

# Instructions

## Front Control Arm Bushings

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

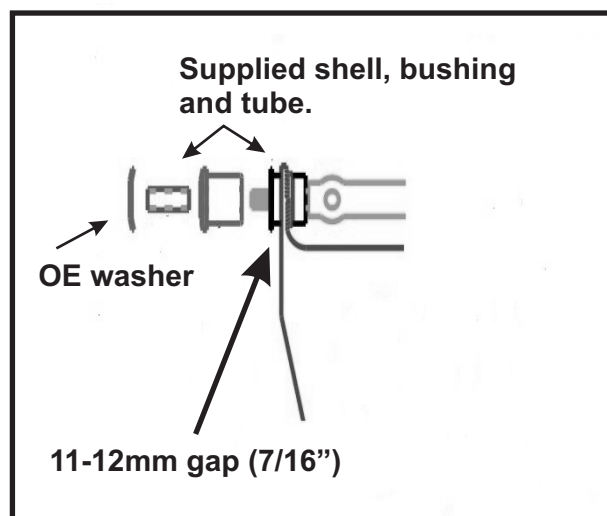
### Upper Arm - Install guide

1. Raise vehicle evenly and safely support.
2. Disconnect upper ball joint - careful of brake lines.
3. Un-bolt upper arm from frame.
4. Un-bolt end-nuts and completely remove the bushings including outer bushing shell.
5. Check arm for any burrs or cracks.
6. Prepare to press supplied steel shells into place.

Support the control arm to prevent arm from bending when pressing. Do not press shells all the way - stop at approx 11-12mm (7/16")

7. Push supplied bushing into shell. Grease bushing ID and faces. Push supplied tube into position. Re-use OE washer and nut.

8. Re-fit arm to vehicle.

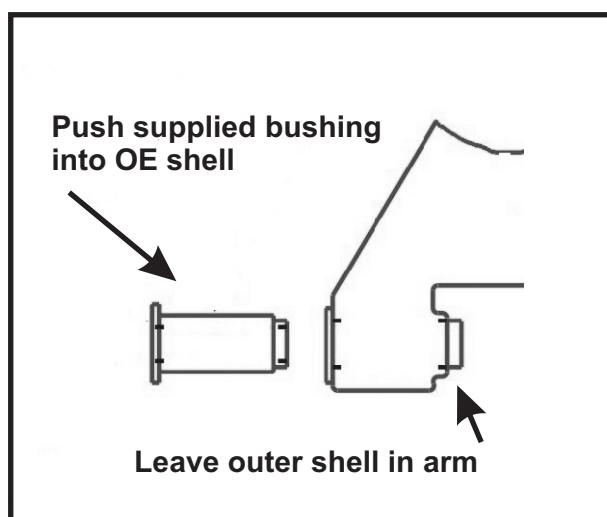


### Lower arm - Install guide

1. Using a Jack, support lower arm and lower slowly to remove spring.
2. Disconnect ball joint - careful of brake lines.
3. Un-bolt and remove lower arm from vehicle.

**NOTE: DO NOT REMOVE OUTER BUSHING SHELL.**

4. Remove internal rubber and inner sleeve - clean off any rubber, dirt or rust from outer shell.
5. Push supplied bushing into outer shell.
6. Grease bushing ID and faces. Insert supplied inner tube.
7. Re-fit arms to vehicle. Tighten all bolts to Manufacturers spec - re-check after initial 100kms.



**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.