



316-2 67 to 69 F-Body Camaro / Firebird – 68 to 74 Nova Front Upper Coil-Over Mounts / Bearing Style

Purpose / Shock Fitment:

- Front Upper Frame Mounts for Bearing Style Coil Overs
- Bolts onto backside of upper cross-shaft frame mount to locate (welding after this is required)
- Weld around where the TRZ mount meets the frame & the part that crosses the spring pocket opening, to the frame itself.
- Converts upper shock stud mount to a bearing style upper shock mount (1" wide x 1/2" ID)
- Does away with the sloppy stud / rubber bushing type upper coil over mount
- Does away with the flattening of the rubber bushings that tends to happen over time on coil-over setups
- More precise suspension movement is the direct result (no more rubber bushing slop to account for)
- Uses any 1" wide x 1/2" ID upper shock mount. We recommend **4" stroke shocks** for most applications (Note: AFco / Menscer shocks require their "Z" Rod upper shock mount for vehicles wanting a low front ride height)
- Afco 316-FADCOBB or Viking 316-FVDCOBB
- Can also use Qa1 Pt. # DD401 Coil Overs & Strange Pt # 5004 Coil Overs
- Includes (2) Grade 8 shock bolts / nylocks, LH upper mount, RH upper mount



Installation:

- You will need open the spring pocket enough that the spring & upper spring retainer do NOT hit the spring pocket thru travel: at ride height / thru extension / under compression
- The area between the locating bolts on the factory upper mount usually requires trimming for the TRZ mount to sit flush

