

INSTRUCTION SHEET FOR SET #3.4125/64 PONTIAC GTO REAR SUBFRAME

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. Wheel alignment is almost always disturbed when removing/replacing suspension components. It is recommended that you have the alignment checked on your vehicle at a qualified alignment shop.

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Pic 1



Pic 2



Pic 3



Pic 4

Differential insert bushing:

- Support body of vehicle, leaving wheels and tires on the ground, this enables the subframe to be lowered. Also, support the differential.
- Loosen and remove the 4 bolts holding rear diff. mount to body. Pic 1
- Slowly lower differential, only far enough to remove mount.
- Remove 2 bolts that attach to differential cover.

***Use caution with the vent hose. Pic 2**

- Install #1195 polyurethane insert into OEM rubber bushing.

***Reinstall in reverse order prior to working on front subframe positions.**

Subframe bushings:

- Doing one side at a time, unbolt and lower one side of the subframe.
- Using a small pry bar, place under the flanged lip of subframe bushing and remove. Pic 3
- Now install bushing #4214/4231 (depending on kit) from bottom and install the "washer" bushing #4215/4232 (depending on kit) on the top of the subframe. Repeat step for other side. pic 5
- Now is also a good time to replace sway bar bushings. Set# 3.5211 pic 4
- Tighten all bolts and hardware to factory specifications.



Pic 5

