

# INSTRUCTION SHEET FOR SET #4.3158

Read this instruction sheet thoroughly before initiating any work!



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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.*

**UPPER CONTROL ARM:** Remove brake line, etc. harnesses from control arm. Loosen steering tie rod ball joint and disconnect from spindle. Remove endlinks on both arms to let sway bar hang. Break loose upper and lower spindle ball joints, now remove upper control arm bolts. Remove upper control arm. Remove old rubber bushings and install Energy Suspension bushings. \*Refer to instruction sheet #17019. Reinstall upper control arm and connect to spindle but do not tighten ball joint nut all the way yet, leave snug.

**LOWER CONTROL ARM:** Remove shock/spring or torsion bar. **(Use extreme caution when removing the spring, it is under a lot of preload)** Before removing lower control arm bolts note tick marks on Cap Washers on driver's side for reinstallation. Remove two lower control arm bolts and remove control arm. Using a press, remove inner metal sleeves first. Now press out the bushings using plenty of lubricant. **DO NOT DAMAGE METAL SHELLS**, you will need to reuse these. Clean out any burrs in metal shells. Install bushings and then sleeves using supplied grease. Reinstall lower control arm. Installation is reverse of removal. Tighten all bolts, etc. to factory specifications.

## Bushing Locations



\*Upper arms **reuse** all metal.  
(Cap washers, shells and sleeves)

\*Lower driver's side rear position  
(reuse Cap washers & sleeve)

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