Monroe 37063

Monroe OESpectrum 37063 Suspension Shock Absorber Instruction Manual

Model: 37063 | Brand: Monroe

1. Product Overview

The Monroe OESpectrum 37063 Suspension Shock Absorber is engineered to restore a vehicle's original factory drivability and performance. It delivers an exceptional level of handling precision and control while effectively filtering out noise, vibration, and harshness.

Key Features:

- **Exceptional Handling:** Features full displaced valving, tuned specifically to each vehicle, which adjusts to road extremes. A larger bore provides more efficient damping control for consistency and a smooth ride.
- **Control and Durability:** Equipped with a PTFE-banded piston, ensuring consistent sealing between the piston and pressure tube for improved control and increased durability.
- **Reduced Noise, Vibration, and Harshness:** Utilizes Twin Technology Active Control System to deliver exceptional control under most driving conditions while isolating impact-related noise, vibration, and harshness.
- **Improved Performance:** A nitrogen gas-charge maintains tire-to-road contact, enhancing ride and handling by reducing aeration and shock fade.
- **Consistent Ride:** Contains OE all-weather fluid with special additives to assist with extreme temperatures and help reduce oil breakdown.
- **Built to Last:** A self-lubricating fluid seal retains gas and reduces excessive friction against the piston rod, helping to prevent premature wear.



Image: Internal components of the Monroe OESpectrum shock absorber, illustrating its advanced design for performance and durability.

2. Compatibility

This Monroe OESpectrum 37063 Suspension Shock Absorber is compatible with the following vehicle models:

- 1985-2005 Chevrolet Astro
- 1985-2005 GMC Safari
- 1993-1998 Toyota T100

Before purchasing and installing, always verify compatibility with your specific vehicle's year, make, model, engine, and trim. Consult your vehicle's service manual for detailed fitment information.

3. Specifications

Attribute	Detail
Brand	Monroe
Model Number	37063
Auto Part Position	Front
Material	Steel
Extended Length	14 Inches
Item Weight	3.25 pounds
Product Dimensions	14.8 x 7.27 x 4.74 inches

4. What's in the Box

The package for the Monroe OESpectrum 37063 Suspension Shock Absorber typically includes:

- Monroe OESpectrum 37063 Shock Absorber(s)
- Parts Pack(s) (bushings, nuts, washers, etc., as required for installation)



Image: Monroe OESpectrum 37063 Shock Absorber and accompanying installation hardware.

5. Installation

Installation of suspension components requires specialized tools and knowledge. It is highly recommended that this product be installed by a qualified automotive technician. Improper installation can lead to vehicle damage, loss of control, and serious injury.

General Installation Guidelines (Consult a professional service manual for your specific vehicle):

1. **Safety First:** Ensure the vehicle is securely lifted and supported on jack stands. Disconnect the battery if necessary. Wear appropriate personal protective equipment (PPE).
2. **Remove Old Shock:** Carefully remove the old shock absorber by unbolting its upper and lower mounting points. Note the orientation of all components.
3. **Inspect Components:** Inspect surrounding suspension components (bushings, mounts, control arms) for wear or damage and replace as needed.
4. **Prepare New Shock:** Install any necessary bushings, washers, and nuts from the parts pack onto the new Monroe OESpectrum shock absorber according to the vehicle's service manual.
5. **Install New Shock:** Mount the new shock absorber, ensuring proper alignment and torque specifications for all fasteners. Do not overtighten.
6. **Final Checks:** Lower the vehicle, recheck all fasteners, and perform a visual inspection of the installed components. Test drive the vehicle in a safe area to ensure proper function.



Image: Vehicle on a lift, illustrating the area where suspension components are accessed for installation.



Image: A technician performing an inspection on a vehicle's suspension, emphasizing the need for professional care.

Product Unboxing Video:

Your browser does not support the video tag.

Video: An unboxing of a generic shock absorber, demonstrating typical packaging and components. This video is provided by PremiumpartsWhosale.

6. Maintenance

Proper maintenance ensures the longevity and performance of your shock absorbers and overall suspension system.

- **Regular Inspection:** Periodically inspect your shock absorbers for signs of leakage, damage, or excessive wear. Look for oil residue on the shock body, bent rods, or cracked bushings.
- **Check Mounting Hardware:** Ensure all mounting bolts and nuts are securely tightened to the manufacturer's specifications. Loose hardware can lead to noise and premature wear.
- **Tire Rotation and Alignment:** Maintain proper tire pressure, rotate tires regularly, and ensure wheel alignment is correct. This helps distribute wear evenly and reduces stress on suspension components.
- **Avoid Overloading:** Do not exceed your vehicle's Gross Vehicle Weight Rating (GVWR). Overloading can severely stress shock absorbers and other suspension parts.

7. Troubleshooting

If you experience any of the following issues, your shock absorbers may need inspection or replacement:

- **Excessive Bouncing:** If your vehicle continues to bounce after hitting a bump, the shocks may be worn.
- **Nose Dive During Braking:** Significant forward pitching of the vehicle's front end during braking can indicate worn front shocks.
- **Squat During Acceleration:** Excessive rear-end squat during acceleration may point to worn rear shocks.
- **Uneven Tire Wear:** Scalloped or cupped tire wear patterns can be a symptom of failing shock absorbers.
- **Fluid Leaks:** Visible oil leaks on the shock body are a clear sign of a failed seal and require replacement.
- **Rough Ride:** A noticeably harsher or less comfortable ride than usual can indicate worn shocks.

If you suspect an issue with your shock absorbers, consult a qualified technician for diagnosis and repair.

8. Warranty and Support

The Monroe OESpectrum 37063 Suspension Shock Absorber comes with Monroe's Limited Lifetime Warranty and an exclusive Feel the Difference Guarantee.

For detailed information regarding warranty terms, claims, or product support, please refer to the official Monroe website or contact Monroe customer service directly. Keep your proof of purchase for any warranty claims.

Monroe Customer Service: Please visit the official Monroe website for contact information and support resources.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question