

# Instructions

## Engine and Gearbox Mounts

**N.B: This instruction sheet should be used in conjunction with the workshop manual and proper safety procedures followed.**

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### Install Guide

- Raise vehicle evenly and safely support.

*Never rely on a Jack only*

- Using a Jack and/or timber, support engine.
- Proceed to loosen engine mount bolts and remove engine mount - NOTE original bolts may be too short for new mount - check thread engagement (minimum 15mm engagement)

**It is recommended both mounts be replaced.**

- Proceed to install new mount with sandwich plate. Start all bolts but do not tighten until all are in position.

Note - sandwich plate to be used between engine block and mount - check original bolts are long enough (min 15mm engagement)

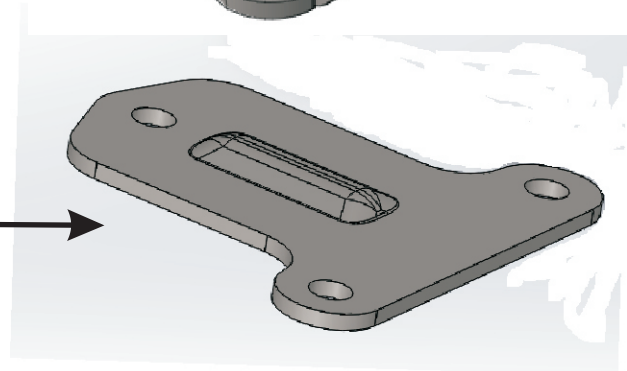
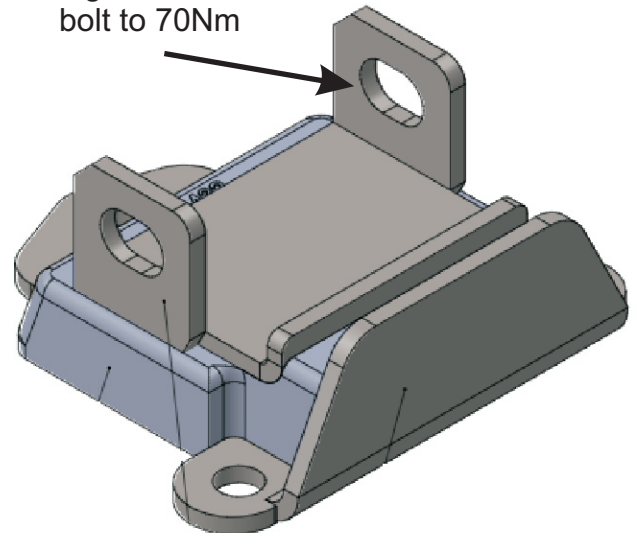
Tighten bolts to 45Nm

**Application** - GM Vehicles  
- Various cars

*Always refer complete catalogue listing*

**Contents** - Engine mounts x2  
- Sandwich plates x2  
  
- Gearbox Mount x1  
- Sandwich plate x1  
- Flat washers x4  
- Spring washers x2  
- Bolts 7/16 x2

Tighten main bolt to 70Nm



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

# Instructions

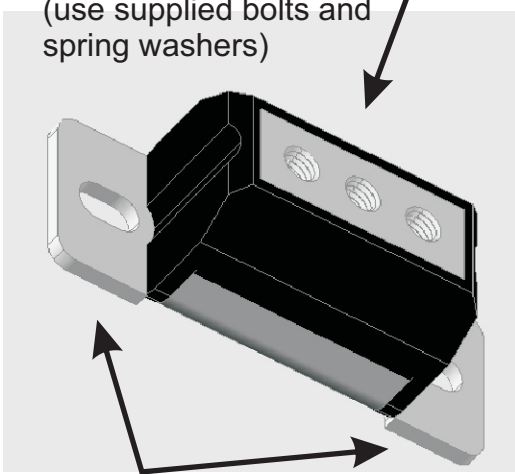
## Engine and Gearbox Mounts

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*Continued;*

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**Note** - mount supplied with 3 holes - your vehicle will use either the centre bolt or the 2 outer bolts. (use supplied bolts and spring washers)

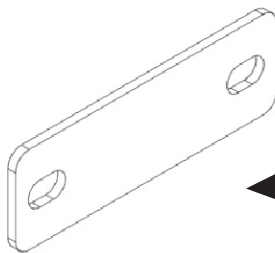


Supplied flat washers not required if OE bolts are flange style

- Lift/support gearbox just enough to remove cross-member. Use Timber to prevent damage.
- Un-bolt original mount and proceed to place new mount in position.

**NOTE** - use supplied sandwich plate between gearbox and new mount.

- Bolt up mount - re-use OE bolts for gearbox Use supplied bolts/washers for cross-member.
- Tighten and road test.
- Re-check all bolts after 100Kms travelled.



Place supplied sandwich plate between gearbox and mount

