

# Instruction Sheet

## Rear Cradle Mount OE Bush Insert Kit

Suits: Camaro - 09 on

Z5224

67478 x 2	67480 x 2	GREASE X 1
67479 x 2	67481 x 2	INSTRUCTION X 1

(Always refer to the current catalogue for complete application listings)

**N.B:** This instruction sheet should be used in conjunction with the workshop manual.

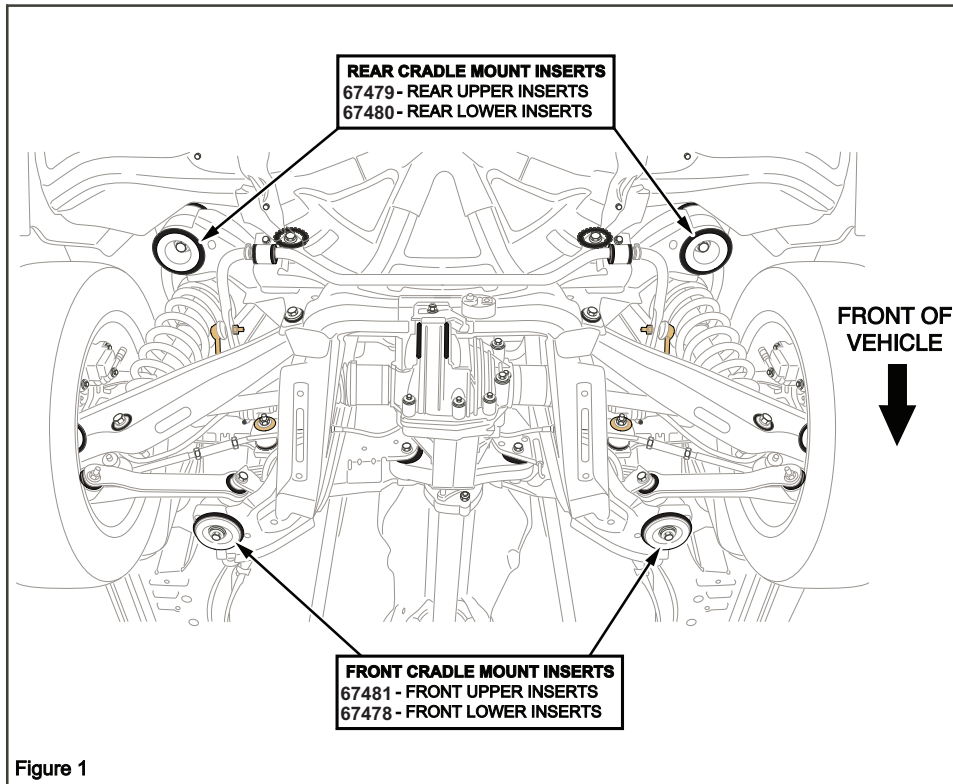


Figure 1

**N.B:** It is recommended that a licenced workshop or trades person carry out the above procedure and that workshop manual and relevant safety procedures are followed in addition to the above.

# Instruction Sheet

## Rear Cradle Mount OE Bush Insert Kit - Side 2

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1. Raise vehicle on hoist with wheels hanging OR raise rear of vehicle and place on suitable chassis stands at rear jack points.
2. Remove front mount points (vertical) bolts. (Figure 1).
3. Loosen only rear mount points (vertical) bolts. (Figure 1).
4. Install supplied 67481 bush into the top of the front cradle mount using a small amount of grease supplied. (Figure 2 & Figure 3).

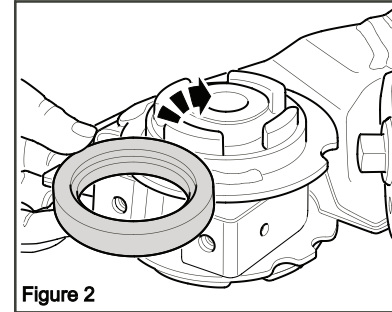


Figure 2

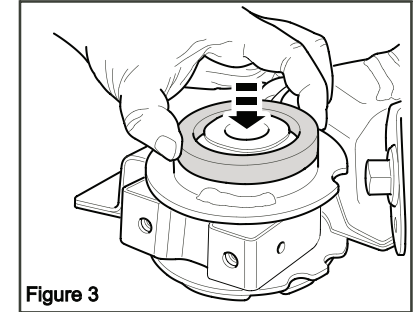


Figure 3

5. Remove the lower mount retaining washer using a suitable pry tool.  
**NOTE:** This may also be knocked off using a suitable hammer with minimal force. (Figure 4).
6. Prepare the removed washer for re-installation by lightly filing the pressed washer nose to remove burrs. (Figure 5).

