Clean studs with mineral spirits or brake clean to remove machining oils. There is a short side and long side to the stud. The short side goes into the frame. Apply Red loc-tite to the stud before installing it. Double nut the stud and torque the stud to 30 ft/lbs. After alignment washers are installed, torque the M10 nut to 35 ft/lbs. If this is a dual purpose car, we recommend that you apply paint to the shims for your street specs and another color for track specs and note which is for what.