

# Installation instructions

## 90-97 Mazda Miata

### Set # 11.3106

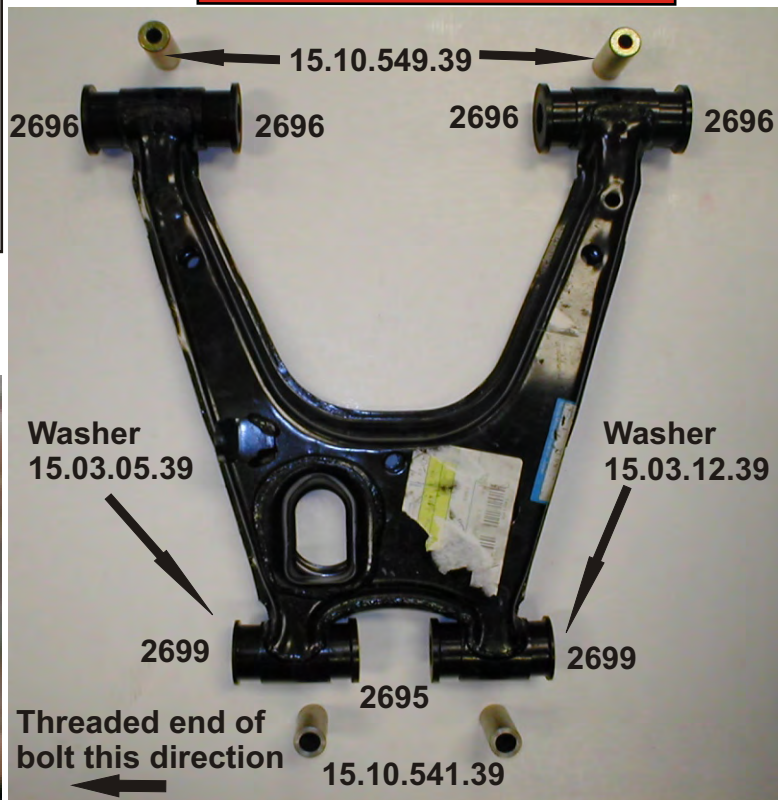


1131 VIA CALLEJON, SAN CLEMENTE, CA 92673

© 2008 Energy Suspension. All rights reserved.  
May not be reproduced, in any form, or by any means,  
without the written consent of Energy Suspension.

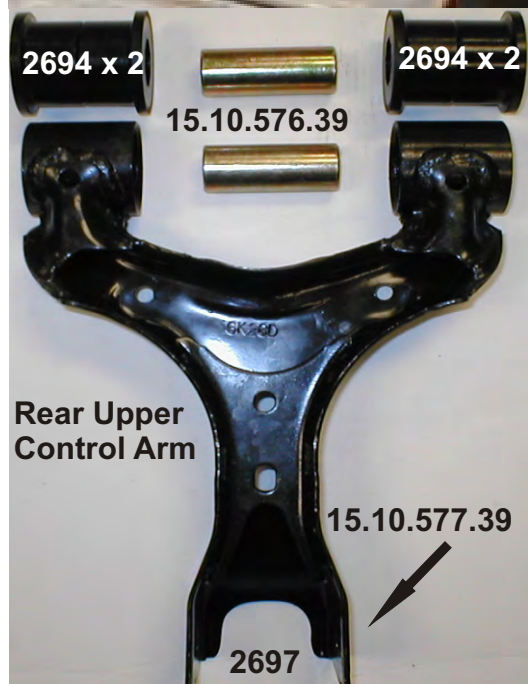
**Note:** It is recommended that this set be professionally installed if you are unfamiliar with this type of work, and a factory service manual be purchased prior to performing any work on your vehicle for proper disassembly, reassembly and torque specs. These instructions are intended for bushing removal and install of Energy Suspension polyurethane bushings, once you have removed the factory component from your vehicle.

**General Note:** It is good practice to mark all alignment eccentrics prior to disassembly to aid in good realignment after reassembly.



Remove the stock bushings from both control arms using heat rather than a hydraulic press to avoid accidentally bending the control arms.

Apply light heat evenly around the outside of the outer metal casing, just enough to brake the bond with the rubber. When you see light smoke coming from the sides of the bushing the bond should be broken. At no time should there be any flames coming from the rubber, if there are any flames, you need to back off with the heat. Just push the old rubber and inner metal sleeve out. Let the outer metal casing cool off before cleaning the inside.



Remove the O.E bushing from the position in the hub, clean, lubricate and install poly bushings and sleeve.

#### Parts List:

- 8 - 2694 Upper Control arm
- 4 - 2695 Lower outside position / inside
- 8 - 2696 Lower inside position
- 4 - 2697 Hub to upper control arm
- 4 - 2699 Lower outer position / outside
- 4 - 15.10.541.39 (.875" x .562" x 2.270") RLCA Outer
- 4 - 15.10.549.39 (.875" x .500" x 2.750") RLCA Inner
- 4 - 15.10.576.39 (.875" x .406" x 2.200") RUCA
- 2 - 15.10.577.39 (.750" x .406" x 2.250") Hub
- 2 - 15.03.05.39 Washer (2.000" x .500" x .120")
- 2 - 15.03.12.39 Washer (2.000" x .562" x .120")
- 1 - 17492 Instruction sheet
- 2 - 9.11101 Grease

**GREASE ALL PARTS THAT COME INTO CONTACT WITH POLYURETHANE**

**17492**

11/FEB/10 BRH