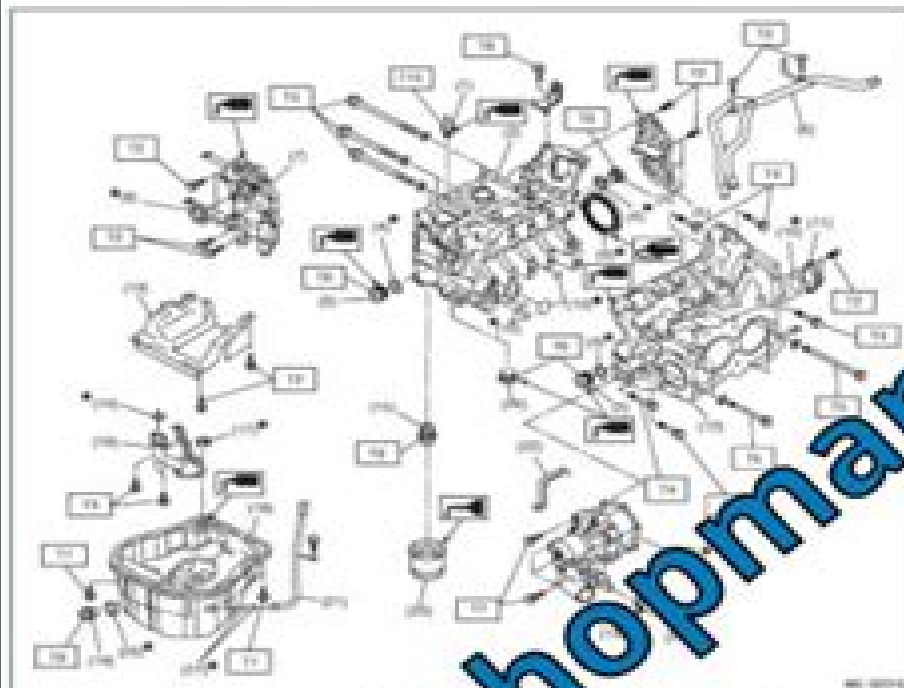


Subaru Forester 2003-2008 Workshop Manual

• MODEL WITH ATF WARMER



- | | |
|-------------------------|------------------|
| (1) Oil pressure switch | (102) Oil filter |
| (2) Cylinder head (FR) | (103) Oil seal |
| (3) Service hole plug | (104) Oil seal |
| (4) Gasket | (105) Oil seal |
| (5) Oil separator cover | (106) Oil seal |
| (6) Water by pass plug | (107) Oil seal |
| (7) Oil pump | (108) Oil seal |
| (8) Front oil seal | (109) Oil seal |
| (9) Rear oil seal | (110) Oil seal |
| (10) Oil ring | (111) Oil seal |
| (11) Service hole plug | (112) Oil seal |
| (12) Cylinder head | (113) Oil seal |
| (13) Water pump | (114) Oil seal |
| (14) Buffer plate | (115) Oil seal |

Tightening torque: Nm (kgf-m, ft-lb)	
71	4 (0.3, 3.0)
72	6.4 (0.65, 4.7)
73	10 (1.0, 7.3)
74	26 (2.6, 18.7)
75	Adjust to 80 (8.0, 57.5) (MILLION, Cylinder Head)
76	10 (1.0, 7.3)
77	Four 12 (1.2, 8.7) (Second 12 (1.2, 8.7))
78	40 (4.0, 29.5)
79	44 (4.4, 32)
79A	26 (2.6, 18.7)

13. Crank Pulley

A: REMOVAL

- Remove the V-belt. **Adjust to 80 (8.0, 57.5) (MILLION, V-belt).**
- Remove the crank pulley bolt. Use ST to lock the crankshaft.

ST 409671400	CRANK PULLEY WRENCH (2.5 L model)
ST 409671100	CRANK PULLEY WRENCH (2.5 L model)



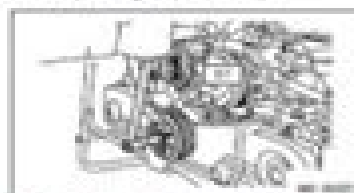
- Remove the crank pulley.

B: INSTALLATION

1. 2.5 L MODEL

- Install the crank pulley.
 - Install the pulley bolt. Use ST to lock the crankshaft.
- ST 409671400 CRANK PULLEY WRENCH
- Clean the crank pulley thread using an air gun.
 - Apply engine oil to the crank pulley bolt seat and thread.
 - Tighten the bolts temporarily with tightening torque of 44 Nm (4.5 kgf-m, 32 ft-lb).
 - Tighten the crank pulley bolts.

Tightening torque:
127 Nm (13.0 kgf-m, 94.0 ft-lb)



- Confirm that the tightening angle of crank pulley bolt is 40° or more. If the tightening angle of crank pulley bolt is less than 40°, conduct the following procedures.

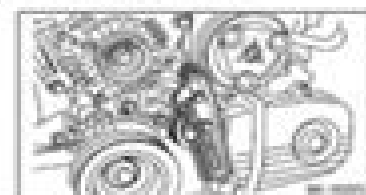
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Crank pulley bolt seat and thread.

