



**IRONMAN**  
4 X 4

**SUSPENSION  
KITS & COMPONENTS**





**(LL) Leaf / Leaf Suspension Kit**



**(TL) Torsion Bar / Leaf Suspension Kit**



**(SC) Strut / Coil Suspension Kit**



**(SL) Strut / Leaf Suspension Kit**



**(CC) Coil / Coil Suspension Kit**



**(TC) Torsion Bar / Coil Suspension Kit**

## How Much Lift Will I Get?

All Ironman Springs are designed to provide vehicle lift over standard. For Leaf Springs expect at least 50mm and for Coil Springs expect 40mm minimum.

IFS or IRS (Independent Suspension) equipped vehicles generally lift around 35mm.

Ironman 4x4 Suspension can be supplied to suit different driving styles; **comfort, performance & constant load.**

## Why Choose Nitro Gas or Foam Cell?

Ironman **Nitro Gas** Shock Absorbers with 35mm Piston, were developed for the 4x4 owner who drives mostly onroad but still requires enhanced ride, comfort and strength for week end offroad adventure.

Ironman **Foam Cell** Shock Absorbers with 41mm Piston, were developed to perform best on 4x4's used in demanding and extended offroad conditions. The Foam Cell Shock Absorber is also versatile at providing a comfortable ride onroad.

# IRONMAN 4x4 SUSPENSION LIFT KITS

Model	Type	Nitro Gas Kit	Foam Cell Kit	Model	Type	Nitro Gas Kit	Foam Cell Kit
<b>Toyota</b>				<b>Holden</b>			
Land Cruiser FJ/BJ 40, 42, 46	LL	✓	✓	Jackaroo UBS 25 & 69	TC	✓	✓
Land Cruiser FJ45, 47	LL	✓	✓	Rodeo KB/TFS	TL	✓	
Land Cruiser FJ/HJ 60, 61, 62	LL	✓	✓	Rodeo RA, RA7, D-Max, Colorado	TL	✓	
Land Cruiser Bundera LJ 70/73	CC	✓	✓	<b>Jeep</b>			
Land Cruiser FJ/HJ/HZJ 75	LL	✓	✓	Cherokee XJ	CL	✓	✓
Land Cruiser HZJ 76	CL	✓	✓	Grand Cherokee ZG, ZJ	CC	✓	
Land Cruiser HZJ 78/79	CL	✓	✓	Wrangler TJ	CC	✓	
Land Cruiser HJ/HZJ 80, 105	CC	✓	✓	Grand Cherokee WG, WJ	CC	✓	
Land Cruiser Prado 90, 95, 120	SC	✓	✓	Liberty KJ	SC	✓	
Land Cruiser HDJ/UZJ 100 IFS	TC	✓	✓	<b>Landrover</b>			
Land Cruiser VDJ/UZJ 200	SC	✓	✓	Range Rover/Discovery	CC	✓	✓
Hilux LN/RN/YN 65, 105, 106	LL	✓	✓	Discovery Series 2/ Td5	CC	✓	✓
4Runner LN 61/YN63	TL	✓	✓	<b>Mitsubishi</b>			
Hilux LN/RN/YN/VZN 130 V6	TC	✓	✓	Pajero SWB/LWB (Coil)	TC	✓	✓
Hilux LN/RN 107, 110, 111, 167, SR5	TL	✓	✓	Pajero SWB/LWB (Leaf)	TL	✓	✓
Hilux GGN25R, KUN26R	SL	✓	✓	Pajero NM, NP, NS, NT	SC	✓	
<b>Nissan</b>				L200/Triton ME-MK	TL	✓	✓
Patrol MQ/MK G160	LL	✓		Triton ML	SL	✓	
GQ SWB/LWB	CC	✓	✓	Delica, L400	TC	✓	
GQ Cab Chassis Y60 (Leaf)	LL	✓	✓	Challenger	TC	✓	✓
GQ / GU Cab Chassis (Coil)	CC	✓	✓	<b>Other Models</b>			
GU Cab Chassis Y61 (Coil/Leaf)	CL	✓	✓	Mazda Bravo / Ford Courier	TL	✓	✓
GU Y61 Wagon	CC	✓	✓	Mazda BT50 / Ford Ranger	TL	✓	✓
Navara D21	TL	✓	✓	Hyundai Terracan	TC	✓	
Navara D22	TL	✓	✓	SsangYong Musso	TC	✓	✓
Navara D40	SL	✓	✓	Suzuki Sierra LJ, SJ	LL	✓	
Pathfinder WD21/Terrano	TC	✓	✓	Suzuki Grand Vitara	SC	✓	
Pathfinder R51	SC	✓	✓				

