

SEAT LOWERING KIT

MGF & MG TF

Part Number: RP1499



TOOLS REQUIRED

TORX NO. 50 SPANNER

PAIR OF PLIERS

FLAT ENDED SCREWDRIVER

HAMMER

Please read the following instructions carefully before proceeding to fit the lowering springs to your seats as there are certain safety aspects you need to be aware of. As the seat belt tensioner on the side of seat is electrically charged, we would suggest disconnecting the battery. You will need to have your radio security number to and after fitting.

REMOVAL OF SEATS FROM THE CAR

We suggest you remove the headrests initially. Pull the headrest up and twist the two plastic caps where the headrest stalks enter the seat. The headrest will lift out. The seats are held to the floor by four TORX bolts. Slide the seat fully back, this will allow you see the front bolts. Also undo the TORX bolt holding the seat belt anchorage. When removed, slide the seat fully forward to give sight of the two rear bolts. Carefully lift the seat out a rest it very carefully on the door sill so that you can unsnap the wire connecter under the seat diaphragm. It is now possible to lay the seat on its side on the floor beside the car.

QUALITY PARTS AND ACCESSORIES



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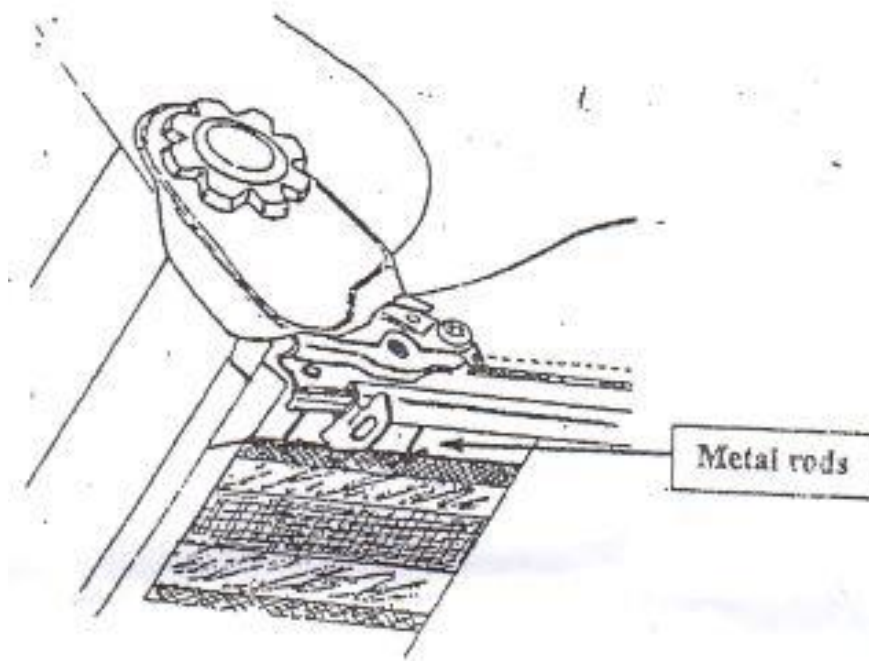
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FITTING NEW SPRINGS

Turn the seat upside down and you will see there is a rubber diaphragm held to the seat frame by four metal rods. These need to be removed and replaced by the springs we have supplied. We would suggest you place the screwdriver on the end nearest the seat frame and tap the end with the hammer, which will knock the end of one rod from the frame. Using either the pliers or the screwdriver, insert one end of the spring in the frame then insert the other end into the diaphragm. When all four are fitted the diaphragm will be slightly less rigid than before, but when you sit on the seat the springs will obviously expand to give you that little extra lowering of the seat.

REFITTING SEATS TO CAR

Reconnect the seat belt to the outside of the seat frame. Moving the seat onto the sill as before, reconnect the electrical wire/ carefully place the seat in the footwell, insert bolts and tighten accordingly. Reconnect the battery and recode your radio. Easy! Happy motoring.



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