance Leaf Spring	0 - 300KG	MITSO18B	Set	1
Load Leaf Spring	300KG - GVM	MITSO18C	Set	1
U-BOLT KIT				
Complete kit		451UBK	Set	2
POLYURETHANE BUSHES				
Complete Kit		715TUK	Kit	1
GREASABLE SHACKLES & PINS				
Rear Shackle		795	Ea	2
Rear Shackle - Extended	25mm Lift	MM3360L	Ea	2

COMPLETE SUSPENSION KIT

PERFORMANCE	MJ 1995 TO 1998	SUSKIT70B	Ea	1
PERFORMANCE	B Spring - Comfort Rear Shock	SUSKIT71B-GRC	Ea	1
PERFORMANCE	On / Off Road Performance	SUSKIT71B	Ea	1
LOAD	Load carrying workhorse vehicle	SUSKIT71C	Ea	1

The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers, 1 pair of torsion bars, 1 pair of leaf springs, a set of 4 u-bolts and a polyurethane bush kit for the rear springs.



MITSUBISHI

PAJERO CK / BK
 2000 ONWARDS
 COIL SPRING FRONT & REAR
 LWB & SWB MODELS



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12713GR	Ea	2
SPRING				
	Additional Weight			
Performance Coil Spring	0 - 50KG	MITSO38B	Set	1
Constant Load or Diesel	50 - 100KG	MITSO38C	Set	1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12714GR	Ea	2
SPRING				
	Add Weight			
Performance Coil Spring	SWB 0 - 200KG	MITSO39A	Set	1
Performance Coil Spring	LWB 0 - 200KG	MITSO39B	Set	1

COMPLETE SUSPENSION KIT

LWB				
PERFORMANCE	On / Off road Performance - Petrol	SUSKIT73B	Ea	1
PERFORMANCE	Constant Load or Diesel	SUSKIT73C	Ea	1
SWB				
PERFORMANCE	On / Off road Performance - Petrol	SUSKIT73A	Ea	1
PERFORMANCE	Constant Load or Diesel	SUSKIT73D	Ea	1

The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers, 4 coil springs.



It is essential to select the correct front coil springs to maintain a minimum of 60mm downward suspension travel.

MITSUBISHI

PAJERO

1991 TO 1998

2000 BLISTER FENDER

TORSION BAR FRONT, COIL REAR



FRONT SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12087GR	Ea	2

* Exceptions to the below torsion bar lengths apply. For certainty, perform an inspection of vehicle before ordering parts. *

SPRING

Performance Torsion Bar	1991 To 1994 - Length = 1278mm	MITSO13 *	Set	1
Performance Torsion Bar	1994 To 2000 - Length = 1308mm	MITSO19 *	Set	1

REAR SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12646GR	Ea	2

SPRING

		Add Weight			
Performance Coil Spring	SWB	0 - 250KG	MITSO22B	Set	1
Performance Coil Spring	LWB	0 - 250KG	MITSO20B	Set	1

COMPLETE SUSPENSION KIT

PERFORMANCE	SWB 1991 TO 1994	SUSKIT72A	Ea	1
PERFORMANCE	LWB 1991 TO 2000	SUSKIT72B	Ea	1
PERFORMANCE	SWB 1991 TO 1994	SUSKIT74A	Ea	1
PERFORMANCE	LWB 1994 TO 2000	SUSKIT74B	Ea	1

The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers, 1 pair of torsion bars, 1 pair of coil springs.



MITSUBISHI

PAJERO SPORT
2009 ONWARDS



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12715GR	Ea	2
SPRING				
	Additional Weight			
Performance Coil Spring	0 - 80KG	MITSO40B	Set	1
Constant Load or Diesel	80 - 120KG	MITSO40C	Set	1

REAR SUSPENSION

		Part Number	Unit	Req	
SHOCK ABSORBER					
Ironman Nitro Gas		12645GR	Ea	2	
SPRING					
	Add Weight				
Comfort Coil Spring	20mm LIFT	0 - 200KG	MITSO42A	Set	1
Performance Coil Spring		0 - 250KG	MITSO42B	Set	1
Load Coil Spring		250KG - GVM	MITSO20B	Set	1

COMPLETE SUSPENSION KIT

COMFORT	MITSO40B front, MITSO42A rear	SUSKIT77A	Ea	1
PERFORMANCE	MITSO40B front, MITSO42B rear	SUSKIT77B	Ea	1
LOAD	MITSO40B front, MITSO20B rear	SUSKIT77C	Ea	1
LOAD	MITSO40C front, MITSO42B rear	SUSKIT78B	Ea	1
LOAD	MITSO40C front, MITSO20B rear	SUSKIT78C	Ea	1

The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers, 4 coil springs.



It is essential to select the correct front coil springs to maintain a minimum of 60mm downward suspension travel.

MITSUBISHI

TRITON ML
2007 ONWARDS



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12715GR	Ea	2
SPRING				
	Additional Weight			
Performance Coil Spring	0 - 80KG	MITSO40B	Set	1
Load Coil Spring	80 - 120KG	MITSO40C	Set	1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12636GR	Ea	2
Ironman Nitro Gas		12636GRC	Ea	2
SPRING				
	Additional Weight			
Performance Leaf Spring	0 - 300KG	MITSO41B	Set	1
Load Leaf Spring	300KG - GVM	MITSO41C	Set	1
U-BOLT KIT				
Complete kit		1102UBK	Set	2
POLYURETHANE BUSHES				
Complete Kit		715TUK	Kit	1
GREASABLE SHACKLES & PINS				
Rear Shackle		795	Ea	2

COMPLETE SUSPENSION KIT

COMFORT	B front, B rear, Comfort shock rear	SUSKIT75B-GRC	Ea	1
PERFORMANCE	B front, B rear	SUSKIT75B	Ea	1
LOAD	B front, C rear	SUSKIT75C	Ea	1
COMFORT	C front, B rear, Comfort shock rear	SUSKIT76B-GRC	Ea	1
PERFORMANCE	C front, B rear	SUSKIT76B	Ea	1
LOAD	C front, C rear	SUSKIT76C	Ea	1

The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers, 1 pair of coil springs, 1 pair of leaf springs, a set of 4 u-bolts and a polyurethane bush kit for the rear springs.



