
Solid Motor Mount, 1979-95 (MMSMM-1)



Read all instructions before beginning work. Following instructions in the proper sequence will ensure the best and easiest installation.

1. Remove the stock engine mounts per the instructions detailed in the Ford Manual.

NOTE: The motor mounts are driver and passenger side specific. Match the MM mounts to the OEM mounts being removed.

2. Attach the MM mounts to the engine block using the stock mounting bolts. The bolts must be finger tight.

NOTE: The mounts must be free to shift around on the mounting bolts.

3. Lower the engine so that the motor mounts just contact the K-Member. You should be able to shift the engine around slightly by hand.

NOTE: It may be necessary to shift the engine around while it is lowered in order to insert the mounting studs into the k-member mounting holes.

4. Install a 9/16" G8 washer and M14 lock nut onto each of the motor mount studs. Torque the nuts to 94 ft-lb.
5. Release any tension on the engine hoist or jack supporting the engine, so that the full weight of the engine is sitting on the K-Member.
6. Torque the bolts connecting the motor mounts to the engine block to 55 ft-lbs.

This kit includes:

- 1 Motor Mount, Passenger
- 1 Motor Mount, Driver
- 2 9/16" G8 Flat Washer
- 2 M14-2.0 Lock Nut