Installation Instructions 3.3164 F-body upper & lower Control arm bushing set.

Note this set contains patented items listed under one or more patent numbers 5472226,5275429.



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It is recommended that if you are unfamiliar with this type of work that you refer to a qualified service center specializing in this type of work. It is also recommended that if you choose to do this work yourself that a factory service manual be obtained for the proper procedures pertaining to removal, replacement and proper torque specifications for your vehicle. This instruction set is intended as a guideline for the safe installation of Energy Suspension's polyurethane bushings, once you have removed the factory components from your vehicle.

Upper Control Arms

- **1.** Properly support vehicle and remove control arms.
- **2.** Remove sleeves and rubber bushings from control arms. (hint: apply a small amount of heat to break bond of rubber.)

NOTE: Do not remove shells as they will be reused with our bushings!

- **3.** Make sure inside surfaces are free of all old bushing material.
- **4.** Grease all surfaces of bushing that contact metal with supplied grease.
- 5. Install bushings and sleeves.

LOWER CONTROL ARMS

- **1.** Properly support vehicle and remove control arms.
- 2. VERTICAL/HORIZONTAL POSITIONS: Remove washers from ends of sleeves by tapping out with a long punch and hammer. (DO NOT DISCARD! REFER TO DIAGRAM BELOW.)
- **3.** Remove sleeves. (Hint: apply a slight amount of heat to break bond of rubber.) **(DO NOT DISCARD SLEEVE!)**
- **4. VERTICAL POSITION ONLY:** Remove shell and rubber bushing being careful not to damage I.D. of control arm. **(DISCARD RUBBER AND SHELL.)**
- **5.** HORIZONTAL POSITION: Remove rubber bushing only. (DO NOT REMOVE SHELL!) (Hint: use slight amount of heat on outside of shell to break bond of rubber.) (DISCARD RUBBER ONLY!)
- 6. Clean any remaining rubber from I.D. of shells and I.D. of control arms.
- **7.** Apply grease to all metal parts that contact the polyurethane bushings.
- 8. Refer to diagram below for proper positions of bushings and install per.

