

How to measure your spring lift (Suspension Height)

To measure accurately you need to park your Land Rover on level ground, do not have any wheels sat in any dips or up on any bumps in the ground. Make sure your Land Rovers hand brake is properly engaged and wheels are securely chocked before going underneath.

Front



You need to measure the rear part of the front coil spring from where it touches the chassis down to where it touches the spring seat.

(Only Measuring the coil spring itself and take the measurement from the rear side of the spring)

See in the picture where the tape measure is positioned.

Standard front coil springs (no lift) are 250mm to 260mm.

Rear



You need to measure the rear part of the rear coil spring from where it touches the chassis down to where it touches the spring seat.

(Only Measuring the coil spring itself and take the measurement from the rear side of the spring)

See in the picture where the tape measure is positioned.

Defender 90 / Discovery 1/ RRC standard rear coil springs (no Lift) are 300mm.

Defender 110/130 measure slightly higher at 320mm to 330mm

If you have any spring spacers under your spring seats add their measurements afterwards to get your overall spring height.