*It is essential to select the correct front coil springs to maintain a minimum of 60mm downward suspension travel.
All unladen manual vehicles with two piece tailshaft must use MITSO41B Rear Leaf Spring.*

NISSAN

D21 - HARDBODY

1988 to 1998

4X4 MODELS ONLY



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas	D21 1988 to 1998	12087GR	Ea	2
STEERING DAMPER				
Ironman Large Bore Foam Cell		3535	Ea	1
SPRING				
Standard Torsion Bar	D21 1988 to 1998	** NISS013 **	Set	1

**

PLEASE NOTE: D21 V6 and DIESEL VEHICLES HAVE THICKEST POSSIBLE TORSION BAR AS STANDARD. THE ABOVE PART NUMBERS WILL ONLY BE PERFORMANCE FOR 2.4 MODELS

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12636GR	Ea	2
Ironman Nitro Gas	Comfort Soft Ride	12636GRC	Ea	2
SPRING				
	Additional Weight			
Performance Leaf Spring	0 - 250KG	NISS014B	Set	1
Load Leaf Spring	250KG - GVM	NISS014C	Set	1
U-BOLT KIT				
Complete kit		788UBK	Set	2
POLYURETHANE BUSHES				
Complete Kit		704UK	Kit	1
GREASABLE SHACKLES & PINS				
Spring Eye Pin	D21 1988 to 1998	798	Ea	2
Rear Shackle		797	Ea	2
Rear Shackle - Extended	25mm Lift	MN7100L	Ea	2

COMPLETE SUSPENSION KIT

COMFORT	B Spring - Comfort rear shock	SUSKIT30B-GRC	Ea	1
PERFORMANCE	On / Off road performance	SUSKIT30B	Ea	1
LOAD	Load carrying workhorse vehicle	SUSKIT30C	Ea	1

TORSION BARS NOT INCLUDED IN KIT

The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers, 1 pair of leaf springs, a set of 4 u-bolts and a polyurethane bush kit for the rear springs.



TORSION BARS ONLY AVAILABLE AS STANDARD REPLACEMENT

NISSAN

D22 - HARDBODY

1998 on
ALL 4X4 MODELS ONLY



FRONT SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12791GR	Ea	2

Upper Control Arm may contact with Front Shock Absorber.
It may be necessary to grind away a small amount of material from the Control Arm to create more clearance.

STEERING DAMPER			
Ironman Large Bore Foam Cell	3535	Ea	1

SPRING			
Standard Torsion Bar	NISS025	Set	2

REAR SUSPENSION

	Part Number	Unit	Req	
SHOCK ABSORBER				
Ironman Nitro Gas	12636GR	Ea	2	
Ironman Nitro Gas	Comfort Soft Ride	12636GRC	Ea	2

	Additional Weight			
SPRING				
Performance Leaf Spring	0 - 250KG	NISS014B	Set	1
Load Leaf Spring	250KG - GVM	NISS014C	Set	1

U-BOLT KIT			
Complete kit	788UBK	Set	2

POLYURETHANE BUSHES			
Complete Kit	704UK	Kit	1

GREASABLE SHACKLES & PINS				
Spring Eye Pin	798	Ea	2	
Rear Shackle	797	Ea	2	
Rear Shackle - Extended	25mm Lift	MN7100L	Ea	2

COMPLETE SUSPENSION KIT

COMFORT	B Spring - Comfort rear shock	SUSKIT31B-GRC	Ea	1
PERFORMANCE	On / Off road performance	SUSKIT31B	Ea	1
LOAD	Load carrying workhorse vehicle	SUSKIT31C	Ea	1

The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers, 1 pair of torsion bars, 1 pair of leaf springs, a set of 4 u-bolts and a polyurethane bush kit for the rear springs.



Upper Control Arm may contact with Front Shock Absorber.
It may be necessary to grind away a small amount of material from the Control Arm to create more clearance.

NISSAN

D40 - NAVARA

2005 on
4X4 ONLY



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12716GR	Ea	2
SPRING		Additional Weight		
Performance Coil Spring	0 - 50KG	NISS040B	Set	1
Constant Load Coil Spring	50 - 110KG	NISS040C	Set	1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12717GR	Ea	2
SPRING		Additional Weight		
Performance Leaf Spring	0 - 300KG	NISS041B	Set	1
Load Leaf Spring	300KG - GVM	NISS041C	Set	1
U-BOLT KIT				
Complete kit		437UBK	Set	2
POLYURETHANE BUSHES				
Complete Kit		769UK	Kit	1
GREASABLE SHACKLES & PINS				
Rear Shackle		797-1	Ea	2

COMPLETE SUSPENSION KIT

PERFORMANCE	On / Off road performance	SUSKIT34B	Ea	1
LOAD	Load carrying workhorse vehicle	SUSKIT34C	Ea	1

The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers, 1 pair of coil springs, 1 pair of leaf springs, a set of 4 u-bolts and a polyurethane bush kit for the rear springs.



**Unnecessary fitment of Trim Packers may lift vehicle too high.
It is also essential to select the correct front coil springs to
maintain a minimum of 60mm downward suspension travel.**

NISSAN

PATHFINDER
2006 ONWARDS

R51



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12716GR	Ea	2
SPRING				
	Additional Weight			
Performance Coil Spring	0 - 50KG	NISS040B	Set	1
Load Coil Spring	50 - 110KG	NISS040C	Set	1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12718GR	Ea	2
SPRING				
	Additional Weight			
Performance Coil Spring	0 - 250KG	NISS042B	Set	1
Load Coil Spring	250KG - GVM	NISS042C	Set	1

COMPLETE SUSPENSION KIT

PERFORMANCE	On / Off Road Performance	SUSKIT36B	Ea	1
LOAD	Load Carrying kit	SUSKIT36C	Ea	1

The complete IRONMAN suspension kit consists of 4 **Nitro Gas** shock absorbers and 4 coil springs.



NISSAN

PATROL S/WAGON
GQ Y60 LWB MODELS
 1988-1998



FRONT SUSPENSION

		Part Number	Unit	Req	
SHOCK ABSORBER					
Ironman Nitro Gas		12091GR	Ea	2	
Ironman Large Bore Foam Cell		24091FE	Ea	2	
STEERING DAMPER					
Ironman Large Bore Foam Cell		PINS	3536 *	Ea	1
Ironman Large Bore Foam Cell		EYES	3501 *	Ea	1
** PLEASE CONFIRM MOUNTING POINTS ON VEHICLE BEFORE ORDERING **					

SPRING	Additional Weight			
Performance Coil Spring	0 - 50KG	NISS009B	Set	1
Load Coil Spring	50 - 110KG	NISS009C	Set	1

CASTER CORRECTION KIT		LIFT			
Adjustable Bush Kit	1144	75-125mm	Kit		1
Fixed Offset Bush Kit	1144SK	25-75mm	Kit		1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12094GR	Ea	2
Ironman Large Bore Foam Cell		24094FE	Ea	2
SPRING				
Performance Coil Spring	Additional Weight			
	0 - 200KG	NISS010B	Set	1
Load Coil Spring	200 - 400KG	NISS010C	Set	1
Constant Extra Load	400 - 500KG	NISS020C	Set	1

COMPLETE SUSPENSION KIT

PERFORMANCE - NITRO GAS	Y60	SUSKIT32B	Ea	1
LOAD - NITRO GAS	Y60	SUSKIT32C	Ea	1
PERFORMANCE - FOAM CELL	Y60	SUSKIT32FB	Ea	1
LOAD - FOAM CELL	Y60	SUSKIT32FC	Ea	1
EXTRA LOAD - FOAM CELL	Y60	SUSKIT32FD	Ea	1

The complete IRONMAN suspension kit consists of 4 shock absorbers and 4 coil springs.
 Kit contains either **Nitro Gas** or **Foam Cell** shock absorbers.



