

# Installation instructions

For set # 3.4168  
2010 Sub Frame Inserts

**ENERGY**  
**SUSPENSION** 

1131 VIA CALLEJON, SAN CLEMENTE, CA 92673

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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.

## Parts list:

- 2 - 4276 Front Position Top Insert
  - 2 - 4277 Front Position Bottom Insert
  - 2 - 4278 Rear Position Top Insert
  - 2 - 4279 Rear Position Bottom Insert
- 1 - 17550 Instruction Sheet



1. Remove left and right rear wheels, then unbolt the rear caliper from the rear knuckle. There will be one bolt to remove on the brake line for both sides. Hang the calipers aside and be sure not to kink the brake lines.



PICTURE A

2. Be sure to have the e-brake released to disconnect the e-brake cables from the back of the rear knuckles. You will need to grab firmly with one hand of the e-brake cable and pull away from the knuckle to get the slip grommet clear of the knuckle (SEE PICTURE A). Then unhook the e-brake cable from the hook on the back of the rear knuckle on both sides (SEE PICTURE B). Once the brake cable is disconnected you will need to release the e-brake cable guide clamp about 25 inches up the cable (SEE PICTURE C). (No tools required to disconnect the e-brake)



PICTURE B

3. Under the car on the passenger side by the forward sub frame mount and the body there is an electrical connector that needs to be disconnected. This is for the ABS sensors and can be disconnected without tools. (SEE CONNECTOR IN PICTURE D)

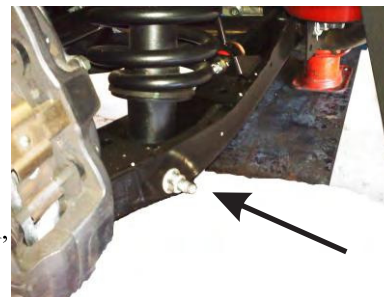


PICTURE C



PICTURE D

4. You will need to remove the lower bolt from the rear struts on both sides (SEE PICTURE E).



PICTURE E

5. Remove the four main sub-frame bolts to lower down the rear sub frame about 3 inches (REAR SEE PICTURE F). Once you have it supported, you will have to pop off the metal hat washers from the bottom side of the bushings. Then install the Inserts. 4276 is the forward top, 4277 is the forward bottom, 4279 is the rear top, 4278 is the rear bottom. Once these are in place you can raise the sub-frame back into position while watching the rear guide pins. Once the sub frame is seated make sure the hat washers are centered and re-install the bolts.



PICTURE F

6. Now you can start your re-assembly in the reverse order that it was dis-assembled.

**17550**  
24/AUG/12 JS

## TORQUE SPECS. For Set # 3.4168

- Sub Frame to body bolts, frt pos. (74 lbf·ft + 110°)
- Sub Frame to body bolts, rr pos. (74 lbf·ft + 110°)
- Bottom strut bolt (59 lbf·ft + 120°)
- Brake caliper bolts (81 lbf·ft)