

INSTRUCTION SHEET FOR SET #4.3161

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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 upper control arm bushings:

- Hold the cap washers, on the outside lip, in a vise and wiggle the arm back and forth, this loosens the pressed-in cap washer from the inner metal sleeve. Now press out the inner metal sleeve.
- **Do not remove the metal shells pressed in the arm.**
- Using WD-40®, remove the rubber bushing.

Removing lower control arm bushings:

- Using a press, remove the entire shell/bushing/sleeve combo from both eyes of the arm. (See below for press tool sizes) Be careful not to damage the aluminum arm. **Do not discard the cap washers or the inner metal sleeve from the front position.**
- Using WD-40®, remove the sleeve from the front position. **Pic A.**
- Now remove any left over debris from the sleeve. **Pic B.**

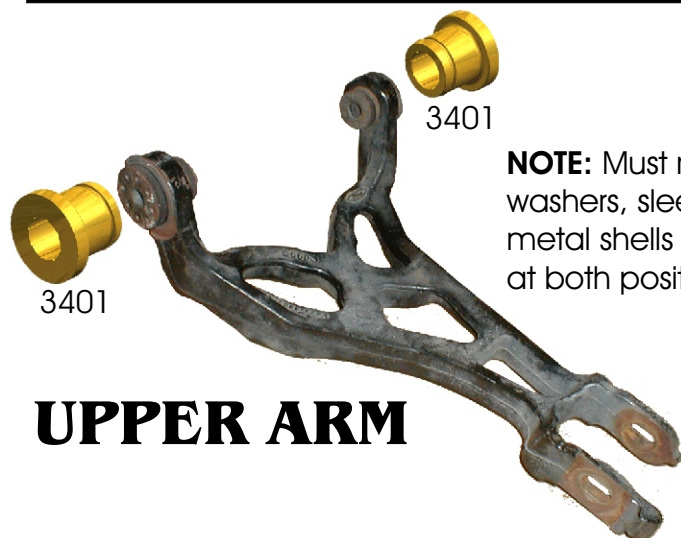
Installation of polyurethane bushings:

- Make sure there are no burrs or sharp edges on the inside of the control arms.
- Grease the I.D.'s of the arms, and the O.D./I.D. of the bushings. Install bushings per below diagram.
- Remember that you reuse some of your O.E.M. hardware.
- Reinstall arms and now tighten all bolts/nuts to factory specifications.

Pic A.



Pic B.



NOTE: Must reuse OEM cap washers, sleeves, and outer metal shells for the upper arm at both positions.

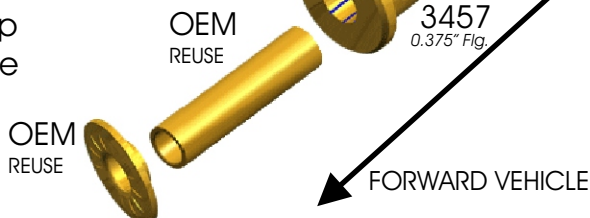
UPPER ARM



To remove oem shell
Ø2.125" PRESS SIZE O.D.
Ø2.665" RECEIVER SIZE I.D.

To remove oem shell
Ø1.875" PRESS SIZE O.D.
Ø2.510" RECEIVER SIZE I.D.

NOTE: Must reuse OEM cap washers and sleeves for the front positions **ONLY.**



LOWER ARM