NISSAN

PATROL S/WAGON
GU Y61 LWB MODELS
 1997 ONWARDS



FRONT SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12091GR	Ea	2
Ironman Large Bore Foam Cell	24091FE	Ea	2

STEERING DAMPER				
Ironman Large Bore Foam Cell	PINS	3536 *	Ea	1
Ironman Large Bore Foam Cell	EYES	3501 *	Ea	1
** PLEASE CONFIRM MOUNTING POINTS ON VEHICLE BEFORE ORDERING **				

SPRING	Additional Weight			
Performance Coil Spring	0 - 50KG	NISS024B	Set	1
Load Coil Spring	50 - 110KG	NISS009C	Set	1

CASTER CORRECTION KIT		LIFT			
Adjustable Bush Kit	1144	75-125mm	Kit	1	
Fixed Offset Bush Kit	1144SK	25-75mm	Kit	1	

REAR SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12094GR	Ea	2
Ironman Large Bore Foam Cell	24094FE	Ea	2

SPRING	Additional Weight			
Performance Coil Spring	0 - 200KG	NISS010C	Set	1
Load Coil Spring	200 - 400KG	NISS020C	Set	1

COMPLETE SUSPENSION KIT

PERFORMANCE - NITRO GAS	Y61	SUSKIT33B	Ea	1
LOAD - NITRO GAS	Y61	SUSKIT33C	Ea	1
PERFORMANCE - FOAM CELL	Y61	SUSKIT33FB	Ea	1
LOAD - FOAM CELL	Y61	SUSKIT33FC	Ea	1

The complete IRONMAN suspension kit consists of 4 shock absorbers and 4 coil springs.
 Kit contains either **Nitro Gas** or **Foam Cell** shock absorbers.



SSANGYONG

MUSSO
1996 on



FRONT SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12667GR	Ea	2
SPRING			
Performance Torsion Bar	SSANG001	Set	1

REAR SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12661GR*	Ea	2
*Please order part # 895 when ordering 12661GR for this vehicle.			
SPRING			
Performance Coil Spring	SSANG002B	Set	1

COMPLETE SUSPENSION KIT

PERFORMANCE	On / Off road performance	SUSKIT91B	Ea	1
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The complete IRONMAN suspension kit consists of 4 **Nitro Gas** shock absorbers, 1 pair of torsion bars and 1 pair of coils.



SUZUKI

JIMNY

1998 On



FRONT SUSPENSION

		Part Number	Unit	Req	
SHOCK ABSORBER					
Ironman Nitro Gas		12759GR	Ea	2	
SPRING					
Performance Coil Spring		SUZ009B	Set	1	
CASTER CORRECTION KIT			LIFT		
Adjustable Bush Kit		1146RK	2 Deg	Kit	1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12760GR	Ea	2
SPRING				
Performance Coil Spring		SUZ010B	Set	1

COMPLETE SUSPENSION KIT

PERFORMANCE	On / Off road performance	SUSKIT97B	Ea	1
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The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers and 4 coil springs.



TOYOTA

HILUX IFS

1998 TO 2005

INDEPENDENT FRONT SUSPENSION



FRONT SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12088GR	Ea	2
Ironman Large Bore Foam Cell	24088FE	Ea	2
STEERING DAMPER			
Ironman Large Bore Foam Cell	3533	Ea	1
SPRING			
Performance Torsion Bar	TOY026	Set	1

REAR SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12081GR	Ea	2
Ironman Large Bore Foam Cell	24081FE	Ea	2
SPRING			
	Additional Weight		
Performance Leaf Spring	0 - 200KG	TOY027B	Set 1
Load Leaf Spring	200KG - GVM	TOY027C	Set 1
U-BOLT KIT			
Complete Kit	437UBK	Set	2
POLYURETHANE BUSHES			
Complete Kit	758UK	Kit	1
GREASABLE SHACKLES & PINS			
Rear Shackle	386-1	Ea	2
Rear Shackle - Extended	25mm Lift MT12167L	Ea	2

COMPLETE SUSPENSION KIT

PERFORMANCE	On / Off road performance	SUSKIT51B	Ea	1
LOAD	Load carrying workhorse vehicle	SUSKIT51C	Ea	1
PERFORMANCE	On / Off road performance - Foam	SUSKIT51FB	Ea	1
LOAD	Load carrying workhorse vehicle - Foam	SUSKIT51FC	Ea	1

The complete IRONMAN suspension kit consists of 4 shock absorbers, 1 pair of torsion bars, 1 pair of leaf springs, a set of 4 u-bolts and a polyurethane bush kit for the rear springs.
Kit contains either **Nitro Gas** or **Foam Cell** shock absorbers.



TOYOTA

HILUX SFA
1983 to 1998
SOLID FRONT AXLE



FRONT SUSPENSION

			Part Number	Unit	Req
SHOCK ABSORBER					
Ironman Nitro Gas			12639GR	Ea	2
Ironman Nitro Gas			12639GRC	Ea	2
Ironman Large Bore Foam Cell			24639FE	Ea	2
STEERING DAMPER					
Ironman Large Bore Foam Cell			3521	Ea	1
SPRING					
		Additional Weight			
Performance Leaf Spring	Petrol Only	0 - 50KG	TOY010B	Set	1
Diesel or Accessories	Diesel or Acc	0 - 100KG	TOY010C	Set	1
U-BOLT KIT					
Passenger side			437UBK	Set	1
Driver side			678UBK	Set	1
POLYURETHANE BUSHES					
Complete Axle Kit			732UK	Kit	1
GREASABLE SHACKLES & PINS					
Greaseable Spring Eye Pin			385	Ea	2
Front Shackle			384	Ea	2
Front Shackle - Extended			25mm Lift MT12047L	Ea	2

REAR SUSPENSION

			Part Number	Unit	Req
SHOCK ABSORBER					
Ironman Nitro Gas			12650GR	Ea	2
Ironman Nitro Gas			12650GRC	Ea	2
Ironman Large Bore Foam Cell			24650FE	Ea	2
SPRING					
		Additional Weight			
Performance Leaf Spring		0 - 300KG	TOY011B	Set	1
Load Leaf Spring		300KG - GVM	TOY011C	Set	1
U-BOLT KIT					
Complete Kit			437UBK	Set	2
POLYURETHANE BUSHES					
Complete Axle Kit			1979 to 1992 733UK	Kit	1
Complete Axle Kit			1992 to 1998 758TUK	Kit	1
GREASABLE SHACKLES & PINS					
Greaseable Spring Eye Pin			385	Ea	2
Rear Shackle			1979 to 1992 386-2	Ea	2
Rear Shackle			1992 to 1998 386-1	Ea	2
Rear Shackle - Extended			1979 to 1992 25mm Lift MT12049L	Ea	2
			1992 to 1998 MT12167L	Ea	2

