

Saved from manuals.plus.

Open the live page for links to other documents and user manuals.

[Manuals.plus](#) /

› [maXpeedingrods](#) /

› maXpeedingrods Coilovers for Honda Element 2003-2011 User Manual

maXpeedingrods ZM34

maXpeedingrods Coilovers for Honda Element 2003-2011 User Manual

Model: ZM34

PRODUCT OVERVIEW

The maXpeedingrods Height Adjustable Coilovers Suspension Kit is designed to enhance the performance and aesthetics of your Honda Element. This kit allows for precise control over ride height and offers improved steering response and handling. It is constructed from durable materials to ensure long-lasting performance.



Image: Complete set of maXpeedingrods coilovers, including front and rear struts, springs, and adjustment wrenches.

KEY FEATURES

- **Fitment:** Specifically designed for Honda Element 2003 - 2011 All Models (DX, EX, LX), excluding SC Models.
- **Spring Rate:** Features a Front Spring rate of 9kg/mm (504 lbs/in) and a Rear Spring rate of 8kg/mm (448 lbs/in) with a recommended spring preload of 7-10 mm. The high tensile performance springs maintain less than 0.04% distortion after 600,000 continuous tests, enhanced by a special surface treatment for improved durability.
- **Lowering Capability:** Allows for height adjustment by 1-3 inches, providing an aggressive stance. This design helps eliminate turning noise and improves steering feel and response. Note: These coilovers will lower the vehicle and do not maintain original ride height.
- **Twin-tube Structure:** Compared to mono-tube construction, the twin-tube design offers a longer stroke and higher height adjustability. This structure provides a more comfortable riding experience by reducing pressure on joints,

minimizing friction, and ensuring sufficient travel with less effort.

- **Material Quality:** Manufactured from 6061 aluminum alloy with T6 treatment for increased hardness. The product incorporates high-quality precision parts, ensuring high strength and durability. It is fully loaded and safe for installation.



Image: Detailed diagram illustrating key components of the coilover, including forged T6061 aluminum camber plates, dust boot, high rigidity steel spring, height adjustment, and heavy duty steel lower mounts.

Twin-tube Construction

—
Twin-tube shock design reduces oil leakage problems



—
Dust boot protects damper seal

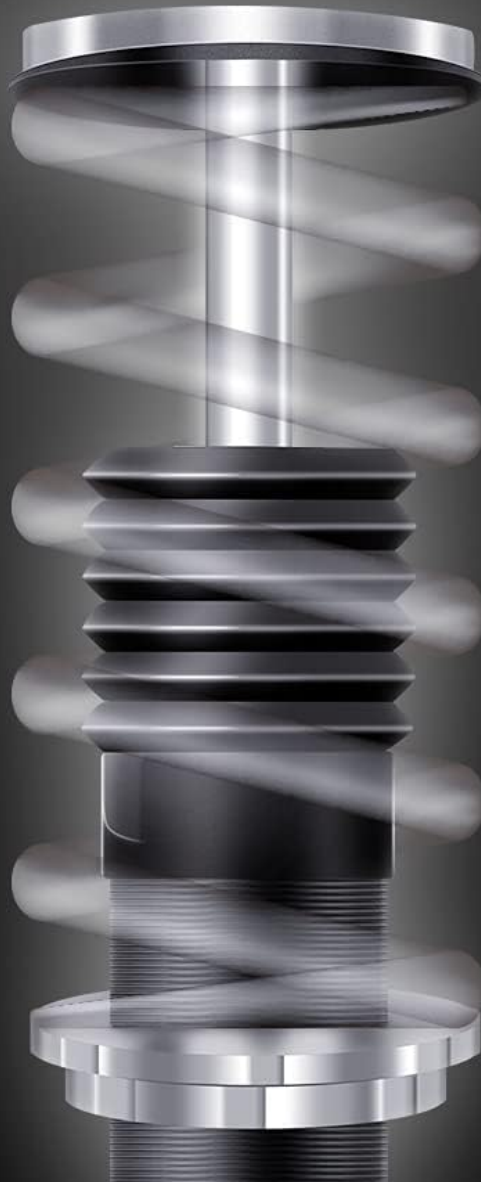


Image: Cross-sectional diagram illustrating the twin-tube shock design, highlighting how it reduces oil leakage and how the dust boot protects the damper seal.

SETUP AND INSTALLATION

Proper installation of coilovers is crucial for vehicle safety and performance. It is highly recommended that installation be performed by a qualified professional. This section provides general guidance.

