

# 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.

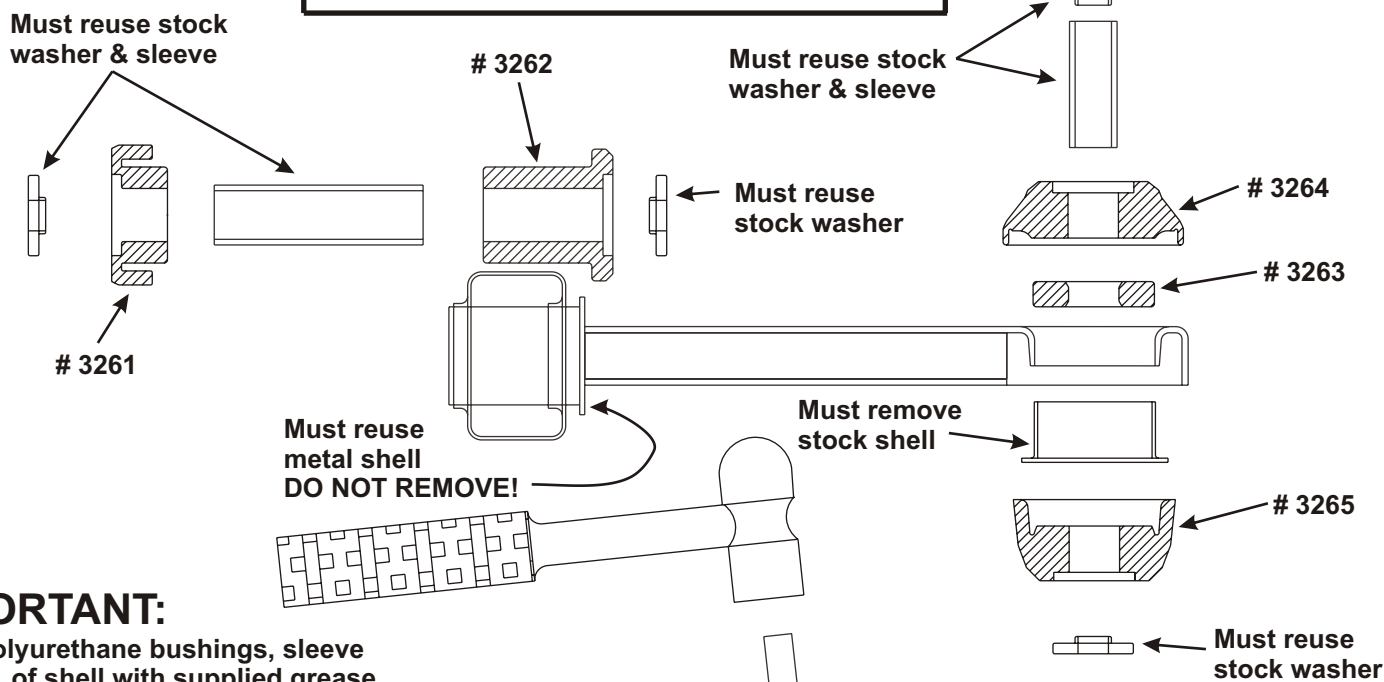
### Upper Control Arms

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.

### Side view of Lower Control Arm



### IMPORTANT:

Coat polyurethane bushings, sleeve and I.D. of shell with supplied grease. (All metal parts that contact the polyurethane bushings.)

Torque all fasteners previously removed to factory specifications.

Perform complete wheel alignment after completion of work.

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Tap washer out with hammer & straight punch.  
**DO NOT THROW AWAY!**  
**YOU MUST REUSE BOTH WASHERS AND SLEEVES.**