

# INSTRUCTION SHEET FOR SET #7.1114 NISSAN MAXIMA

**ENERGY**  
**SUSPENSION** 

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. 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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## Removing motor mounts:

- Remove the two thru bolts for the motor mounts.
- Loosen the bolts holding mounts to subframe.
- Remove the four bolts holding on the subframe.
- Remove the subframe and now remove the mounts.
- Using a press, remove the mount from the bracket. **Pic 1**

## Installing motor mounts:

- When installing the motor mounts, **MAKE SURE TO PUT THEM IN THE RIGHT DIRECTION!!!!!!** Offset side goes towards the passenger side. **Pic 2**
- Using an arbor press, first press in the urethane mount, then press in the sleeve.
- Unlike other Energy Suspension bushings, these bushings **DO NOT** use grease.
- Loosely bolt mounts to subframe, install subframe and engine thru bolts. Now tighten all bolts.

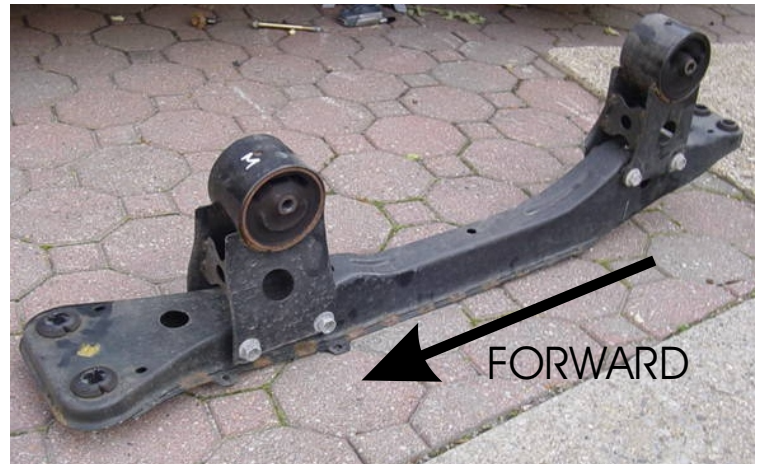
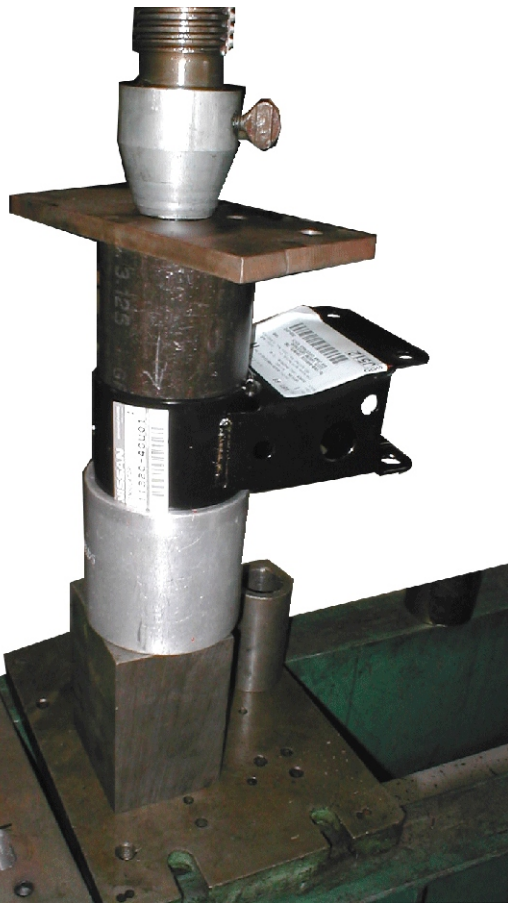
1186 Bushing x 2



15.10.465.39 Sleeve x 2



**PIC 1**



**PIC 2**

Passenger Side  
(offset)



Driver Side  
(no offset)