Pre-Installation Checks

- Verify all components are present and undamaged upon receipt.
- Ensure the vehicle is compatible with the specified model years (Honda Element 2003-2011, excluding SC Models).
- Gather necessary tools, including a jack, jack stands, wrenches, sockets, and a torque wrench.

Installation Steps (General)

1. Safely lift the vehicle and secure it on jack stands.
2. Remove the wheels.

3. Carefully remove the original suspension components (struts and springs).
4. Install the new maXpeedingrods coilovers. Ensure proper orientation and secure all mounting bolts to manufacturer specifications.
5. Adjust the ride height and spring preload as desired. Refer to the "Adjusting Ride Height and Spring Tension" section for details.
6. Reinstall the wheels and lower the vehicle.
7. Perform a professional wheel alignment immediately after installation to ensure correct vehicle geometry and tire wear.

Your browser does not support the video tag.

Video: An overview of the maXpeedingrods coilovers, demonstrating their features and general installation process. This video is provided by the seller and highlights the product's adjustability and ease of installation.

ADJUSTING RIDE HEIGHT AND SPRING TENSION

The coilovers allow for height adjustment from 1 to 3 inches. Spring preload can be set between 7-10 mm.

Procedure:

1. Use the provided adjustment wrenches to loosen the locking collars on the coilover body.
2. Rotate the lower mount or spring perch to achieve the desired ride height. Clockwise rotation typically lowers the vehicle, while counter-clockwise rotation raises it.
3. Adjust the spring preload by rotating the spring perch. Ensure the spring is seated correctly and has the recommended preload.
4. Once the desired settings are achieved, securely tighten all locking collars.
5. Repeat for all four coilovers, ensuring symmetrical adjustments for balanced handling.
6. After any significant adjustment, a professional wheel alignment is recommended.