COMPLETE SUSPENSION KIT

COMFORT - NITRO GAS	Up to 92	SUSKIT50B-GRC	Ea	1
PERFORMANCE - NITRO GAS	Up to 92	SUSKIT50B	Ea	1
LOAD - NITRO GAS	Up to 92	SUSKIT50C	Ea	1
COMFORT - NITRO GAS	92 to 98	SUSKIT63B-GRC	Ea	1
PERFORMANCE - NITRO GAS	92 to 98	SUSKIT63B	Ea	1
LOAD - NITRO GAS	92 to 98	SUSKIT63C	Ea	1
PERFORMANCE - FOAM CELL	Up to 92	SUSKIT50FB	Ea	1
LOAD - FOAM CELL	Up to 92	SUSKIT50FC	Ea	1
PERFORMANCE - FOAM CELL	92 to 98	SUSKIT63FB	Ea	1
LOAD - FOAM CELL	92 to 98	SUSKIT63FC	Ea	1

The complete IRONMAN suspension kit consists of 4 shock absorbers, 2 pairs of leaf springs, 2 sets 4 u-bolts and 2 polyurethane bush kits for the front and rear springs.
Kit contains either Nitro Gas or Foam Cell shock absorbers.



TOYOTA

HILUX VIGO

2005 ONWARDS

ALL 4X4 AND 4X2 HI-TRAIL MODELS



FRONT SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12710GR	Ea	2
SPRING			
	Additional Weight		
Performance Coil Spring	0-50KG	TOY055B	Set 1
Load Coil Spring	50 - 100KG	TOY055C	Set 1

REAR SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12081GR	Ea	2
Ironman Nitro Gas	Comfort Soft Ride Shock	12081GRC	Ea 2
SPRING			
	Additional Weight		
Performance Leaf Spring	0 - 200KG	TOY057B	Set 1
Load Leaf Spring	200KG - GVM	TOY057C	Set 1
U-BOLT KIT			
Complete Kit	437UBK	Set	2
POLYURETHANE BUSHES			
Complete Kit	767UK	Kit	1
GREASABLE SHACKLES & PINS			
Rear Shackle	386-3	Ea	2

COMPLETE SUSPENSION KIT

PERFORMANCE	TOY055B - TOY057B GRC RR Shock	SUSKIT52B-GRC	Ea	1
PERFORMANCE	TOY055B - TOY057B GR RR Shock	SUSKIT52B	Ea	1
LOAD	TOY055C - TOY057B GR RR Shock	SUSKIT66B	Ea	1
LOAD	TOY055C - TOY057C GR RR Shock	SUSKIT66C	Ea	1

The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers, 1 pair of coil springs, 1 pair of leaf springs, a set of 4 u-bolts and a polyurethane bush kit for the rear springs.



Unnecessary fitment of Trim Packers may lift vehicle too high. It is also essential to select the correct front coil springs to maintain a minimum of 60mm downward suspension travel.

TOYOTA

LANDCRUISER
45 SERIES LDV
 1972 to 1981



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Large Bore Foam Cell		24635FE	Ea	2
STEERING DAMPER				
Ironman Large Bore Foam Cell		3523	Ea	1
SPRING				
	Additional Weight			
Performance Leaf Spring	0 - 100KG	TOY001B	Set	1
Load Leaf Spring	100 - 300KG	TOY001C	Set	1
U-BOLT KIT				
Complete Kit		415UBK	Set	2
POLYURETHANE BUSHES				
Complete Axle Kit		713UK	Kit	1
GREASABLE SHACKLES & PINS				
Greaseable Spring Eye Pin		346	Ea	2
Front Shackle - LH		343LH	Ea	2
Front Shackle - RH		343RH	Ea	2

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Large Bore Foam Cell		24636FE	Ea	2
SPRING				
	Additional Weight			
Load Leaf Spring	0 - 400KG	TOY003C	Set	1
U-BOLT KIT				
Complete Kit		415UBK	Set	2
POLYURETHANE BUSHES				
Complete Axle Kit		714UK	Kit	1
GREASABLE SHACKLES & PINS				
Greaseable Spring Eye Pin		347	Ea	2
Rear Shackle - LH		345	Ea	2
Rear Shackle - RH		344	Ea	2

COMPLETE SUSPENSION KIT

PERFORMANCE	On / Off road performance	SUSKIT53FB	Ea	1
LOAD	Load carrying	SUSKIT53FC	Ea	1

The complete IRONMAN suspension kit consists of 4 **Foam Cell Elite** shock absorbers, 2 pairs of leaf springs, 2 sets of u-bolts and 2 polyurethane bush kits for the front and rear springs.



TOYOTA

LANDCRUISER
47 SERIES LDV
 1981 to 1985



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Large Bore Foam Cell		24635FE	Ea	2
STEERING DAMPER				
Ironman Large Bore Foam Cell		3523	Ea	1
SPRING		Additional Weight		
Performance Leaf Spring	0 - 80KG	TOY004B	Set	1
Load Leaf Spring	80 - 120KG	TOY004C	Set	1
U-BOLT KIT				
Complete kit		415UBK	Set	2
POLYURETHANE BUSHES				
Complete Axle Kit		719UK	Kit	1
GREASABLE SHACKLES & PINS				
Greasable Spring Eye Pin		351	Ea	2
Front Shackle - LH		348LH	Ea	2
Front Shackle - RH		348RH	Ea	2

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Large Bore Foam Cell		24636FE	Ea	2
SPRING		Additional Weight		
Load Leaf Spring	0 - 400KG	TOY005C	Set	1
U-BOLT KIT				
Complete Kit		415UBK	Set	2
POLYURETHANE BUSHES				
Complete Axle Kit		719UK	Kit	1
GREASABLE SHACKLES & PINS				
Greasable Spring Eye Pin		351	Ea	2
Rear Shackle - LH		353LH	Ea	2
Rear Shackle - RH		353RH	Ea	2

COMPLETE SUSPENSION KIT

PERFORMANCE	On / Off road performance	SUSKIT54FB	Ea	1
LOAD	Load carrying	SUSKIT54FC	Ea	1

The complete IRONMAN suspension kit consists of 4 **Foam Cell Elite** shock absorbers, 2 pairs of leaf springs, 2 sets of u-bolts and 2 polyurethane bush kits for the front and rear springs.