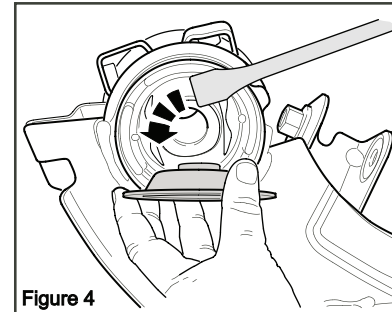


Figure 4

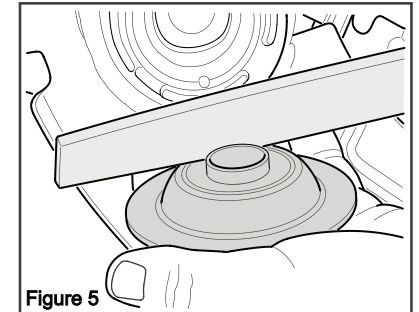


Figure 5

7. Install the 67478 bush into the bottom of the front lower cradle mount OE bush using a small amount of grease supplied (Figure 6 & Figure 7).

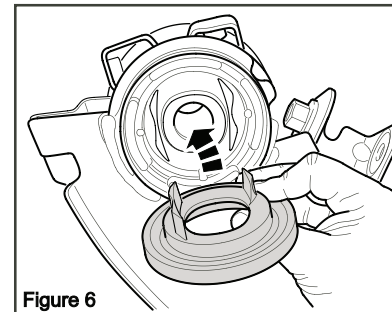


Figure 6

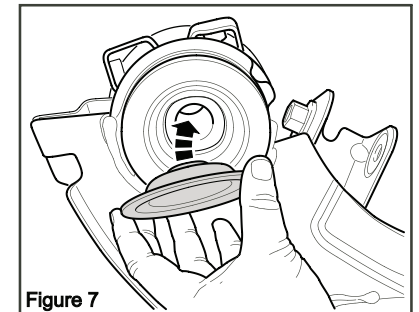


Figure 7

# Instruction Sheet

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## Rear Cradle Mount OE Bush Insert Kit - Side 3

8. Re-install the OE retaining washer, grease the contact surface with grease supplied. Refit bolt but do not fully tension until rear mount inserts are installed. (Figure 8).

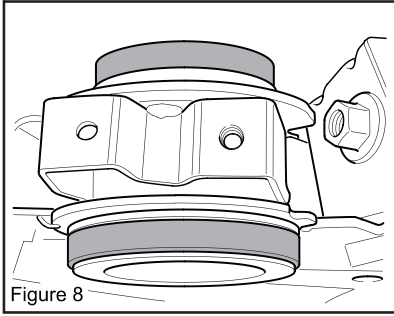


Figure 8

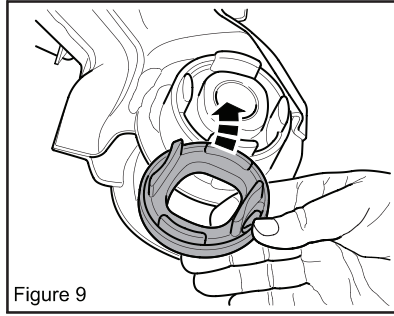


Figure 9

9. With the front mount retaining bolts refitted hand tight only, remove the rear (vertical) retaining bolts. (Figure 1).

10. Install 67479 bush into the top of the rear cradle OE mount using a small amount of grease supplied. (Figure 9 & Figure 10).

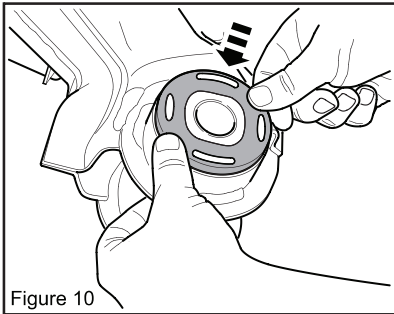


Figure 10

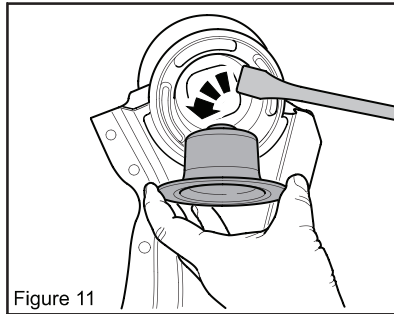


Figure 11

11. Remove the lower mount retaining washer using a suitable pry tool. (Figure 11).

12. Prepare the removed washer for re-installation by lightly filing the pressed washer nose to remove burrs. (Figure 12).

