



**PART # 28140, 28146  
INSTRUCTION SHEET  
PONTIAC 1967-81 (326 - 455)**

**CAUTION!** This is a custom designed exhaust header system, designed for this particular application (s). Do not bend, bang, cut, dent, drill or heat any portion of this header! Any alteration other than those suggested in this instruction sheet will void the Hedman Lifetime Guarantee!  
To prevent leaks, install your headers using Hedman Heddere exhaust gaskets ONLY and a spray copper gasket sealant.

**BEFORE STARTING INSTALLATION:**  
It is necessary to raise the vehicle at least 36 inches from the ground. A floor hoist is recommended, if not available, use a hydraulic floor jack with jack stands. DO NOT USE A BUMPER JACK!

**INSTALLATION INSTRUCTIONS:**

**NOTE:** The engine compartment is very close and all precautions have been taken to assure a proper fit. There are many variations in the engine locations proper clearances. Follow these instructions for a much easier installation.

1. Disconnect battery and remove spark plugs (Number wires).
2. Remove old exhaust pipes, oil filter and casting from block (3 bolts).
3. Disconnect starter wires and remove starter.
4. Remove clutch linkage and ball from engine.
5. Remove bolts from exhaust manifolds.
6. Loosen lower front motor mounts. Raise engine to remove exhaust manifolds.
7. Install Headers.

**LEFT SIDE:**

1. Start rear center header bolt first, then all Header bolts loosely. After all bolts are started, tighten down evenly.
2. Lower starter wires as much as possible. Reconnect to starter. Install starter. YOU CANNOT SEE STARTER WIRES AFTER STARTER HAS BEEN INSTALLED.

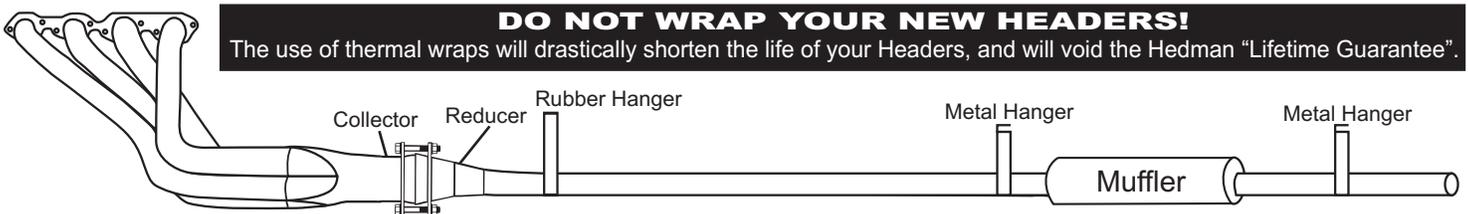
**RIGHT SIDE:**

1. Start rear header bolt first, then all header bolts loosely. After all bolts are started, tighten down evenly.
2. Install oil filter. When changing oil in the future, it will be necessary to follow this procedure.
3. Lower engine and tighten motor mounts. If header come into contact with crossmembers, it will be necessary to replace motor mounts. Old motor mounts weaken, which lower engine.
4. Install reducer caps and weld to exhaust pipes.
5. Reconnect battery and replace spark plugs.
6. Make sure all wires and lines have sufficient clearance.
7. Start engine, test drive vehicle, allowing engine to gain normal operating temperature. Check for leaks and new or unusual noises and after test drive, re-tighten all header bolts.

**ENJOY YOUR HEADERS WHILE COMBINING INCREASED FUEL ECONOMY WITH BETTER PERFORMANCE.**

**SPECIAL INSTRUCTIONS!**

After installing your headers it is very important that your exhaust system be suspended properly. As indicated in the drawing below you must place hangers as close to the header collector as possible. Rubber hangers should be used to allow the front of the system to flex with the engine torque. A hanger is needed before and after the muffler (s). When your exhaust system is unbolted from the header collector, it should remain suspended all by itself. Your Headers Are Not designed to support your exhaust system. Failure to follow these instructions will most likely result in cracks around the area where your primary tubes and collector are welded together, and will nullify your "Lifetime Guarantee".



**WARNING:**  
Removal of catalytic converters and other factory air pollution control devices is illegal. We recommend you abide by the law. Our testing indicates performance is not significantly affected by these devices.