TOYOTA

LANDCRUISER
60 SERIES WAGON
 1986 ON



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12637GR	Ea	2
Ironman Large Bore Foam Cell		24637FE	Ea	2
STEERING DAMPER				
Ironman Large Bore Foam Cell		3524	Ea	1
SPRING		Additional Weight		
Performance Leaf Spring	0 - 50KG	TOY006B	Set	1
U-BOLT KIT				
Complete Kit		436UBK	Set	2
POLYURETHANE BUSHES				
Complete Axle Kit		719UK	Kit	1
GREASABLE SHACKLES & PINS				
Greasable Spring Eye Pin		351	Ea	2
Front Shackle - LH		348LH	Ea	1
Front Shackle - RH		348RH	Ea	1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12650GR	Ea	2
Ironman Large Bore Foam Cell		24650FE	Ea	2
SPRING		Additional Weight		
Performance Leaf Spring	0 - 200KG	TOY007B	Set	1
Performance Leaf Spring	200KG - GVM	TOY007C	Set	1
U-BOLT KIT				
Complete Kit		415UBK	Set	2
Complete Axle Kit		719UK	Kit	1
GREASABLE SHACKLES & PINS				
Greasable Spring Eye Pin		351	Ea	2
Rear Shackle - LH		353LH	Ea	1
Rear Shackle - RH		353RH	Ea	1

COMPLETE SUSPENSION KIT

PERFORMANCE - NITRO GAS SHOCK ABSORBERS	SUSKIT57B	Ea	1
PERFORMANCE - FOAM CELL SHOCK ABSORBERS	SUSKIT57FB	Ea	1
LOAD - NITRO GAS SHOCK ABSORBERS	SUSKIT57C	Ea	1
LOAD - FOAM CELL SHOCK ABSORBERS	SUSKIT57FC	Ea	1

The complete IRONMAN suspension kit consists of 4 shock absorbers, 2 pairs of leaf springs, 2 sets 4 u-bolts and 2 polyurethane bush kits for the front and rear springs. Kit contains either **Nitro Gas** or **Foam Cell** shock absorbers.



TOYOTA

LANDCRUISER
60 SERIES WAGON
PRE 1986



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12637GR	Ea	2
Ironman Large Bore Foam Cell		24637FE	Ea	2
STEERING DAMPER				
Ironman Large Bore Foam Cell		3524	Ea	1
SPRING		Additional Weight		
Performance Leaf Spring		0 - 50KG	TOY006B	Set 1
U-BOLT KIT				
Complete Kit		436UBK	Set	2
POLYURETHANE BUSHES				
Complete Axle Kit		719UK	Kit	1
GREASABLE SHACKLES & PINS				
Greasable Spring Eye Pin		351	Ea	2
Front Shackle - LH		348LH	Ea	1
Front Shackle - RH		348RH	Ea	1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12636GR	Ea	2
Ironman Large Bore Foam Cell		24636FE	Ea	2
SPRING		Additional Weight		
Performance Leaf Spring		0 - 200KG	TOY007B	Set 1
Performance Leaf Spring		200KG - GVM	TOY007C	Set 1
U-BOLT KIT				
Complete Kit		415UBK	Set	2
Complete Axle Kit		719UK	Kit	1
GREASABLE SHACKLES & PINS				
Greasable Spring Eye Pin		351	Ea	2
Rear Shackle - LH		353LH	Ea	1
Rear Shackle - RH		353RH	Ea	1

COMPLETE SUSPENSION KIT

PERFORMANCE - NITRO GAS SHOCK ABSORBERS	SUSKIT57B	Ea	1
PERFORMANCE - FOAM CELL SHOCK ABSORBERS	SUSKIT57FB	Ea	1
LOAD - NITRO GAS SHOCK ABSORBERS	SUSKIT57C	Ea	1
LOAD - FOAM CELL SHOCK ABSORBERS	SUSKIT57FC	Ea	1

The complete IRONMAN suspension kit consists of 4 shock absorbers, 2 pairs of leaf springs, 2 sets 4 u-bolts and 2 polyurethane bush kits for the front and rear springs. Kit contains either **Nitro Gas** or **Foam Cell** shock absorbers.



TOYOTA

LANDCRUISER
70 SERIES LDV
 2007 ONWARDS



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12091GR	Ea	2
Ironman Large Bore Foam Cell		24091FE	Ea	2
STEERING DAMPER				
Ironman Large Bore Foam Cell		3525	Ea	1
SPRING		Additional Weight		
Performance Coil Spring	0 - 50KG	TOY046B	Set	1
Load Coil Spring	50 - 110KG	TOY046C	Set	1
CASTER CORRECTION KIT			LIFT	
Adjustable Bush Kit	2.5 Degree, 3.5 Degree	1144	75-125mm	Kit 1
Fixed Offset Bush Kit	2 Degree	1144SK	25-75mm	Kit 1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12094GR	Ea	2
Ironman Large Bore Foam Cell		24094FE	Ea	2
SPRING		Additional Weight		
Performance Leaf Spring	0 - 250KG	TOY047B	Set	1
Load Spring	250 - 400KG	TOY047C	Set	1
U-BOLT KIT				
Complete Kit		416UBK	Set	2
POLYURETHANE BUSHES				
Complete Axle Kit - OE Shackles only		1085UK	Kit	1
Complete Axle Kit - IRONMAN Shackles only		1084UK	Kit	1
GREASABLE SHACKLES				
Rear Shackle		1141	Ea	2

COMPLETE SUSPENSION KIT

PERFORMANCE - NITRO GAS SHOCK ABSORBERS	SUSKIT56B	Ea	1
LOAD - NITRO GAS SHOCK ABSORBERS	SUSKIT56C	Ea	1
PERFORMANCE - FOAM CELL SHOCK ABSORBERS	SUSKIT56FB	Ea	1
LOAD - FOAM CELL SHOCK ABSORBERS	SUSKIT56FC	Ea	1
LOAD - FOAM CELL WITH IRONMAN SHACKLES	SUSKIT67FC	Ea	1

The complete IRONMAN suspension kit consists of 4 shock absorbers, 1 pair of coil springs, 1 pair of leaf springs, a set of 4 u-bolts and a polyurethane bush kit for the rear springs.
 Kit contains either **Nitro Gas** or **Foam Cell** shock absorbers.



TOYOTA

**LANDCRUISER
120 SERIES PRADO
2003 TO 2010**



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12710GR	Ea	2
SPRING				
	Additional Weight			
Petrol - No Accessories	0 - 50KG	TOY055B	Set	1
Diesel or Accessories	50 - 100KG	TOY055C	Set	1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12682GR	Ea	2
SPRING				
	Additional Weight			
Performance Coil Spring	0 - 300KG	TOY056B	Set	1
Load Coil Spring	300KG - GVM	TOY056C	Set	1

COMPLETE SUSPENSION KIT

PERFORMANCE - NITRO GAS	PETROL	SUSKIT62B	Ea	1
PERFORMANCE - NITRO GAS	DIESEL OR ACCESSORIES	SUSKIT64B	Ea	1
LOAD - NITRO GAS	PETROL	SUSKIT62C	Ea	1
LOAD - NITRO GAS	DIESEL OR ACCESSORIES	SUSKIT64C	Ea	1

The complete IRONMAN suspension kit consists of 4 shock absorbers, 4 coils.
Kit contains **Nitro Gas shock absorbers**.



