

Instructions

Front Control Arm Bushings

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

Bushing contents:

Upper control arm front - 90365

Upper control arm rear - 90366

Lower control arm - 90367

Lower shock mount - 90369

Radius arm bushing - 90368

Application: Nissan 350Z

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1. Raise vehicle evenly and safely support.
2. Remove wheels and proceed to remove control arms.
3. The OE bushings will require pressing out - be careful not to damage the aluminium arms with over size Press Tool.

Upper arm ID is 30.5mm (1.198")
Use a Press tool under this size.

Radius arm ID is 60mm (2.3")
Use a Press tool under this size

Lower shock mount ID is 40mm (1.5")
Use Press tool under this size.

4. Once bushings are removed, push the supplied bushings in by hand or mallet.
5. Grease bushing ID and face with the supplied grease only. Do not grease bushing OD.
6. Push in supplied tubes.
Re-fit arms to vehicle - tighten bolts to manufacturers specifications.



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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.