



Subaru Forester Diesel

MY09-MY11 SH
3rd Generation

2.0 Lt. Turbo Diesel

(Inc Premium)

Enhancement Menu

(parts listed in order of best value)

KITS

- **MRT Power kits.** ([Separate document available click here](#))

Performance and Tuning

Power

[\[Click Here for more information\]](#)

- Factory ECU upgrade (or tuning to suit your cars mods & needs)
- MRT XA Power Kit
- MRT XB Power Kit
- Exhaust Dump Pipe.

- Cat Back Exhaust
- Turbo Back Exhaust
- High power turbo kit - Type 1 & 2
- Turbo Exhaust manifold

Engine

[\[Click Here for more information\]](#)

- Intercooler water spray kit Upgrade (With FMIC)
- Performance Blow Off Valves. (Improves throttle response and stops boost leakage)
- Alloy Pulley kit. (Increased throttle response)
- Top Mount intercooler kit. (Larger, more efficient)
- Front Mount intercooler kit. (Larger, more efficient)
- Performance Engine Rebuilds

Other

- Replacement intake panel filter (save \$\$ on future maintenance)
- Radiator Pressure cap 1.3 bar. (Genuine STI - Extra safety for hot days)
- High performance oil filter. (Genuine STI - Increased flow and filtration)

Reasons why you can rely on MRT

- Factory Warranty Guarantee *
- Nationwide support and warranty.
- Lifetime Warranty on all parts.
- Single supplier support. (no blaming others).
- Money Back Guarantee
- 18 years experience.

Suspension and Tuning

[\[Click Here for more information\]](#)

- Sports Wheel Alignment (Improves handling)
- Front Swaybar \nearrow (reduces body roll / Improves- handling and tyre wear)
- Rear Swaybar \nearrow (reduces body roll / Improves- handling and tyre wear)
- Swaybar End Link (front and rear) (Improved reliability)
- Positive shift kit. (Reduces sloppy gear shifting)
- Anti lift kit (Improved grip and handling)
- Anti lift kit RACE (Improved grip and handling. More castor)
- Front Roll Centre kit (reduces body roll)
- Precision steering kit. (Reduces movement of steering rack)
- Front control arm rear brace (Improved chassis / suspension stiffness)
- Lower front chassis brace (Improved chassis stiffness)
- Front strut brace (Improved chassis stiffness)
- Front control inner bush kit (Improved handling)
- Rear diff positive power kit (Improves stability in cornering)
- Rear diff positive power kit, front. (Improves stability in cornering)

- Rear sway bar mount brace (Improves performance of sway bar)
- Rear shock lower bush kit (Reduces soft mounts)
- Rear training arm front bush kit (Improves handling)
- Rear camber (upper arm) adjustment kit (Improves alignment, reduces tyre wear)
- Rear lateral link, adjust, toe. (Improves wheel alignment and stability in cornering)
- Rear positive traction kit rear. (Improves stability in cornering)
- Rear positive traction kit rear. Race (Improves stability in cornering)
- Front adjustable strut top kit (Improves alignment and grip)
- Coilovers - Adjustable Height, Bump & Rebound for Australia Roads (Various Options to suit your needs, intended use and budget)
- Corner weighting - Serious Street / Track Ride height adjustment
- Track Side Setup / Testing and Support (Contact MRT for more info about our track days)

Transmission

[\[Click Here for more information\]](#)

6 speed Manual

- Short shift kit (adjustable). (Improves shifting)
- Synthetic oils. Gearbox / Rear diff. (Improves reliability, reduces heat)
- Heavy Duty Clutch (Improves reliability, stronger than std)
- Lightened flywheel (Improves throttle response)

Brakes

[\[Click Here for more information\]](#)

- Brake Fluid High temp, bleed and flush (Reduced brake fade and a firmer pedal)
- Stainless Steel Braided Brake Lines (improves line pressure – better feel)
- Brake Master Cylinder Support Bracket (improves pedal feel, increases brake efficiency)
- MRT Brake Pads *Sport* (Improved reliability for occasional track use)
- MRT Brake Pads *Race* (Improved reliability for serious track use)
- Brake Rotors Serious Street / Track Slotted
- Brake Rotors - 2 Piece *Sport* rotors, Alloy hat (Reduce heat transfer, reduce unsprung weight)
- 4 Pot and 6 Pot Racing Calliper / Brake Kit Upgrades for Front and Rear

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www.MRTperformance.com.au

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