**Unnecessary fitment of Trim Packers may lift vehicle too high.
It is also essential to select the correct front coil springs to
maintain a minimum of 60mm downward suspension travel.**

TOYOTA

LANDCRUISER

150 SERIES PRADO TX MODEL ONLY

2010 ONWARDS

FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12750GR	Ea	2
SPRING				
	Additional Weight			
Petrol - No Accessories	0 - 50KG	TOY065B	Set	1
Diesel or Accessories	50 - 100KG	TOY065C	Set	1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12682GR	Ea	2
SPRING				
	Additional Weight			
Performance Coil Spring	0 - 300KG	TOY056B	Set	1
Load Coil Spring	300KG - GVM	TOY056C	Set	1

COMPLETE SUSPENSION KIT

PERFORMANCE - NITRO GAS	PETROL	SUSKIT93B	Ea	1
PERFORMANCE - NITRO GAS	DIESEL OR ACCESSORIES	SUSKIT94B	Ea	1
LOAD - NITRO GAS	PETROL	SUSKIT93C	Ea	1
LOAD - NITRO GAS	DIESEL OR ACCESSORIES	SUSKIT94C	Ea	1

The complete IRONMAN suspension kit consists of 4 shock absorbers, 4 coils.
Kit contains **Nitro Gas shock absorbers**.



TOYOTA

**LANDCRUISER
95 SERIES PRADO**
1998 TO 2003

LWB ONLY



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12691GR	Ea	2
SPRING		Additional Weight		
Petrol - No Accessories	0 - 50KG	TOY038B	Set	1
Diesel or Accessories	50 - 100KG	TOY038C	Set	1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12661GR	Ea	2
SPRING		Additional Weight		
Performance Coil Spring	0 - 300KG	TOY039B	Set	1

COMPLETE SUSPENSION KIT

PERFORMANCE - NITRO GAS	PETROL	SUSKIT61A	Ea	1
PERFORMANCE - NITRO GAS	DIESEL OR ACCESSORIES	SUSKIT61B	Ea	1

The complete IRONMAN suspension kit consists of 4 shock absorbers, 4 coils.
Kit contains **Nitro Gas shock absorbers**.



**Unnecessary fitment of Trim Packers may lift vehicle too high.
It is also essential to select the correct front coil springs to
maintain a minimum of 60mm downward suspension travel.**

TOYOTA

LANDCRUISER
75 SERIES LDV
 1985 to 1998



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12637GR	Ea	2
Ironman Large Bore Foam Cell		24637FE	Ea	2
STEERING DAMPER				
Ironman Large Bore Foam Cell		3524	Ea	1
SPRING		Additional Weight		
Performance Leaf Spring	0 - 50KG	TOY008B	Set	1
Load Leaf Spring	50 - 110KG	TOY008C	Set	1
U-BOLT KIT				
Complete Kit		436UBK	Set	2
POLYURETHANE BUSHES				
Complete Axle Kit		719UK	Kit	1
GREASABLE SHACKLES & PINS				
Greasable Spring Eye Pin		351	Ea	2
Front Shackle - LH		348LH	Ea	1
Front Shackle - RH		348RH	Ea	1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12081GR	Ea	2
Ironman Large Bore Foam Cell		24081FE	Ea	2
SPRING		Additional Weight		
Performance Leaf Spring	0 - 200KG	TOY009B	Set	1
Load Spring	200 - 400KG	TOY009C	Set	1
Extra Load Spring	400 - 600KG	TOY009D	Set	1
Complete Kit		416UBK	Set	2
POLYURETHANE BUSHES				
Complete Axle Kit		720UK	Kit	1
GREASABLE SHACKLES & PINS				
Greasable Spring Eye Pin		354	Ea	2
Rear Shackle - LH		353LH	Ea	1
Rear Shackle - RH		353RH	Ea	1

COMPLETE SUSPENSION KIT

PERFORMANCE - NITRO GAS SHOCK ABSORBERS	SUSKIT55B	Ea	1
LOAD - NITRO GAS SHOCK ABSORBERS	SUSKIT55C	Ea	1
EXTRA LOAD - NITRO GAS SHOCK ABSORBERS	SUSKIT55D	Ea	1
PERFORMANCE - FOAM CELL SHOCK ABSORBERS	SUSKIT55FB	Ea	1
LOAD - FOAM CELL SHOCK ABSORBERS	SUSKIT55FC	Ea	1
EXTRA LOAD - FOAM CELL SHOCK ABSORBERS	SUSKIT55FD	Ea	1

The complete IRONMAN suspension kit consists of 4 shock absorbers, 2 pairs of leaf springs, 2 sets 4 u-bolts and 2 polyurethane bush kits for the front and rear springs.
 Kit contains either **Nitro Gas** or **Foam Cell** shock absorbers.



TOYOTA

**LANDCRUISER
76 SERIES WAGON
2007 ON**



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12091GR	Ea	2
Ironman Large Bore Foam Cell		24091FE	Ea	2
STEERING DAMPER				
Ironman Large Bore Foam Cell		3525	Ea	1
SPRING		Additional Weight		
Performance Coil Spring	0 - 50KG	TOY046B	Set	1
Load Coil Spring	50 - 110KG	TOY046C	Set	1
CASTER CORRECTION KIT		LIFT		
Adjustable Bush Kit	2.5 Degree, 3.5 Degree	1144	75-125mm	Kit 1
Fixed Offset Bush Kit	2 Degree	1144SK	25-75mm	Kit 1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12094GR	Ea	2
Ironman Large Bore Foam Cell		24094FE	Ea	2
SPRING		Additional Weight		
Performance Leaf Spring	0 - 300KG	TOY062B	Set	1
Load Leaf Spring	300KG - GVM	TOY062C	Set	1
U-BOLT KIT				
Complete Kit		416UBK	Set	2
POLYURETHANE BUSHES				
Complete Axle Kit - OE Shackles only		1085UK	Kit	1
Complete Axle Kit - IRONMAN Shackles only		1084UK	Kit	1

GREASABLE SHACKLES & PINS				
Rear Shackle		1141-1	Ea	2

COMPLETE SUSPENSION KIT

PERFORMANCE - NITRO GAS SHOCK ABSORBERS	SUSKIT68B	Ea	1
LOAD - NITRO GAS SHOCK ABSORBERS	SUSKIT68C	Ea	1
PERFORMANCE - FOAM CELL SHOCK ABSORBERS	SUSKIT68FB	Ea	1
LOAD - FOAM CELL SHOCK ABSORBERS	SUSKIT68FC	Ea	1

The complete IRONMAN suspension kit consists of 4 shock absorbers, 1 pair of coil springs, 1 pair of leaf springs, a set of 4 u-bolts and a polyurethane bush kit for the rear springs.
Kit contains either **Nitro Gas** or **Foam Cell** shock absorbers.



