



ProSpeed Off Road

Discovery 3 & 4



Discovery 3 & 4 Rock and Tree Slider

Kit Contents:

- 22x M8 countersunk bolts
- 22x flush fit washers
- 4x door seals

Tools Required:

- Trim removal tools
- No. 2 pozi drive - Stubby screw driver or 90 deg ratchet
- 5mm allen key

Not essential but recommended:

- Foil circles, foil tape, duct tape, or similar

1. Remove the draft excluder seal from the bottom of the doors. It's a case prising the end of it down away from the door and then sliding it out. (Trim removal tools)



2. Remove 2x no.2 pozi screws from the rear of the plastic sill. (no.2 pozi drive)



3. Remove the 7 trim clips from the underside of the plastic sill. (Trim removal tools)



4. Starting at the rear of the sill prise it away from the vehicle.



5. Remove the 9 plastic clips from the sill.



6. Peel off the covers to reveal the threaded holes in the sill (5 in total).



6. Continued....



7. If you have some foil tape or duct tape it would be a good idea to re-cover the 9 holes the plastic clips were removed from.



7. Continued.....



8. Lift the slider into place, preferably with two people.

9. Line it up with the holes and begin screwing in all of the bolts on the side of the slider. Countersunk washers have also been provided. At this point don't fully tighten. (5mm allen key)



10. Re-fit one of the number 2 pozi screws into the original arch liner. Hold the slider upwards to do so.

11. Screw in the remaining 6 bolts and countersunk washers underneath the rock slider. (5mm allen key)

12. Push your new seal onto the bottom of the door replacing the original land rover one. The flange of the new seal needs to be pointing out from the vehicle.



N.B. If removed, when re-fitting the tree slider to the rock slider you must torque the 6x M16 countersunk bolts to 200 Nm. Use a 10mm allen key.