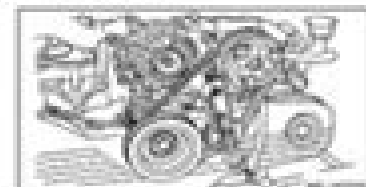
- Apply engine oil to the crank pulley bolt seat and thread.
- Tighten the bolts temporarily with tightening torque of 44 Nm (4.5 kgf-m, 32 ft-lb).
- Tighten the crank pulley bolts keeping them in an angle between 40° and 60°.

NOTE:

- Conduct the tightening procedure by confirming the turning angle of crank pulley bolt referring to the gauge indicated on bolt cover.
- Install the A/C belt tensioner.



- Install the A/C belt.



2. 2.5 L MODEL

- Install the crank pulley.
 - Install the pulley bolt. Use ST to lock the crankshaft.
- ST 409671100 CRANK PULLEY WRENCH
- Clean the crank pulley thread using an air gun.
 - Apply engine oil to the crank pulley bolt seat and thread.
 - Tighten the bolts temporarily with tightening torque of 44 Nm (4.5 kgf-m, 32 ft-lb).

Subaru Forester 2003 2007 Factory Service Repair Manual

James Danko



Subaru Forester 2003 2007 Factory Service Repair Manual:

Autocar ,2006 **Chilton's Subaru Legacy and Forester 2000-09 Repair Manual** Robert Phillip

Maddox,Chilton,2012 Covers U S and Canadian models of Legacy 2000 through 2009 and Forester 2000 through 2008
Includes Legacy Outback and Baja models Does not include information specific to six cylinder and diesel engine models

Subaru Legacy & Forester 2000 Through 2006 Haynes Editorial Staff,Robert Maddox,John Harold

Haynes,2007-02-01 Haynes manuals are written specifically for the do it yourself yet are complete enough to be used by professional mechanics Since 1960 Haynes has produced manuals written from hands on experience based on a vehicle teardown with hundreds of photos and illustrations making Haynes the world leader in automotive repair information

Backpacker ,2004-03 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured **Subaru Legacy & Forester** Editors of Haynes Manuals,2012-12-04 With a Haynes manual you can do it yourself from simple maintenance to basic repairs Haynes writes every book based on a complete teardown of the vehicle We learn the best ways to do a job and that makes it quicker easier and cheaper for you Our books have clear instructions and hundreds of photographs that show each step Whether you re a beginner or a pro you can save big with Haynes Step by step procedures Easy to follow photos Complete troubleshooting section Valuable short cuts Color spark plug diagnosis Complete coverage for your Subaru Legacy 2000 2009 and Forester 2000 2008 including Legacy Outback and Baja Does not include information specific to six cylinder and diesel engine models Routine Maintenance Tune up procedures Engine repair Cooling and heating Air Conditioning Fuel and exhaust Emissions control Ignition Brakes Suspension and steering Electrical systems Wiring diagrams **Subaru Legacy and Forester**

Automotive Repair Manual Robert Phillip Maddox,John Harold Haynes,2006 **Subaru Legacy and Forester** Robert Maddox,2007-03-02 All models including Legacy Outback Baja models **Subaru Automotive Repair Manual** Mike

Stubblefield,John Harold Haynes,1997-01-01 1 6L 1 8L **Subaru Legacy (10-16) & Forester (09-16)** Haynes

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,1997 Subaru Forester Service Manual Fuji Jūkōgyō Kabushiki Kaisha,2001* **Chilton's Subaru Legacy & Forester 2000-07** Anonimo,2006-09-12 Total Car Care is the most complete step by step automotive repair manual you ll ever use All repair procedures are supported by detailed specifications exploded views and photographs From the simplest repair procedure to the most complex trust Chilton s Total Car Care to give you everything you need to do the job Save time and

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Subaru Sambar English Service Manual James Danko,2008-11-17 Over 200 hundred pages of Factory Diagrams and Specifications all Written in English You can rebuild your Sambar From the Ground Up Engine Overhaul suspension Brakes Transmission differentials and much more Plus the Factory Electrical Diagrams are also in this book

Subaru Forester Service Manual Fuji Jūkōgyō Kabushiki Kaisha,1999 **Subaru Forester Service Manual** Fuji Jūkōgyō Kabushiki Kaisha,1999 *Subaru 1600 & 1800 1980 thru 1994* John Haynes,1998-08-27 There is a Haynes manual for most popular domestic and import cars trucks and motorcycles By conducting complete tear downs and rebuilds the Haynes staff has discovered all the problems owners will find in rebuilding or repairing their vehicle Documenting the process in hundreds of illustrations and clear step by step instructions makes every expert tip easy to follow From simple maintenance to trouble shooting and complete engine rebuilds it s easy with Haynes [Subaru Liberty Automotive Repair Manual](#) Tim Imhoff,John Harold Haynes,1999 Liberty models including Liberty Outback 2 2L 2 5 L engines including turbo

Motor Auto Repair Manual Manual,2010

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