TOYOTA

LANDCRUISER
79 SERIES LDV
 1998 TO 2007



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12091GR	Ea	2
Ironman Large Bore Foam Cell		24091FE	Ea	2
STEERING DAMPER				
Ironman Large Bore Foam Cell		3524	Ea	1
SPRING		Additional Weight		
Performance Coil Spring		0 - 50KG	TOY046B	Set 1
Load Coil Spring		50 - 110KG	TOY046C	Set 1
CASTER CORRECTION KIT			LIFT	
Adjustable Bush Kit	2.5 Degree, 3.5 Degree	1144	75-125mm	Kit 1
Fixed Offset Bush Kit	2 Degree	1144SK	25-75mm	Kit 1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12094GR	Ea	2
Ironman Large Bore Foam Cell		24094FE	Ea	2
SPRING		Additional Weight		
Performance Leaf Spring		0 - 250KG	TOY047B	Set 1
Load Spring		250 - 400KG	TOY047C	Set 1
U-BOLT KIT				
Complete Kit		416UBK	Set	2
POLYURETHANE BUSHES				
Complete Axle Kit - OE Shackles only		1085UK	Kit	1
Complete Axle Kit - IRONMAN Shackles only		1084UK	Kit	1
GREASABLE SHACKLES				
Rear Shackle		1141	Ea	2

COMPLETE SUSPENSION KIT

PERFORMANCE - NITRO GAS SHOCK ABSORBERS	SUSKIT56B	Ea	1
LOAD - NITRO GAS SHOCK ABSORBERS	SUSKIT56C	Ea	1
PERFORMANCE - FOAM CELL SHOCK ABSORBERS	SUSKIT56FB	Ea	1
LOAD - FOAM CELL SHOCK ABSORBERS	SUSKIT56FC	Ea	1
LOAD - FOAM CELL WITH IRONMAN SHACKLES	SUSKIT67FC	Ea	1

The complete IRONMAN suspension kit consists of 4 shock absorbers, 1 pair of coil springs, 1 pair of leaf springs, a set of 4 u-bolts and a polyurethane bush kit for the rear springs.
 Kit contains either **Nitro Gas** or **Foam Cell** shock absorbers.



TOYOTA

LANDCRUISER
80 SERIES WAGON
 1990 TO 1998



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12683GR	Ea	2
Ironman Large Bore Foam Cell		24683FE	Ea	2
STEERING DAMPER				
Ironman Large Bore Foam Cell		3524	Ea	1
SPRING		Additional Weight		
Performance Coil Spring	0 - 50KG	TOY024B	Set	1
Load Coil Spring	50 - 110KG	TOY024C	Set	1
CASTER CORRECTION KIT				
			Est Lift	
Adjustable Bush Kit	2.5 Degree, 3.5 Degree	1144	75-125mm	Kit 1
Fixed Offset Bush Kit	2 Degree	1144SK	25-75mm	Kit 1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12682GR	Ea	2
Ironman Large Bore Foam Cell		24682FE	Ea	2
SPRING		Additional Weight		
Performance Coil Spring	0 - 200KG	TOY025B	Set	1
Load Coil Spring	200 - 400KG	TOY025C	Set	1
Extra Load Coil Spring	400KG - GVM	TOY013C	Set	1

POLYURETHANE BUSH KIT

		Part Number	Unit	Req
Complete Vehicle Kit		ARKIT58	Kit	1

COMPLETE SUSPENSION KIT

PERFORMANCE - NITRO GAS	SUSKIT58B	Ea	1
LOAD - NITRO GAS	SUSKIT58C	Ea	1
EXTRA LOAD - NITRO GAS	SUSKIT58D	Ea	1
PERFORMANCE - FOAM CELL	SUSKIT58FB	Ea	1
LOAD - FOAM CELL	SUSKIT58FC	Ea	1
EXTRA LOAD - FOAM CELL	SUSKIT58FD	Ea	1

The complete IRONMAN suspension kit consists of 4 shock absorbers, 4 coils springs.
 Kit contains either **Nitro Gas** or **Foam Cell** shock absorbers.



TOYOTA

LANDCRUISER
100 SERIES WAGON
1998 ON

IFS
VX



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12795GR	Ea	2
Ironman Large Bore Foam Cell		24795FE	Ea	2
SPRING				
Performance Torsion Bar	Petrol	TOY050B	Set	1
Performance Torsion Bar	Diesel	TOY051B	Set	1
BRACKET				
Control Arm Reinforcement Bracket	* MANDATORY *	BRACKET100	Kit	2

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12796GR	Ea	2
Ironman Large Bore Foam Cell		24796FE	Ea	2
SPRING				
	Additional Weight			
Performance Coil Spring	0 - 200KG	TOY025B	Set	1
Load Coil Spring	200 - 400KG	TOY025C	Set	1
Extra Load Coil Spring	400KG - GVM	TOY013C	Set	1

COMPLETE SUSPENSION KIT

PERFORMANCE - NITRO GAS	Petrol	SUSKIT59B	Ea	1
PERFORMANCE - NITRO GAS	Diesel	SUSKIT60B	Ea	1
LOAD - NITRO GAS	Petrol	SUSKIT59C	Ea	1
LOAD - NITRO GAS	Diesel	SUSKIT60C	Ea	1
PERFORMANCE - FOAM CELL	Petrol	SUSKIT59FB	Ea	1
PERFORMANCE - FOAM CELL	Diesel	SUSKIT60FB	Ea	1
LOAD - FOAM CELL	Petrol	SUSKIT59FC	Ea	1
LOAD - FOAM CELL	Diesel	SUSKIT60FC	Ea	1

The complete IRONMAN suspension kit consists of 4 shock absorbers, 1 pair of torsion bars and 1 pair of coils and Control Arm Re-Inforcement Brackets.
Kit contains either **Nitro Gas** or **Foam Cell** shock absorbers.



When setting Torsion Bar ride height, it is essential to maintain a minimum of 60mm downward suspension travel.

TOYOTA

LANDCRUISER
105 SERIES WAGON
 1998 ONWARDS

GX



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12683GR	Ea	2
Ironman Large Bore Foam Cell		24683FE	Ea	2
STEERING DAMPER				
Ironman Large Bore Foam Cell		3524	Ea	1
SPRING		Additional Weight		
Performance Coil Spring	0 - 50KG	TOY024B	Set	1
Load Coil Spring	50 - 110KG	TOY024C	Set	1
CASTER CORRECTION KIT			Est Lift	
Adjustable Bush Kit	2.5 Degree, 3.5 Degree	1144	75-125mm	Kit 1
Fixed Offset Bush Kit	2 Degree	1144SK	25-75mm	Kit 1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12682GR	Ea	2
Ironman Large Bore Foam Cell		24682FE	Ea	2
SPRING		Additional Weight		
Performance Coil Spring	0 - 200KG	TOY025B	Set	1
Load Coil Spring	200 - 400KG	TOY025C	Set	1
Extra Load Coil Spring	400KG - GVM	TOY013C	Set	1

POLYURETHANE BUSH KIT

		Part Number	Unit	Req
Complete Vehicle Kit		ARKIT58	Kit	1

COMPLETE SUSPENSION KIT

PERFORMANCE - NITRO GAS	SUSKIT58B	Ea	1
LOAD - NITRO GAS	SUSKIT58C	Ea	1
EXTRA LOAD - NITRO GAS	SUSKIT58D	Ea	1
PERFORMANCE - FOAM CELL	SUSKIT58FB	Ea	1
LOAD - FOAM CELL	SUSKIT58FC	Ea	1
EXTRA LOAD - FOAM CELL	SUSKIT58FD	Ea	1

The complete IRONMAN suspension kit consists of 4 shock absorbers, 4 coils springs.
 Kit contains either **Nitro Gas** or **Foam Cell** shock absorbers.



