

PART NUMBER

SSR-623-40

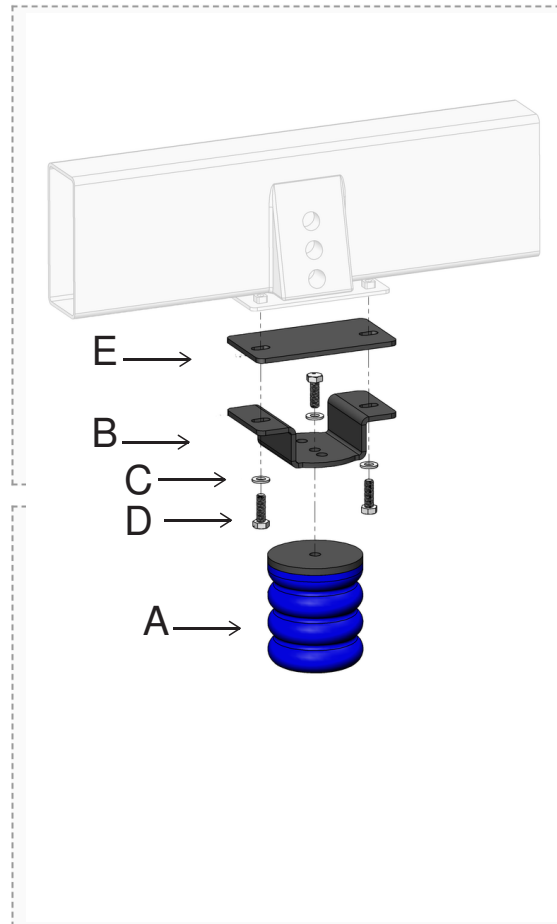
REAR PROGRESSIVE HELPER SPRINGS

[CLICK HERE](#): To watch a video of this installation on Youtube

BEFORE YOU BEGIN

DESIGNED EXCLUSIVELY FOR

- Toyota 4Runner 4x2 & 4x4 (2003 – 2026)
- Toyota FJ Cruiser 4x4 (2007 – 2014)
- Toyota Land Cruiser 100 4x4 (1998 – 2007)
- Toyota Land Cruiser 120 Prado 4x2 & 4x4 (2003 – 2009)
- Toyota Land Cruiser 150 Prado 4x4 (2010 – 2021)
- Toyota Sequoia 4x2 & 4x4 (2001 – 2007)
- Lexus GX460 4x2 & 4x4 (2010 – 2021)
- Lexus GX470 4x2 & 4x4 (2003 – 2009)
- Lexus LX470 4x2 & 4x4 (1998 – 2007)



TOOLS REQUIRED

- Floor jack
- Jack stands (pair)
- Wheel chocks
- 17 mm & 19 mm sockets
- Ratchet + short extension
- Spring compressor (optional)
- Blue thread locker
- Safety glasses

PARTS LIST

ITEM	DESCRIPTION	QTY
A	Rear Progressive Helper Spring	2
B	Retaining Washer	2
C	M12 Lock Nut	2

Kit specs: progressive-rate micro-cellular polyurethane · load support up to ~1,500 lb per pair · zero maintenance · retains full factory ride when unloaded.

DRIVER SIDE SHOWN – PASSENGER SIDE IS A MIRROR IMAGE

ESTIMATED INSTALL TIME

30 – 45 min

DIFFICULTY: BEGINNER-FRIENDLY · BOLT-ON

INSTALLATION

1. Park on a hard, level surface. Set the parking brake, turn the ignition off, and chock the front wheels in front and behind.
2. Raise the rear of the vehicle with a floor jack under the axle housing, then support the frame with jack stands so the rear suspension can droop and the coil springs unload. Do not remove the wheels — just let the axle hang.

Note: On coil-sprung SUVs (4Runner, GX, LX, Land Cruiser, FJ, Sequoia) the YotaTV helper spring nests inside the OEM rear coil. On models with a separate frame bump-stop cup, the spring bolts up through the cup instead. Identify which style your vehicle uses before starting — refer to Diagram 1 vs Diagram 2 on page 1.

A · COIL-NESTED INSTALL (DIAGRAM 1)

3. Starting on the driver side, gently lower the axle until there is enough gap between the top of the coil and the upper spring perch to slide the helper spring in. A pry bar or spring spreader helps but is usually not required.
4. Center helper spring **[A]** inside the OEM coil so the wide base sits on the lower perch and the narrow top faces the upper perch. The spring should be free-standing and centered.
5. Slowly raise the axle back up so the coil compresses onto the helper spring. Confirm nothing is pinched and the coil is still seated in its factory pockets.

B · BUMP-STOP CUP INSTALL (DIAGRAM 2)

3. Starting on the driver side, remove the OEM rubber bump stop from the frame cup (twist counter-clockwise with channel-lock pliers, or remove the retaining bolt from above).
4. Push the stud on helper spring **[A]** up through the hole in the bump-stop cup. From above, slide retaining washer **[B]** onto the stud, then thread lock nut **[C]** with a drop of blue thread locker. Torque to 25 ft-lb.

Tip: If the coil pocket is too tight to seat the helper spring, disconnect the lower shock mount to let the axle droop another inch. Reattach and torque to the vehicle manufacturer's spec once the helper spring is in place.

6. Repeat the same procedure on the passenger side — parts and orientation are identical.
7. Lower the vehicle off the jack stands, remove the chocks, and roll it forward and back a few feet to let the rear suspension settle.
8. Take the vehicle for a short test drive on a low-traffic road. Load up the rear (gear, trailer tongue, roof-top-tent, etc.) and confirm there is no contact noise, no rubbing on the axle bump-stop, and the ride is level. Re-inspect after the first 100 miles.

What you should feel: reduced rear sag under load, less squat when towing or hauling, a firmer feel over speed bumps at load,

WARRANTY & SUPPORT

Every YotaTV Rear Helper Springs Kit is backed by our fitment guarantee. Register your kit and reach us any time:

Email: support@yotatv.com · **Phone:** +1 (844) 909-4899 · **Web:** yotatv.com

Please have your order number and vehicle year / make / model / trim ready when you contact us.

YOTATV · SSR-623-40

Rear Helper Springs Kit

DURING & AFTER INSTALL: Make sure the emergency brake cable, brake lines, A/C lines, and wiring do not contact the helper springs. Secure any cables clear with zip-ties or gentle re-routing. Never exceed the manufacturer's Gross Vehicle Weight Rating (GVWR) shown on your vehicle's door tag.

Support

support@yotatv.com
+1 (844) 909-4899
yotatv.com

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