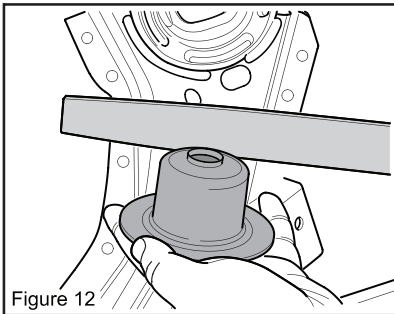


Figure 12

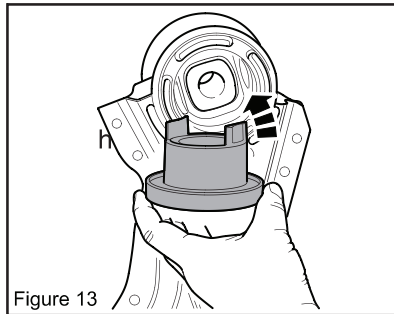


Figure 13

13. Install the 67480 bush into the bottom of the rear lower cradle mount OE bush using a small amount of grease supplied. (Figure 13 & Figure 14).

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## Rear Cradle Mount OE Bush Insert Kit - Side 4

14. Refit the removed OE cup washer and refit (vertical) retaining bolt. (Figure 15).

**NOTE:** Diagram 16 rear mount with bushes fitted.

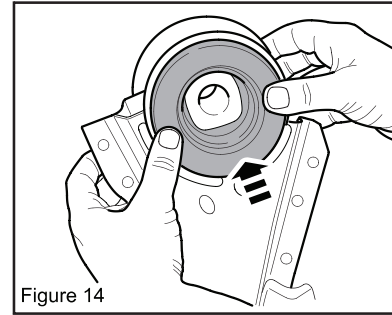


Figure 14

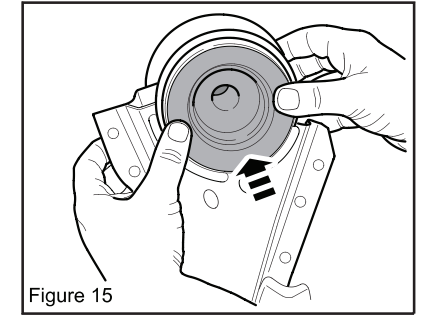


Figure 15

15. Tension rear vertical mounts to manufacturers specification.

16. We recommend a 4 wheel alignment be carried out at this point.

17. Check and re-tension all fittings again after 100km but not more than 200 kms.

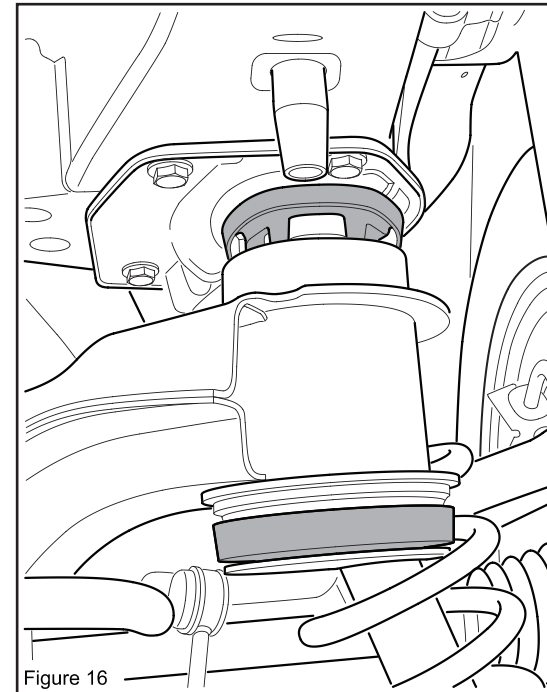


Figure 16

**N.B:** It is recommended that a licenced workshop or trades person carry out the above procedure and that workshop manual and relevant safety procedures are followed in addition to the above.