



BREAK-IN PROCEDURE FOR 300-CELL METALLIC CORE CATALYTIC CONVERTERS

This is the Fast Intentions, Inc. break-in procedure to help prolong the life of the 300-cell metallic core catalytic converters.

Step 1: At first start up after install, let the engine idle for 5 minutes.

Step 2: After 5 minute idle, hold engine RPM at 2,500 for 2 minutes.

Step 3: Allow the vehicle to cool down for 1 hour before driving.

WARNING: 300-cell metallic core catalytic converters are **NOT** for use with Forced Induction: Superchargers, Turbochargers, Nitrous.

Any type of flame tune, backfire tune, rev/popping tune will cause catastrophic premature failure of the catalytic converter core.

Questions, Comments, Concerns, Contact Us:

By Email: info@fastintentions.com

By Telephone: (805) 522-3278



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**Instruction Manual For:
350Z/370Z/G35/G37/Q50/Q60 Coupe & Sedan:
Test Pipes, Resonated Test Pipes, High Flow
Cats & Resonated High Flow Cats**

*Technical support:
(805) 522-3278
Monday-Friday 9 a.m.-3 p.m. PST*



INSTALLATION ACCESSORIES INCLUDED:

8 - 3/8" x 1.5" BOLTS
8 - 3/8" SHOULDER NUTS
2 - 3 BOLT GASKETS (**HR ONLY**)
2 - 2 BOLT GASKETS

TOOLS RECOMMENDED:

3/8" Ratchet
3/8"x 2' Extension
14mm Deep Well socket
14mm Deep Well swivel socket
14mm Ratchet wrench
7/8" Wrench

12mm Wrench for steering knuckle

2007-2008 350Z

2009+370Z

2007+G Sedan

2008+G37 Coupe

1) Raise car in the air with either jack stands or a lift. Open hood and let the car cool down completely. Failure to do so can cause severe burns to hands and arms. *Remove the ground terminal connected to the battery.*

2) Start by removing the support bracket underneath the stock catalytic converters. To do so you will need a 14mm socket and a ratchet. Once that is done you can remove the O2 sensors from the catalytic converters. Use a 7/8" wrench to do so but be careful not to round the edges out on the sensor.

For the 2007+350Z/370Z/G35 sedan/G37 Coupe & Sedan you will need to loosen until the threads start to bind. Then stop and spray WD-40 on the threads that you can see. Let it sit for about 5 minutes and then proceed to loosen the O2 sensor. If it continues to bind up, use the closed end of the 7/8" wrench and **work the sensor back and forth very cautiously** until it comes out. If the threads are in bad shape you will need to use a thread file to clean them up. Make sure you use the correct thread pitch on the file. The thread pitch is **18MM x 1.50**. Once the sensor is out, you must spray it with brake cleaner. Make sure you spray all the WD-40 off of it. Only dry the sensor with compressed air.

*****DO NOT TOUCH THE SENSOR PROBE AT ANY TIME WITH YOUR FINGERS!!!*****

You can also unclip the electrical end of the sensor to get it clear of your work area and so it is not hanging. Be sure to put the same sensor back on the same side it was removed from when re installing.

3) First loosen and remove each inboard top nut. These are the nuts on the upper and inside of the catalytic converters connecting them to the exhaust manifolds. You will need a 14mm swivel socket, 3/8"x 2' extension and a ratchet. Once that is completed you will need to move to the top of the engine compartment.

***** (2003-2006) 350Z/G35 SKIP TO STEP 5!!! *****

4) 2007+ 350Z/370Z/G35 Sedan & G37 ONLY: On these models there is a knuckle on the bottom of the steering shaft where it connects with the steering rack. There is a lower bolt on the knuckle. Remove the lower bolt completely in order to slide the steering shaft up off of the steering rack. ***You need to make sure that you draw a line as to where the knuckle meets the rack so when you re install the knuckle it will be lined back up as to where it was before you removed it.***

5) 2007+ 350Z/370Z/G35 Sedan & G37 ONLY: Remove both intake arms from the motor to ensure maximum accessibility. You will need a 14mm swivel socket, 3/8" x 2' extension, and a ratchet. Feed the socket and extension down through the engine compartment and align it on the two remaining nuts on each side.

******It helps if you have another person down below to guide the socket on, but it is not required!******

Once the nuts are removed, you can re-install the intake arms. For now, you are finished up top and need to move back underneath the car and remove the two nuts per side of the catalytic converters that connect them to the exhaust system. You will need a 14mm wrench. Once this completed you can remove the catalytic converters.

***** (2003-2006) 350Z / (2003-2007) G35 COUPE SKIP TO STEP 7!!! *****

6) 2007+ 350Z/370Z/G37 Coupe & Sedan ONLY: Use the 2, 3-bolt gaskets supplied for the top 3-bolt flange connection point. Install product but leave loose. Re-attach exhaust system to new product but leave loose. Make sure to use the 2, 2-bolt gaskets supplied! Once this is done tighten down nuts and bolts starting with the front/manifold and work you way back tightening the exhaust system last.

*****2007+ 350Z / 370Z / G35 SEDAN / G37 SKIP TO STEP 8!!!*****

7) Re-use the copper 3-bolt gaskets from stock catalytic converters. Install product but leave loose. Re-attach exhaust system to new product but leave loose. Make sure to use the 2, 2-bolt gaskets supplied! Once this is done tighten down nuts and bolts starting with the front/manifold and work you way back tightening the exhaust system last. ***Re-install the O2 sensors and the ground terminal on the battery.*** Start car and check for exhaust leaks. If installed correctly, you should have none. Your installation is now complete.

8) Re-install the O2 sensors and the steering shaft. Slide the shaft back on to the steering rack and make sure your mark is lined up. Re-install and tighten bottom bolt first. Make sure that this is done correctly and that the bolt is tight. Failure to do so may lead to a severe accident down the line. Start car and check for exhaust leaks. If installed correctly you should have none. Your installation is now complete.