

# START HERE

Install Sheet #7305 | Cognito 6" Standard Lift Kit for 01-10 GM Silverado/Sierra 2500/3500 2WD/4WD Trucks and 01-13 2500 2WD/4WD SUV's | SKU: 110-P0970



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## INSTALL SUMMARY SHEET:

Cognito 6" Standard Lift Kit for  
01-10 GM Silverado/Sierra  
2500/3500 2WD/4WD Trucks  
and 01-13 2500 2WD/4WD  
SUV's  
SKU: 110-P0970



## PARTS LIST FOR SKU: 110-P0970

QTY.	PART #	DESCRIPTION
1	110-70007	4"/6" Sub-Frame Component Box
1	110-70118	4"/6" Spindle Component Box
1	110-70005	4"/6" 4WD Component Box
1	110-70006	4"/6" Non-Torsion Drop Component Box
1	110-90167	4" Block and 16" U-bolt Kit (fab/straight)
2	210-90206	Fox 2.0 (PSMT) Single Front Shock
2	210-90207	Fox 2.0 (PSMT) Single Rear Shock
1	110-90269	Torsion Bar Keys
1	110-90290	Ball Joint SM Series Upper Control Arm Kit

## WARNING

Please read this entire instruction sheet before beginning installation. Proper installation of these components requires a qualified mechanic. Always wear safety glasses when using power tools, and take appropriate precautions when working under a vehicle. If these instructions are not properly followed you may jeopardize your, and your passenger's safety, and severe frame, suspension or tire damage may also result from improper installation.

## INTRODUCTION

Thank you for purchasing the Cognito 6" Standard Lift Kit. This kit is designed to lift your vehicle 4" in the rear and 6" in the front with added droop travel. This kit also includes Cognito SM Series Control Arms, and Fox Performance Series Mono Tube Shocks for all 4 corners ensuring proper ride quality.

## TECHNICAL INFORMATION

- The cutting and drilling of some OEM frame and suspension components is required.
- Proper vehicle lifting equipment is required. Always make sure the vehicle is properly supported and **never work under an unsupported vehicle.**
- Torsion bar unloading tool is needed.
- Check the parts and hardware packages against the parts list in each instruction set to assure that your kit is complete.

This Kit Install Summary will guide you through the **necessary order of steps** to install each of the individual components that comprise this kit in the required sequence to safely complete full and proper installation.

The proper installation of this combination of products is dictated by the necessary sequence in which each component must be installed to avoid access, interference or clearance issues that will result in unnecessary disassembly and reassembly and potential safety hazards.

This document will guide you through the sequence of operations, which includes preparatory work and the prescribed order for installing components – by referring you to the individual instructions packaged with each Cognito component for detail on how each kit component is properly installed.

**YOU MUST FOLLOW THESE STEPS IN SEQUENTIAL ORDER FOR PROPER INSTALLATION OF THIS KIT.**

**REVIEW TECHNICAL NOTES AND REQUIREMENTS OF THE INDIVIDUAL INSTALLATION INSTRUCTION SHEETS INCLUDED WITH THIS KIT BEFORE BEGINNING.**

## INSTALLATION

1. Begin by locating the 3 instruction sheets **7048**, **7068**, and **7024** included in the component boxes of this kit. You will need them all to do this install. If instructions are missing or damaged, contact Cognito Motorsports so we can email or mail you replacements.
2. **Component Instructions Sequence (A) Install Front Lift Components:** Start with instruction set **7048** and check to make sure you have all parts on the parts list.
3. Work through instruction set **7048** until instructed to install the front control arms.
4. Reference instruction set **7054** until control arm installation is complete.
5. Work through instruction set **7048** until the rear suspension installation is mentioned near the end.
6. **Component Instructions Sequence (B) Install Rear Lift Components and Alignment:** Refer to instruction set **7024** next and check that all parts on the parts list are accounted for.
7. Work through all steps of instruction set **7024** from start to finish.
8. Refer to instruction set **7048** where you left off, and work through the rest of the steps to completion.

***This completes the installation steps, enjoy your new Cognito 6" Standard Lift Kit!***

## WARRANTY / RETURN POLICY / SAFETY

### **Cognito Limited Lifetime Warranty**

Cognito Motorsports, Inc. hereinafter "Cognito," warrants to the original retail purchaser, that its suspension products are free from workmanship and material defects for as long as the purchaser owns the vehicle on which the product(s) were originally installed. This warranty will be void if any modifications are made to the components, including alterations to the surface finish, i.e.; painting, powder coating, plating, and/or welding, or if they are improperly installed. Cognito truck suspension products are not designed nor intended to be installed on "competition" vehicles used in race applications, stunt or for exhibition purposes that are outside of the intended operating conditions specified by the manufacturer. Racing and competition are defined as any contests between two or more vehicles; or vehicles competing individually on off road circuits in timed events (whether or not such contests are for an award or prize).

This warranty does not include coverage for police, taxi, government or commercial vehicles, and the warranty does not cover Cognito products sold outside of the USA. Cognito's obligations under this warranty are specified and applied at its sole discretion, and warranty coverage is limited to repair or replacement of the defective product(s). Any and all costs of removal, installation or reinstallation; freight charges, incidental or consequential damages associated with the covered products are expressly excluded from this warranty.

The following items are exempt from Cognito limited warranty coverage: bushings, bump stops, tie-rod ends (Heim joints) and limiting straps. These parts are "consumables" and designed to wear as a normal part of their duty cycle, therefore they are not considered defective when worn. The aforementioned products are warranted separately against defects in workmanship, for 60 days from the date of purchase. As a condition of warranty validation, respective Cognito suspension components must be installed as a complete system (not combined with non-Cognito hardware or ancillary parts). Any substitutions or omission of required components will void the warranty. Some minor cosmetic wear and imperfections may occur to parts during shipping, which is not covered under this warranty. This limited warranty does not apply to any components that have been subjected to collision damage, negligence, alteration, abuse, or misuse, and coverage does not extend to products manufactured by third-party companies. Cognito reserves the right to supersede, discontinue, or change the design, finish, part number and/or application of its parts when deemed necessary, without notice.

### **Return Policy**

Product returns will not be accepted without prior written approval from an authorized Cognito representative. All products being returned must be shipped via trackable, prepaid freight. Returned products are subject to a 25% percent restocking fee. The eligible return period for products purchased directly from Cognito is 30 days from the verified date when the product(s) were originally received by the purchaser.

### **Product Safety Advisory**

The installation of Cognito steering and suspension components will modify your vehicle's original factory equipment and geometry, which may cause it to handle differently than a stock (unaltered) vehicle. Installation of these components is not intended to strengthen nor reinforce the vehicle's frame, nor are they designed to increase rollover protection. It is necessary to periodically inspect all suspension and drive train components for proper attachment, torque specifications, operation, and for any potential unusual wear or damage. Installation of these parts will modify the height of the vehicle and may raise the center of gravity. Modifying vehicle height combined with off road operation may increase your vehicle's susceptibility to rollover conditions, which may cause serious injury or death. Many states regulate allowable vehicle height modifications, and it is your responsibility to know and comply with the legal requirements specified by the laws where you reside. Modifications to your vehicle's ride height may also affect the ride quality, driver input response, trackability and handling, and wear to your vehicle's suspension components and tires.