Installation Instructions for Set # 19.3101 02-up Subaru WRX



Note: It is recommended that this set be professionally installed if you are unfamiliar with this type of work, and a factory service manual be purchased prior to performing any work on your vehicle for proper disassembly, reassembly and torque specs. These instructions are intended for bushing removal and installation of Energy Suspension polyurethane bushings, once you have removed the front control arm from your vehicle. 1. Remove the rear bushing and bracket from the control arm, **Fig.1** (mark the direction of the bushing for proper install).

2. Press out the bushing from the aluminum bracket using a hydraulic press. See **Fig. 2** for sizes of parts used to press out the O.E. Bushing.

3. Press out the front bushing from the control arm using a hydraulic press. See **Fig.3** for sizes of parts used to press out the O.E. bushing.

4. Check the I.D. of the control arm and aluminum bracket for any sharp edges and remove if necessary. When installing polyurethane bushings, apply grease as instructed: Apply light coat of grease to I.D. of the metal. Apply light coat of grease to the I.D. and O.D. of bushings (all surfaces that contact metal). Apply light coat of grease to the O.D. of sleeve. Apply light coat of grease to the faces of the bushings before the washers are installed. 5. Refer to **Fig.4** for parts list and location of bushings, sleeves and washers.

6. Reassemble your control arm and install back into your vehicle according to the factory service manual. When finished, Energy Suspension recommends a four wheel alignment at a qualified service center.