TOYOTA

LANDCRUISER
200 SERIES WAGON VX / KDSS SYSTEM
 2008 ONWARDS



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12720GR	Ea	2
SPRING				
	Additional Weight			
Load Coil Spring	50 - 110KG	TOY063C	Set	1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12796GR	Ea	2
Ironman Large Bore Foam Cell		24796FE	Ea	2
SPRING				
	Additional Weight			
Performance Coil Spring	0 - 300KG	TOY064B	Set	1
Load Coil Spring	300KG - GVM	TOY064C	Set	1

COMPLETE SUSPENSION KIT

PERFORMANCE - NITRO GAS	C Front Coil	SUSKIT69B	Ea	1
LOAD - NITRO GAS		SUSKIT69C	Ea	1
PERFORMANCE - NITRO GAS FRONT - FOAM CELL REAR		SUSKIT69FB	Ea	1
LOAD - NITRO GAS FRONT - FOAM CELL REAR		SUSKIT69FC	Ea	1

FOLLOW FITTING INSTRUCTIONS CAREFULLY !!!!

The complete IRONMAN suspension kit consists of 4 shock absorbers, 4 coil springs.
 Kit contains **Nitro Gas shock absorbers**.



**Unnecessary fitment of Trim Packers may lift vehicle too high.
 It is also essential to select the correct front coil springs to
 maintain a minimum of 60mm downward suspension travel.**

TOYOTA

FORTUNER

2005 on



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12710GR	Ea	2
SPRING				
	Additional Weight			
Performance Coil Spring	NO ACC	TOY038C	Set	1
Load Coil Spring	50 - 100KG	TOY055B	Set	1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12637GR	Ea	2
Ironman Nitro Gas Comfort		12637GRC	Ea	2
SPRING				
	Additional Weight			
Comfort Coil Spring NO LOAD !!	0 - 100KG	TOY017A	Set	1
Performance Coil Spring	0 - 300KG	TOY017B	Set	1

COMPLETE SUSPENSION KIT

COMFORT - NO ACC FR & RR	TOY038C - TOY017A GR RR	SUSKIT65A	Ea	1
COMFORT - NO ACC FR & RR	TOY038C - TOY017A GRC RR	SUSKIT65A-GRC	Ea	1
PERFORMANCE	TOY038C - TOY017B GR RR	SUSKIT65B	Ea	1
PERFORMANCE - COMFORT	TOY038C - TOY017B GRC RR	SUSKIT65B-GRC	Ea	1
LOAD - Bullbar/Winch	TOY055B - TOY017B GR RR	SUSKIT65C	Ea	1
LOAD - Bullbar/Winch	TOY055B - TOY017B GRC RR	SUSKIT65C-GRC	Ea	1

The complete IRONMAN suspension kit consists of 4 Nitro Gas shock absorbers and 4 coil springs.



**Unnecessary fitment of Trim Packers may lift vehicle too high.
It is also essential to select the correct front coil springs to
maintain a minimum of 60mm downward suspension travel.**

TOYOTA

FJ CRUISER

2011 Onwards



FRONT SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12710GR	Ea	2
SPRING			
	Additional Weight		
Petrol - No Accessories	0 - 50KG	TOY055B	Set 1
Diesel or Accessories	50 - 100KG	TOY055C	Set 1

REAR SUSPENSION

	Part Number	Unit	Req
SHOCK ABSORBER			
Ironman Nitro Gas	12682GR	Ea	2
Ironman Nitro Gas Comfort	12682GRC	Ea	2
SPRING			
	Additional Weight		
Performance Coil Spring SWB	0 - 300KG	TOY056A	Set 1
Performance Coil Spring	0 - 300KG	TOY056B	Set 1
Load Coil Spring	300KG - GVM	TOY056C	Set 1

COMPLETE SUSPENSION KIT

SWB

PERFORMANCE - GRC RR	Performance Fr - Comfort Rr	SUSKIT94A -GRC	Ea	1
LOAD FRONT - GRC RR	Load Fr - Comfort Rr	SUSKIT94B-GRC	Ea	1

LWB

PERFORMANCE - GRC RR	Performance with GRC Rear	SUSKIT95B-GRC	Ea	1
PERFORMANCE - GR RR	On / Off Road Performance	SUSKIT95B	Ea	1
LOAD - NITRO GAS	Load Carrying kit	SUSKIT95C	Ea	1

The complete IRONMAN suspension kit consists of 4 shock absorbers, 4 coils.
Kit contains **Nitro Gas shock absorbers**.



**Unnecessary fitment of Trim Packers may lift vehicle too high.
It is also essential to select the correct front coil springs to
maintain a minimum of 60mm downward suspension travel.**

VOLKSWAGEN

AMAROK
2011 ONWARDS



FRONT SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12715GR	Ea	2
SPRING				
	Additional Weight			
Performance Coil Spring	0-50KG	VOLKS001B	Set	1
Load Coil Spring	50 - 100KG	VOLKS001C	Set	1

REAR SUSPENSION

		Part Number	Unit	Req
SHOCK ABSORBER				
Ironman Nitro Gas		12726GR	Ea	2
SPRING				
	Additional Weight			
Performance Leaf Spring	0 - 200KG	VOLKS002B	Set	1
Load Leaf Spring	200KG - GVM	VOLKS002C	Set	1
U-BOLT KIT				
Complete Kit		415UBK	Set	2
POLYURETHANE BUSHES				
Complete Kit		1190UK	Kit	1

COMPLETE SUSPENSION KIT

PERFORMANCE	VOLKS001B - VOLKS002B	SUSKIT100B	Ea	1
LOAD	VOLKS001B - VOLKS002C	SUSKIT100C	Ea	1
PERFORMANCE	VOLKS001C - VOLKS002B	SUSKIT101B	Ea	1
LOAD	VOLKS001C - VOLKS002C	SUSKIT101C	Ea	1

The complete IRONMAN suspension kit consists of 4 **Nitro Gas** shock absorbers, 1 pair of coil springs, 1 pair of leaf springs, a set of 4 u-bolts and a polyurethane bush kit for the rear springs.