**Simply add these  
to build your  
ultimate kit**  
*Where Applicable*



## Steering Damper

Larger capacity replacement steering damper, 35mm bore and piston with Foam Cell technology. Reduce unwanted steering vibration and harshness on rough roads, without interfering with normal steering control



## Greasable Shackles

Allows easy lubrication of polyurethane bushes. Servicable design built from thicker steel, and incorporating protected grease ports. A cost effect insurance for the life of your leaf springs.



## Greasable Pins

Allows easy lubrication of polyurethane bushes. Servicable design built from stronger and thicker steel. (4) lubrication outlets for improved grease coverage.

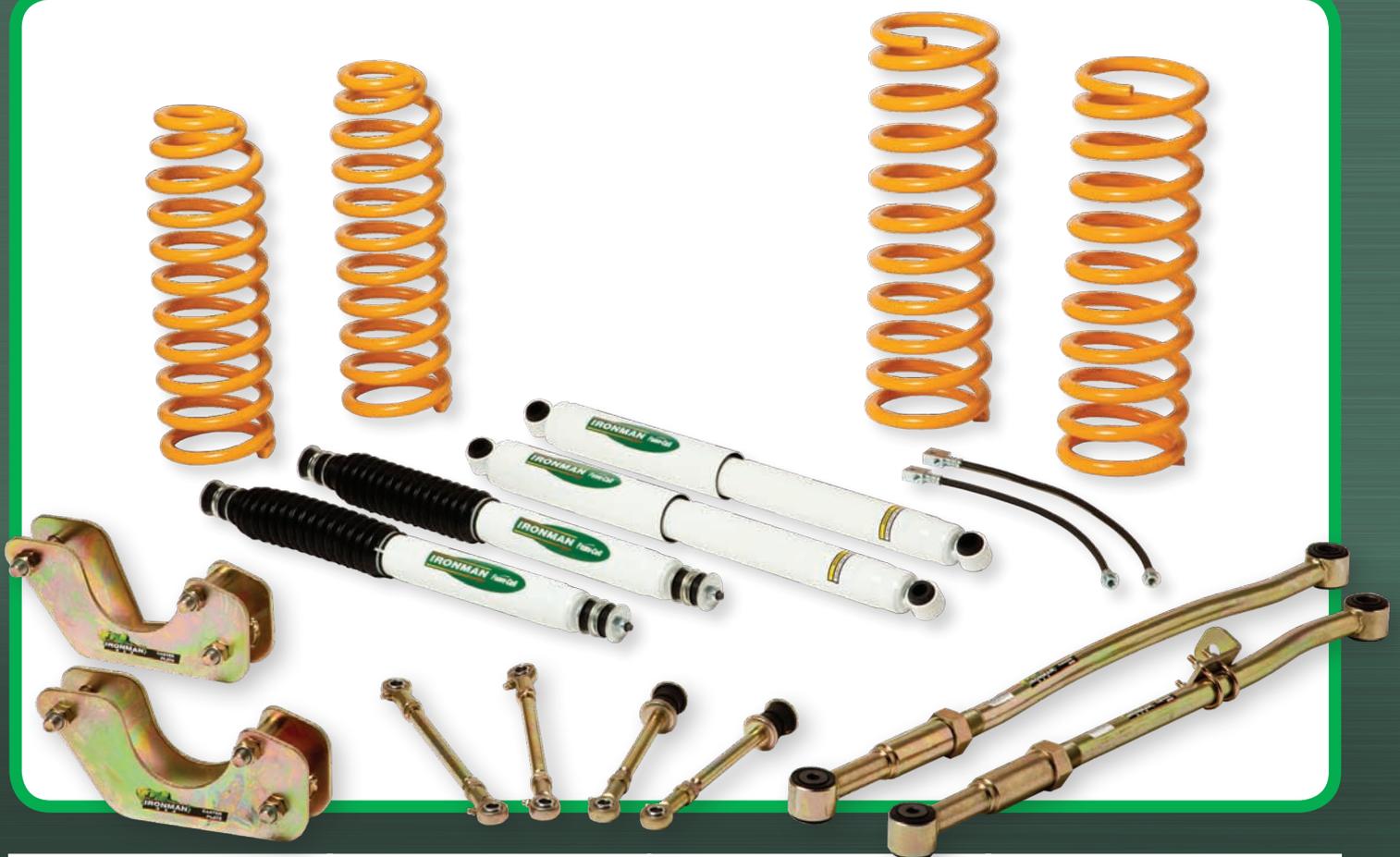


**"INTERGRADED ARTICULATION"**

**Toyota Landcruiser  
80/105 4" & 6" Lift**

**Nissan Patrol  
GQ/GU 4" & 6" Lift**

## **IRONMAN 4X4 COMPETITION LIFT KITS**



- **Coil Springs**
- **Foam Cell Shock Absorbers**
- **Adjustable Panhard Rods**

- **5° Caster Plates**
- **Extended Sway Bar Links**
- **Extended Brake Hoses**

**Ironman 4x4 advise that this kit should be used in competition vehicles only and is not suitable for use on-road without a state specific engineer's Certificate.**

# SUSPENSION KIT SELECTION

Ironman 4x4 offer a complete integrated range of suspension kits, designs which have evolved over 50 years of suspension experience.

Ironman 4x4 recognise that there is no single solution practical for the varying needs of 4x4 owners and different driving conditions, therefore Ironman 4x4 offer a wide selection of matched components, once fitted will transform the vehicle around the drivers needs.

## SHOCK ABSORBER SELECTION



### Nitro Gas: Part number suffix **GR.**

Twin Tube 35mm Bore and Piston.

These shock absorbers are best suited to medium and heavy loads. Vehicle will become firmer and more responsive. Will provide excellent resistance to body roll when cornering.

### Nitro Gas Soft Ride: Part number suffix **GRC.**

Twin Tube 35mm Bore and Piston

These shock absorbers are available for selected vehicle's where comfort is preferred rather than firm control. The softer valving is best suited to light or no load applications.

### Foam Cell: Part number suffix **FE.**

Twin Tube 41mm Bore and Piston.

