



Ford F-150 series P/U
2011-2014 5.0L V8 engine
(Includes FX2, FX4, King Ranch, Lariat, Platinum, XL, XLT, and STX models)

91674FLT & 91674-1FLT

NOTE: Read all instructions carefully before attempting the installation.

Thank you for making FLOWTECH HEADERS your choice in a high-performance exhaust system. Extensive dyno/street/track testing has enabled FLOWTECH to offer the most advanced design in headers for your application. Proper installation and maintenance will ensure long life and maximum performance from your FLOWTECH exhaust system.

WARNING! Breaking in a new engine with ceramic-coated headers WILL result in damage to the coating and will VOID all warranties.

PARTS INCLUDED:

- Header (91674FLT – Black painted or 91674-1FLT – Ceramic Coated)
- 10mm flange nuts (x2)
- 10mm x 1.25 x 35mm flange bolts (x2)

RECOMMENDED TOOLS:

Flathead Screwdriver	6mm, 8mm, 10mm, 15mm, & 18mm Wrench	14mm, 15mm, 18mm Socket
3/8" or 1/2" Ratchet	3/8" or 1/2" x 12" Extension	Oxygen Sensor Wrench
Tie Straps	Jack Stands	Floor Jack
Engine Hoist		

FLOWTECH® recommends using a cast iron exhaust manifold or old headers to break in new engines to avoid coating damage.

BEFORE STARTING:

Place the vehicle in an adequately lit and ventilated location where the floor is solid and flat. DO NOT work on a hot engine. Heat causes metal to expand and makes the removal of fasteners more difficult. Please be sure to wear the proper safety equipment; eye goggles and gloves are recommended to ensure a safe installation. (**Read Instructions prior to installation**).

1. Disconnect the battery cables from the battery to prevent electrical damage.
2. **DO NOT DEPEND ON A JACK!** Use jack stands and block the rear tires to safely support the vehicle.
3. Loosen the (x2) 10mm bolts on the 2 bolt exhaust flange connection.
4. Remove the exhaust from all the hangers and remove from the truck.
5. Loosen and remove the (x4) 8mm bolts to remove the skid plate on the left (driver's) side of the transmission cross member.
6. Un-plug the O2 sensors on the Y-Pipe.
7. Loosen the clamp of the left (driver's) side converter pipe.
8. Loosen and remove the (x2) 10mm nuts from the left (driver's) side converter pipe attached to the OE manifold. Remove the pipe.
9. Use the floor jack and the jack stand to support the transmission and transfer case.
10. Loosen and remove the (x2) 12mm nuts from the transmission mount.

11. Loosen and remove the (x4) 12mm nuts/bolts from the cross member. Remove the cross member.
12. Loosen and remove the (x4) 10mm bolts on the exhaust hanger mounted to the transmission.
13. Loosen and remove the (x2) 10mm nuts from the right (passenger's) side converter/Y-pipe flange to OE manifold. Remove the OE Y-pipe.
14. Reinstall the transmission mount and cross member temporarily.
15. Loosen and remove the (x1) 6mm nut, (x2) 8mm nuts, and (x3) 8mm bolts to remove the starter and wires.
16. Loosen and remove the (x2) 14mm nuts from the right (passenger's) side motor mount.
17. Raise the right (passenger's) side of the engine with a jack.
18. Loosen and remove the (x4) 6mm bolts to remove the right (passenger's) side heat shield.
19. Loosen and remove the (x8) 10mm nuts from the OE exhaust manifolds. Remove the right (passenger's) side OE manifold.

INSTALLATION:

1. Install the right (passenger's) side Flowtech header back on the cylinder using the original gasket and the (x8) 10mm nuts and tighten.
2. Reinstall the (x2) 14mm on the right (passenger's) side engine mount nuts and tighten.
3. Reinstall the starter and wires using the original (x1) 6mm nut, (x2) 8mm nuts, and (x3) 8mm bolts.
4. Support the left (driver's) side of the engine with a jack. Remove the left (driver's) side engine mount.
5. Raise the left (driver's) side of the engine and remove the (x4) 6mm bolts to remove the left (driver's) side heat shield.
6. Loosen and remove the (x8) 10mm nuts from the OE exhaust manifolds. Remove the left (driver's) side OE manifold.
7. Install the left (driver's) side Flowtech header back on the cylinder using the original gasket and (x8) 10mm nuts and tighten.
8. Reinstall the (x2) 14mm nuts on the left (driver's) side engine mount nuts and tighten.
9. Use a floor jack and jack stand to support the transmission and transfer case.
10. Remove the cross member and transmission mount.
11. Install the factory exhaust hanger mount on the Y-pipe.
12. Install the Y-pipe using the supplied (x4) 10mm nuts and (x4) 10mm bolts. Only finger tighten at this point.
13. Reinstall the factory exhaust hanger mount on the transmission using the (x4) 10mm bolts and tighten.
14. Reinstall the cross member using the original (x4) nuts and bolts and tighten.
15. Lower the transmission and transfer case onto the cross member. Reinstall the original (x2) 12mm bolts on the transmission mount.
16. Tighten the (x4) 10mm nuts and bolts on the Y-Pipe to the Flowtech Headers.
17. Plug in the O2 sensor connectors, making sure the connectors are clear of the exhaust and driveshaft.
18. Reinstall both the left (driver's) and right (passenger's) side heat shields to the transmission using the original (x2) 6mm bolts.
19. Reinstall the skid plate using the original (x4) 8mm bolts.
20. Reinstall the exhaust system and Y-pipe to the Flowtech headers and ensure all connections are solid.
21. **RE-CHECK ALL OF YOUR WORK.**
22. Remove the vehicle from the jack stands.
23. Reconnect battery cables, making sure all connections are secured.

24. Start the engine and allow it to come to normal operating temperature. Check for leaks. Shut the engine off and allow it to cool down.
25. Recheck all the connections to ensure they are secure.
26. Give vehicle a test drive checking carefully for any new noises.
27. After several days of driving, check connections and re-tighten all bolts.