UNOFFICIAL M1 INSTALLATION GUIDE - Courtesy write up by David Salazar (adakotartguy)

This is informational and to be used at your discretion. It worked for me 4 times so far so it should in theory work for you.

Feel free to PM me what I might have missed, I want to try and keep it all in one post. If you think its good maybe it can become a sticky. Who knows, did this for Nasty99RT really.

Things you need on hand
Torque Wrench Inch an Ibs
Spray gasket sealer
RTV
Install kit or spacers at a min
New Thermostat (180 if it was me)
Oil and Filter
Coolant

New injector o-rings

Intake Manifold Gasket Set(I hope you have this or else that would be pretty dumb)

First

DISCONNECT THE BATTERY

Drain your coolant or at least a good amount

Remove Airhat or Airbox

Disconnect all connections from the A/C, Alt, Fuel injectors, TB

Remove TB (4 Screws)

Remove 5 bolts(14mm) holding on the accessory Bracket, pull assembly forward to expose entire manifold

Remove heater hose

Remove Radiator Hose

Remove Temp Sensor connection

Relieve fuel pressure by removing schrader valve cap and putting a rag around it and pressing the small pin in the middle, a small amount of fuel will come out.

Remove 4 bolts holding on the fuel rails

Pull fuel rails slowly from each side straight up until they come all the way out

pull them to the driver side holding it with some sort of strap or something

Remove bypass hose or simply the clamp as it may be easier to pull it when you take the manifold out

Remove the 12 bolts from the manifold

Pry up the manifold and pull that POS out

Plug ports on the heads with paper towels or rags as to not let anything in there.

Put a clean towel in the lifter valley so that nothing gets in.

Clean the manifold sides of the heads with a razor, careful not to gouge anything.

Should be ready for the reinstall

Transfer over all your sensors and feeds. This is a good time to get a new Thermostat and water neck.

Put some plumbers tape on the coolant bypass hose in the direction that it screws in so that it won't strip out.



Shop vac any residue that might be left over

Now get this or similar Gasket Sealent



Now spray some gasket sealant on the heads and on the backside of the gaskets, let it sit for about 5 min.

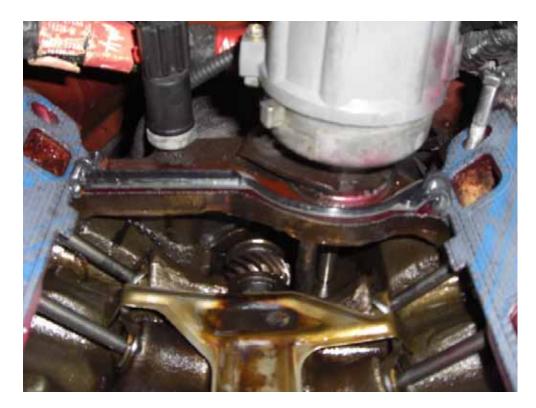
Put the gaskets on the heads and put about 2 bolts on each side to make sure they are on there correctly. Press down on the gasket lightly so that the sealant is takey to the head and the gasket. This prevents them from moving when you put the manifold in.



Put some gasket maker or Copper RTV on all four corners







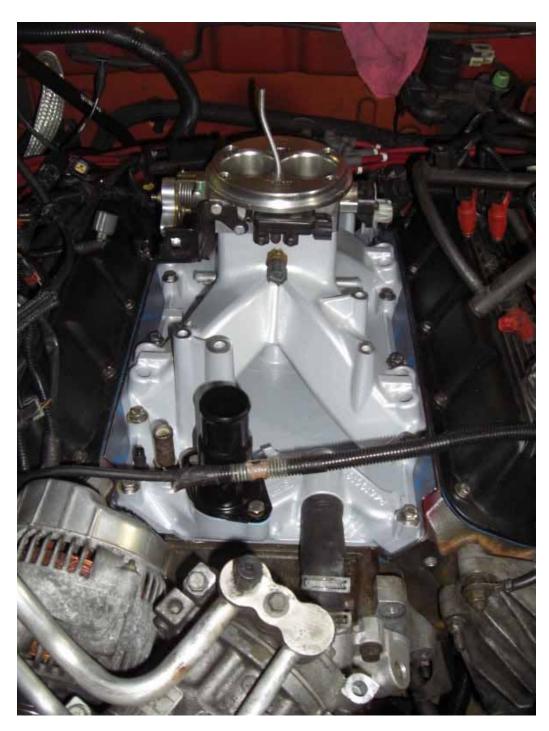
You can put the front and rear gaskets either before or after. I before because the RTV fills in the spaces when the manifold goes in.

Now you are ready to put the manifold in.

At this point you should put the bypass hose on the manifold before it goes on to make it easier to mate up with the water pump.

Now put the manifold in, rear first because I has to fit under the distributor.

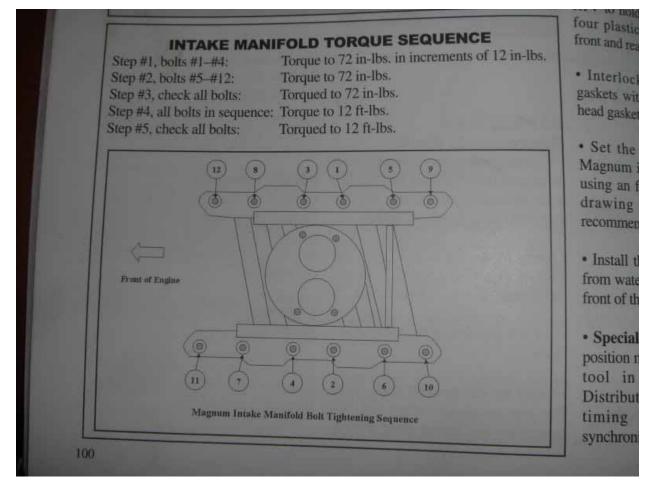
Connect the other end of the bypass hose.



Put in all 12 bolts but only until they are hand tight.

THIS IS IMPORTANT

Follow this sequence to tighten the bolts down.



Next you want to install the fuel rails

Coat the O-rings with a light oil, put on new ones now.

Put in one side at a time but do not force them, you will know when they are in as they will pop lightly. Now bolt them in, ensure you have the spacers

Now plug in your Temp sensors, injector harness, IAT sensor

Connect the Heater hose

Install TB and connect your sensors and cables

Move accessory bracket back to position and install 5 bolts

Install Radiator Hose and idler wheel



Rerun your belt

Change your oil

Add coolant



Install Air Hat or intake or whatever

Connect battery

Crank it up and check for leaks

You will have to burp the cooling system as well or your vehicle will overheat