



**PART # 89400, & 89406**  
**INSTRUCTION SHEET**  
**FORD RANGER 4.0L V-6 2 & 4WD**  
**FORD EXPLORER 4.0L V-6 2 & 4WD**  
*Dual O<sub>2</sub> Sensor models only.*

**CAUTION!** This is a custom designed exhaust header system, designed for this particular application (s). Do not bend, bang, cut, dent, drill or heat any portion of this header! Any alteration other than those suggested in this instruction sheet will void the Hedman Lifetime Guarantee!  
 To prevent leaks, install your headers using Hedman Heddgers exhaust gaskets ONLY and a spray copper gasket sealant.

**BEFORE STARTING INSTALLATION:**  
 It is necessary to raise the vehicle at least 36 inches from the ground. A floor hoist is recommended, if not available, use a hydraulic floor jack with jack stands. **DO NOT USE A BUMPER JACK!**

**WARNING!** Breaking in an engine with ceramic-coated headers **WILL** result in damage to the coating and will **VOID** all warranties. Hedman Heddgers recommends using a cast-iron exhaust manifold or an old header to break in new engines to avoid coating damage.

**INSTALLATION INSTRUCTIONS:**

**NOTE:** Use penetrating oil on all nuts and bolts.

1. Disconnect ground cable from battery.
2. Disconnect front drive shaft (4WD ONLY) and push aside.
3. Unplug and remove oxygen sensors from stock y-pipe (use a liquid penetrate).
4. Remove y-pipe, EGR tube, oil filter with adapter, dip stick, and dip stick tube.
5. Remove hot air housing from right side manifold and remove both manifolds.

**RIGHT SIDE:**

- NOTE:** For ease of installation, install three bottom bolts with gasket in place. Then place header onto bolts.
6. From below, with gasket in place install right side header, start all bolts, and then tighten all bolts evenly.
  7. Install hot air kit using hose and clamps provided.
  8. Install oil filter and adapter.

**LEFT SIDE:**

9. From above, with gasket in place install left side header, start all bolts. **DO NOT TIGHTEN AT THIS TIME!**
10. With header loose, start both ends of EGR tube.
11. Install dip stick and dip stick tube and bolt to header at stock location.
12. Tighten all header bolts evenly, and tighten EGR tube.
13. Reconnect drive shaft (4WD ONLY).

**Y-PIPE:**

14. Bolt y-pipe to headers using gasket and bolts provided. Bolt converter to y-pipe using stock gaskets and nuts.
15. Install oxygen sensors in y-pipe and plug in.
16. Make sure all electrical wires, gas lines and brake lines have adequate clearance.
17. Connect all parts including battery cables.
18. Start engine, test drive vehicle, allowing engine to gain normal operating temperature. Check for leaks and new or unusual noises. After test drive, re-tighten all header bolts.

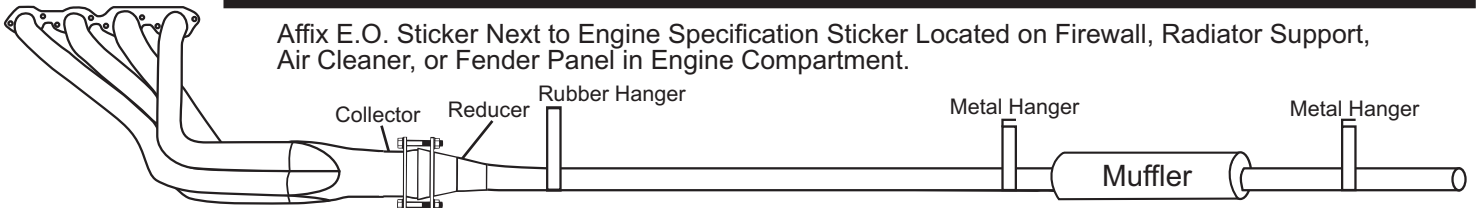
**ENJOY YOUR HEADERS WHILE COMBINING INCREASED FUEL ECONOMY WITH BETTER PERFORMANCE.**

**SPECIAL INSTRUCTIONS!**

After installing your headers it is very important that your exhaust system be suspended properly. As indicated in the drawing below you must place hangers as close to the header collector as possible. Rubber hangers should be used to allow the front of the system to flex with the engine torque. A hanger is needed before and after the muffler (s). When your exhaust system is unbolted from the header collector, it should remain suspended all by itself. Your Headers Are Not designed to support your exhaust system. Failure to follow these instructions will most likely result in cracks around the area where your primary tubes and collector are welded together, and will nullify your "Lifetime Guarantee".

**DO NOT WRAP YOUR NEW HEADERS!**

The use of thermal wraps will drastically shorten the life of your Headers, and will void the Hedman "Lifetime Guarantee".



Removal of catalytic converters and other factory air pollution control devices is illegal. We recommend you adhere to your state's local laws. Our testing indicates performance is not significantly affected by these devices.

12438 Putnam Street • Whittier, CA 90602 • tel (562) 921-0404 • fax (562) 921-7515  
 website: [www.hedman.com](http://www.hedman.com) • email: [techsupport@hedman.com](mailto:techsupport@hedman.com)