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› Rough Country Long Arm Upgrade Kit for 84-01 Jeep Cherokee XJ | 4-6" - 68900U Instruction Manual

Rough Country 68900U

Rough Country Long Arm Upgrade Kit for 84-01 Jeep Cherokee XJ | 4-6" - 68900U

Brand: Rough Country | Model: 68900U

PRODUCT OVERVIEW

The Rough Country Long Arm Upgrade Kit is engineered to provide superior performance and articulation for 84-01 Jeep Cherokee XJ models with a 4-6 inch lift. Its design ensures optimum alignment and maximum articulation, crucial for off-road capabilities. The kit includes adjustable lower control arms with a high-clearance design and durable Clevite brand OEM-style rubber bushings. The flex joints are robust, featuring a 2.5-inch diameter body and 1.25-inch threads, and are fully greasable for extended longevity. A heavy-duty 0.25-inch thick crossmember is included, and the upper joints allow for up to 20 degrees of pivot, while the lower joints can pivot up to 35 degrees, enhancing suspension travel.

Key Features:

- Extreme travel long arms maintain optimum alignment and provide superior articulation.
- Adjustable Lower control arms feature a high clearance design and Clevite brand OEM style rubber bushings.
- Flex joints boast a massive 2.5" diameter body and 1.25" thread, and are fully greasable for durability.
- Includes a heavy-duty 0.25" thick crossmember.
- Upper joints pivot up to 20 degrees, and lower joints pivot up to 35 degrees.
- Backed by Rough Country's Limited Lifetime Replacement Warranty.

SAFETY INFORMATION

Important Safety Notice:

Rough Country strongly recommends that a certified technician install all lift systems. Comprehensive knowledge of Rough Country instructions, suspension procedures, and post-installation checks are essential. Installation without the necessary expertise may compromise the integrity and operating safety of the vehicle.

Legal Disclaimer:

It is the ultimate responsibility of the buyer to ensure all bolts and nuts are checked for tightness after the first 500 miles of operation, and subsequently every 1,000 miles thereafter. Furthermore, the wheel alignment, steering system, suspension, and driveline systems must be thoroughly inspected by a qualified, professional mechanic at least every 3,000 miles to ensure continued safe operation.

PACKAGE CONTENTS

The Rough Country Long Arm Upgrade Kit includes the following components:

- Adjustable upper control arms
- Adjustable lower control arms
- Long arm Crossmember
- Transfer case skid plate
- All necessary hardware



Image: All components of the Rough Country Long Arm Upgrade Kit, including control arms, crossmember, skid plate, and various hardware pieces.

SETUP AND INSTALLATION

Installation of the Rough Country Long Arm Upgrade Kit requires mechanical knowledge and specialized tools. It is highly recommended to consult the official installation manual for detailed, step-by-step instructions and safety precautions. Professional installation by a certified technician is advised to ensure proper fitment and safe operation. For comprehensive installation instructions, please refer to the official PDF manual: [Rough Country Long Arm Upgrade Kit Installation Manual \(PDF\)](#)



Image: A close-up view of a fully greasable flex joint, highlighting its robust construction and lubrication point.



Image: A promotional graphic illustrating the adjustable control arms, emphasizing their greasable nature, increased longevity, and ability to allow for greater articulation off-road.

OPERATION

Once properly installed, the Rough Country Long Arm Upgrade Kit significantly enhances the off-road performance and articulation of your Jeep Cherokee XJ. The extended control arms and improved joint design allow for greater

suspension travel and better handling over uneven terrain, providing a smoother and more controlled ride during extreme off-road conditions.



Image: A black Jeep Cherokee XJ, equipped with the Rough Country lift kit, demonstrating its enhanced articulation while traversing a challenging rocky trail.



Image: Another perspective of the black Jeep Cherokee XJ, highlighting the impressive front suspension articulation achieved with the Rough Country Long Arm Upgrade Kit as it climbs over large rocks.

MAINTENANCE

To ensure the longevity and optimal performance of your Rough Country Long Arm Upgrade Kit, regular maintenance is essential. The flex joints are fully greasable; therefore, periodic lubrication with appropriate grease is recommended to prevent wear and maintain smooth operation. Additionally, as stated in the legal disclaimer, all bolts and nuts should be checked for tightness regularly, and the entire suspension system should be inspected by a qualified mechanic at recommended intervals.

TROUBLESHOOTING

Should you encounter any issues with your Rough Country Long Arm Upgrade Kit, it is recommended to first review the installation manual to ensure all steps were followed correctly. Verify that all fasteners are torqued to specification and that components are free from obstruction or damage. For persistent issues or complex problems, contact Rough Country customer support or consult a certified automotive technician specializing in suspension systems.

TECHNICAL SPECIFICATIONS

Specification	Detail
Manufacturer	Rough Country
Brand	Rough Country
Model	Rough Country Long Arm Upgrade Kit for 84-01 Jeep Cherokee XJ 4-6" - 68900U
Item Weight	110 pounds
Product Dimensions	10 x 10 x 10 inches
Country of Origin	USA
Item Model Number	68900U
Exterior	Painted
Manufacturer Part Number	68900U
Position	Front
Special Features	Fits w/ NP231 transfer case. Doesn't Fit 87-89 w/ Peugeot manual transmissions. Doesn't Fit w/ 2.8L V-6 or diesel engines.
Construction	Drilling Required: No
ASIN	B07SG76H7B
Date First Available	April 11, 2013

WARRANTY AND SUPPORT

The Rough Country Long Arm Upgrade Kit is backed by Rough Country's **Limited Lifetime Replacement Warranty**. This warranty covers manufacturing defects and ensures long-term reliability of your product. For further support, product information, or to explore other Rough Country products, please visit the official Rough Country Store:

Visit the Rough Country
Store



Image: A graphic highlighting Rough Country's commitment to quality, including 100% Satisfaction Guaranteed, Warranty Guard, FMVSS 126 Compliance, and Lifetime Replacement Warranty.

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