These shock absorbers provide similar feel to the Nitro Gas GR shock absorber. The Foam Cell shock absorber features a larger piston and bore size to allow for more oil capacity which allows the shock absorber to operate cooler in rough offroad conditions or long haul corrugations

## COIL & LEAF SPRING SELECTION



### Leaf Springs: Part number suffix **A.**

Will provide some lift from standard and used where comfort is preferred rather than firm control. This design is best suited to light or no load applications.

### Coil and Leaf Springs: Part number suffix **B.**

Ride will be firmer than original by around 20% and suits light to medium loads. This spring is recommended when the given load may be occasional or temporary. Excellent for vehicles which have some accessories fitted.

### Coil and Leaf Springs: Part number suffix **C.**

Will provide excellent support for vehicle's carrying constant heavy loads.

Suitable when multiple heavy accessories or steel tray's / toolboxes fitted.

These springs should be avoided when vehicle has light or no load present.

### Leaf Springs: Part number suffix **D.**

Extra heavy duty springs designed to support heavier constant loads when heavy accessories are combined with heavy payloads.



(A) Comfort (B) Performance (C) Constant Load (D) Extra-Constant Load

Correct spring and shock absorber selection for YOUR application is vital to a quality long term result. Speak with your nearest Ironman 4x4 representative or distributor if you are unsure.

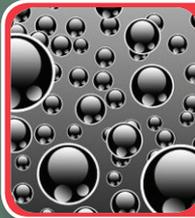


- Exceptional performance for both standard and raised height 4x4's
- Superior ride control and comfort both on and off road
- Improve stability when towing or carrying a load



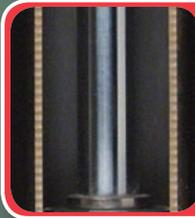
### 35mm Bore & Piston

Larger than the original equipment size, an increased oil capacity and larger valve surface area provide a well balanced all round improvement. Matched with a 54mm outer body, available for all makes and models.



### Nitrogen Gas Charged

A low pressure shot of Nitrogen Gas is compressed and contained within the Shock Absorber chambers, this pressurises the oil molecules and helps prevent cavitation, which is commonly referred to as shock fade.



### 15mm Piston Rod

Volumetrically matched to the 35mm piston and bore, provides maximum strength without occupying excess internal space.

Double chrome hardened to resist damage by scratches and impact.



