

Installation instructions

For set # 3.3199



1131 VIA CALLEJON, SAN CLEMENTE, CA 92673

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. Wheel alignment is almost always disturbed when suspension components are removed or replaced. It is recommended that you have the alignment checked on your vehicle at a qualified alignment shop. Energy Suspension recommends that you read over all the installation instructions and check all P/N's and quantities in the parts list before you start. Call customer service at 949-361-3935 if the parts in your kit do not match this parts list. Prior to installation, make sure that your vehicle is in top mechanical condition and that there are no suspension or steering related problems. This part has been designed to work only with a vehicle that is in good state of repair. No matter how carefully we design our parts, this is one area we have no control over and cannot be held responsible.

Parts list: Energy Suspension recommends that you **read over all the installation instructions** and check all P/N's and quantities in the parts list **before you start**. Call customer service at 949-361-3935 if the parts in your kit do not match this parts list.

- 4 - **03P03627** (upper bushing) If 03P03627 is a slip fit into shell use 3426 and discard 03P03627.
- 4 - **3426** (upper bushing) If 03P03627 is not easy to push in by hand the use it and discard 3426.
- 2 - **3375** (lower front bushing).
- 2 - **15.10.413.39** (lower front sleeve 1.00"O.D. x .640" I.D. x 2.950"LG).
- 2 - **3376** (lower rear bushing).
- 2 - **15.10.414.39** (lower rear sleeve 1.00"O.D. x .640" I.D. x 3.860"LG).
- 4 - **15.07.25.40** (lock nut for lower control arm bolts 16mm X 2.00mm).

Uppers must reuse shell, inner sleeve and cap washers.

Apply grease to all metal parts that will contact the polyurethane bushings.

DO NOT REMOVE OUTER METAL SHELL FROM UPPER CONTROL ARM.



To remove cap washers on upper control arm, clamp cap washer in vice and wiggle arm back and forth. The rubber bushing is bonded to inner sleeve and outer metal shell.



LOWER CONTROL ARM BUSHING REMOVAL: There is no outer metal shell to press out. The rubber bushings are bonded to the inner sleeve, but not the control arm. Press the bushing/sleeve out as a unit. Use spray lube to help remove the old rubber bushings from the lower control arms.

UPPER CONTROL ARM BUSHING REMOVAL: Apply light heat to the inside of inner metal sleeve to remove first, then apply light heat around the outside of outer metal shell, just enough to break bond with rubber. When you see light smoke coming from sides of the bushing the bond should be broken. At no time should there be any flames coming from rubber, if there are any flames, you need to back off with heat. Press old rubber out, and let the outer metal shell cool off before cleaning inside.

UPPER CONTROL ARM BUSHING INSTALL: Make sure inside surfaces are free of all old bushing material and sharp edges. Coat urethane bushing, sleeve and shell I.D. With supplied grease, along with all surfaces of bushings that contact metal. The inner sleeve and cap washer must be reused. Press in bushing, then sleeve, and finally cap washers.



LOWER CONTROL ARM BUSHING INSTALL: Make sure inside surfaces are free of all old bushing material and sharp edges. Coat urethane bushing, sleeve and I.D. of lower control arm with supplied grease, all surfaces of bushings that contact metal. Press in bushing, then press in sleeve.

17P17718

ECN 20029 7/MAY/20 BRH

© 2020 Energy Suspension. All rights reserved.
May not be reproduced, in any form, or by any means,
without the written consent of Energy Suspension.