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all of your vehicle maintenance,  
trust Advance Auto Parts!**

# **HEADERS**

Why you should **install  
headers** and how to  
**do-it-yourself!**

## **What you will need -**

- Jack
- 2 jack stands or ramps
- Ratchet, extensions, sockets, breaker bar
- Possibly special 6-pt or 12-pt sockets or Allen wrenches and a spark plug wrench
- Anti-seize compound
- Masking tape
- Torque wrench
- Penetrating oil

## **Do-It-Yourself difficulty guide -**

EASY   AVERAGE   **ADVANCED**

## **Estimated time required -**

3 Hours

## **Estimated cost savings -**

\$180

**Advance Auto Parts carries high quality exhaust headers for a wide variety of vehicles.** These headers improve performance by providing a less restrictive path for exhaust gases. This releases additional power for the vehicle. More efficient exhaust gas flow can also help improve fuel economy. Headers are especially effective when other air flow enhancements have been added, such as a cool air intake system. Remember that any performance modification you make to your vehicle may require relocation of stock components. Check your warranty contract before the project to be sure that the modification will not void it.

**For hundreds of other do-it-yourself projects and tips visit [www.AdvanceAutoParts.com](http://www.AdvanceAutoParts.com)**

Standard and accepted safety procedures and precautions (including use of safety goggles and proper tools and equipment) should be followed when making repairs to eliminate the possibility of personal injury or improper service which could damage the vehicle or compromise its safety. Although this material has been prepared with the intent to provide reliable information, no warranties, express or implied including the warranties of fitness for a particular purpose or merchantability, are made as to its accuracy or completeness. Neither is any liability assumed for loss or damage resulting from reliance on this material. In no event will Advance Stores Company, Incorporated or its parent or affiliates be liable for any damages, direct or indirect, consequential or compensatory, arising out of the use of this material.

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# **performance**

**Step-By-Step Instructions**

**Equipment You'll Need**

**Parts You'll Need**



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# why you should install exhaust headers for improved performance.



Exhaust headers  
improve the

output efficiency of an engine for  
increased performance. Factory cast iron  
exhaust manifolds are often restrictive.  
The easier air can flow into and out of the  
engine, the less work the engine has to do  
to pump the air and the more power that's  
available to move the vehicle. Headers  
offer smooth larger diameter passages for  
improved exhaust flow.

Be sure to pick up an Advance Auto Parts **Service  
Maintenance Schedule** for information on other  
important car care projects.



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# how to install performance headers *do-it-yourself & save!*

Many headers use special small head bolts that require special six-sided sockets, twelve-sided sockets or Allen-head tools. Always use jack stands to safely support the vehicle when working underneath it.



**1**

Removing the stock  
exhaust manifolds may  
require removing the spark  
plugs or unbolting the steering  
shaft or other components to  
get sufficient clearance room.



**4**

Use strips of masking tape  
to hold the new gasket in  
place on the header. Do not  
cover any bolt holes.



**2**

After removing the stock  
manifolds, clean off the head  
surface so the new gasket  
can provide a tight seal.



**5**

The new headers should  
slip into place where the  
stock manifolds were  
mounted. Install the header bolts  
and torque to the manufacturer's  
specifications. Connect the  
header to the exhaust system.



**3**

Coat the new header's  
bolt threads with anti-seize  
compound. This is especially  
important if the cylinder  
head is aluminum.



**6**

Reinstall the spark plugs or any  
other components that were  
removed for installation access.

**Additional tip:** Before purchasing headers, measure your available engine bay space. You want to avoid cutting the inner fenders or other sheet metal if you can help it.