### Nitro Gas Struts

For 4x4 vehicles with strut type suspension systems, Ironman 4x4 Struts incorporate all the features of the Nitro Gas version, with the freedom of the unique height adjusting collar ring system.



### Multi-Lip Hi Temp Seal

A feature of all Ironman 4x4 Shock Absorbers

High quality NOK seal features 4 blades to lock in the oil and gas whilst blocking out the dirt.

Leaking shock absorbers are history!



**Anyone who has experienced Ironman 4x4 Suspension in their vehicle understands value for money.**

**From a sporting onroad ride to the offroad power of the Foam Cell, every 4x4 owner is safer and in more control than ever with Ironman 4x4 shock absorbers under their vehicle.**

# IRONMAN 4x4 SHOCK ABSORBERS



## Nitro-Gas Vs Foam-Cell



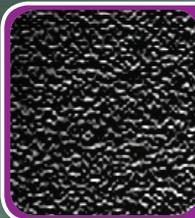
### 41mm Bore & Piston

Extra large oil capacity and massive piston surface area allow more oil than ever before and the ability for Ironman to fine tune the valve performance with greater accuracy. Perfectly matched to larger size vehicles where space permits.



### 18mm Piston Rod

Volumetrically matched to the 41mm bore and piston. Maximum strength and rigidity for long stroke and high load applications. Double chrome hardened for protection against damage.



### Foam Cell Technology

A gas impregnated sheet of Closed Cell Foam is positioned inside the shock absorber to replace the floating gas. This separates the oil and gas, allowing full oil contact with the outer casing to radiate heat away from the shock absorber more effectively.



### Larger Oil Capacity

50% more oil than the Nitro Gas Shock Absorber. More oil means more heat absorption resulting in longer lasting efficiency. High quality german Fuchs shock absorber fluid.

## Every Ironman 4x4 Shock Absorber features the following:

- Twin Tube Construction
- Flexible Rubber Bushes
- German High Temperature Fluid
- Multi-Lip High Pressure Seal
- Re-inforced Welded Mounts
- Strong & Solid Billet Mounts
- Dyno Velocity Tested at Factory



# IRONMAN 4X4 SUSPENSION COMPONENTS



## Coils Springs

Produced from high quality SUP9 steel, Ironman 4x4 Coils are CNC cold wound and bar peeled for maximum reliability and consistency.

Available in raised height and perfectly matched to Ironman 4x4 Shock Absorbers.



## Leaf Springs

Produced from high quality SUP9 steel, Providing raised height and available for up to 5 different load varieties, to ensure your ride is both strong and flexible. Now incorporating plastic clip liners for smooth quiet operation.



## Torsion Bars

Produced from thicker premium grade micro alloy steel, Ironman Torsion Bars feature cold forged spline ends, preset directional rotation, and have undergone the most extensive testing procedure before completion. Ideally matched for the typical increase in accessory weight over the front of your vehicle.



## Shock Absorbers

Available in both 35mm Nitro Gas or 41mm Foam Cell, Ironman Shock Absorbers are longer travel and match the intergration between your vehicle and its springs. Built stronger and versatile to deliver performance in all conditions.



## Polyurethane Bush Kits

Produced from high density injection moulded polyurethane, providing precise location and a durable bearing surface for your leaf springs.

Incorporated grooves and spiral bore rifle for full grease coverage when lubricated.



## Trim Packers

Produced from high density injection moulded polyurethane, allow fine tuning or larger adjustment of vehicle ride height, most commonly used to trim level after heavy accessories have been fitted. Available in 15mm and 30mm thickness.



## Caster Plates

5° Caster Correction Plates are available for selected vehicles.

Produced from high tensile steel, caster correction is essential for vehicles with lifts 100mm and higher, Caster Plates are a cost effective solution.



## Offset Caster Bushes

2° Caster Correction Bushes are available for selected vehicles.

Produced from high density injection moulded polyurethane.

Highly recommended for raised height 4x4's up to 75mm lift to permanently cure vehicle wonder.



## Adjustable Panhard Rods

Used to correct axle shift on selected vehicles.

Produced from maximum thickness steel bar, and fitted with ultra tough and flexible rubber bushes.

Precise adjustment via a fine pitch thread with locking nut.



## Sway Bar Extensions

Available for selected vehicles, when raised above 100mm.

Produced from thicker steel and incorporate greasable aircraft grade spherical bearings and flexible rubber bushings.

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