Adjust Ride Height and Spring Tension

Allowing you to adjust the whole coilovers to your favorite ride height

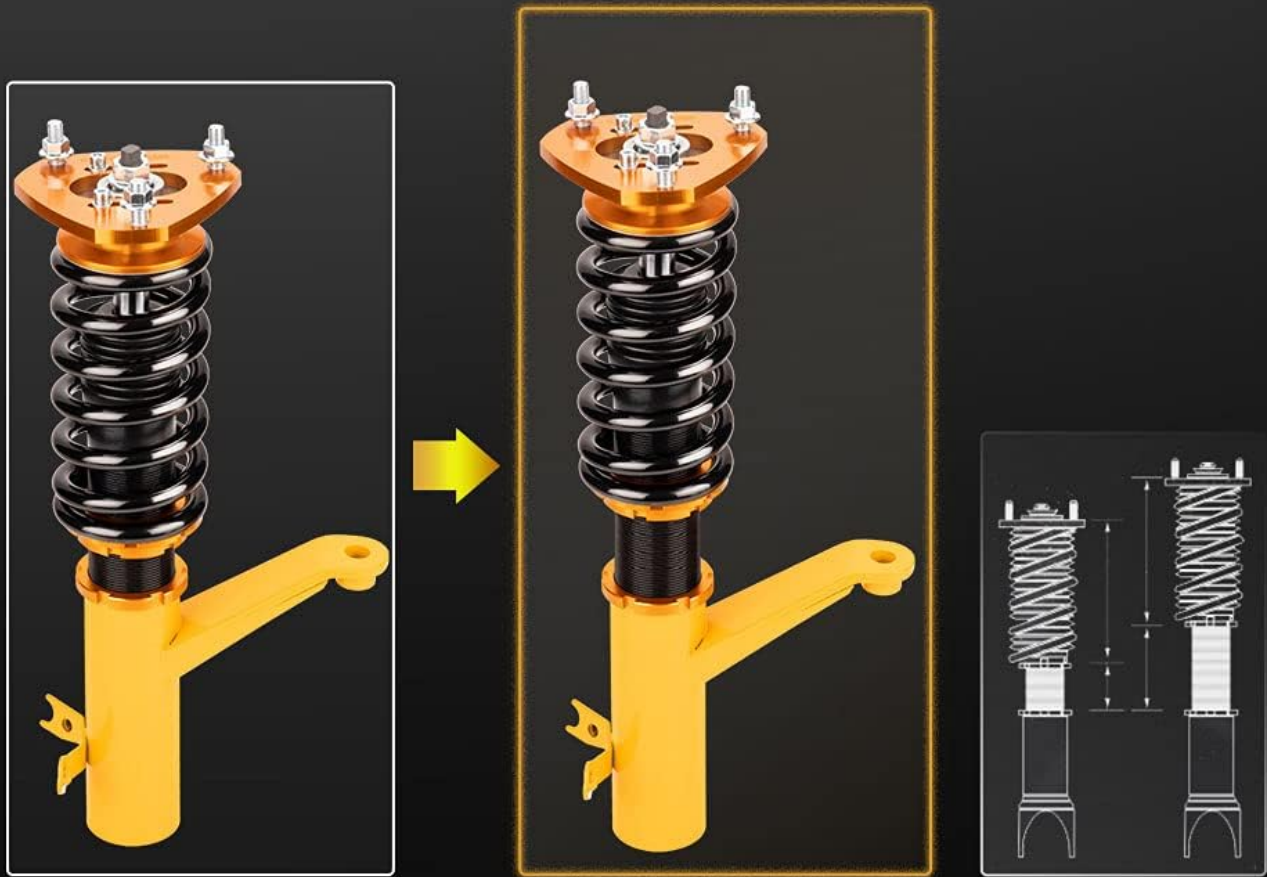


Image: Diagram illustrating the mechanism for adjusting ride height and spring tension on the coilover, showing how the entire coilover can be adjusted to achieve the desired ride height.



Image: Close-up view of the coilover components involved in adjustment, including the quality collar, pillowball top mount, and heavy duty steel lower mounts.

OPERATING CONSIDERATIONS

After installing the coilovers, the vehicle's handling characteristics will change. It is important to drive cautiously and become accustomed to the new feel.

- **Initial Driving:** Drive at moderate speeds for the first few hundred miles to allow the suspension components to settle.
- **Road Conditions:** Be mindful of speed bumps, potholes, and uneven road surfaces, as the lowered ride height may reduce clearance.
- **Handling:** The coilovers are designed to improve steering feel and response. Expect a firmer ride compared to stock suspension.

MAINTENANCE

Regular maintenance helps ensure the longevity and optimal performance of your coilovers.

- **Regular Inspection:** Periodically inspect the coilovers for any signs of damage, leaks, or loose components. Check the dust boots for tears.
- **Cleaning:** Keep the coilover threads and components clean, especially after driving in harsh conditions (e.g., salt, dirt). This prevents corrosion and ensures smooth future adjustments.
- **Torque Check:** Re-check the torque of all mounting bolts after the first 500 miles and then periodically as part of routine vehicle maintenance.

TROUBLESHOOTING

Symptom	Possible Cause	Solution
Loud popping sounds when steering	Improper alignment, loose top mount, or worn pillowball bearing.	Ensure professional wheel alignment is performed. Check top mount bolts for tightness. Inspect pillowball bearings for wear and replace if necessary.
Vehicle bottoms out easily	Ride height set too low, insufficient spring preload.	Increase ride height. Adjust spring preload to the recommended 7-10 mm.
Uneven ride height	Unequal adjustments between coilovers.	Measure and adjust each coilover to ensure consistent ride height on all corners.
Excessive stiffness or harsh ride	Spring preload too high, or not accustomed to performance suspension.	Reduce spring preload slightly within recommended range. Allow time to adapt to the new ride characteristics.

SPECIFICATIONS

Attribute	Value
Brand	maXpeedingrods
Model Number	ZM34
Fitment	Honda Element 2003-2011 (DX, EX, LX), excluding SC Models
Front Spring Rate	9kg/mm (504 lbs/in)
Rear Spring Rate	8kg/mm (448 lbs/in)
Spring Preload	7-10 mm
Height Adjustment Range	1-3 inches (lowering)
Structure Type	Twin-tube
Material	6061 Aluminum Alloy with T6
Item Weight	54 pounds
Product Dimensions	24.8 x 20.08 x 8.27 inches
Country of Origin	China

WARRANTY AND SUPPORT

For warranty information, technical support, or any product-related inquiries, please contact maXpeedingrods customer service directly.

Customer Support: Refer to the contact information provided with your purchase or visit the official maXpeedingrods website.

Returns: This product typically offers a 30-day easy return policy. Please refer to your purchase agreement for specific terms and conditions.

© 2024 maXpeedingrods. All rights reserved.

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.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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

Open the live page

<https://manuals.plus/asin/B07QFW4C1K>

More documents and user manuals: <https://manuals.plus/>