

Installation instructions

For set # 11.3109
06-14 Mazda MX-5 Miata
Front Control Arm Bushing Set



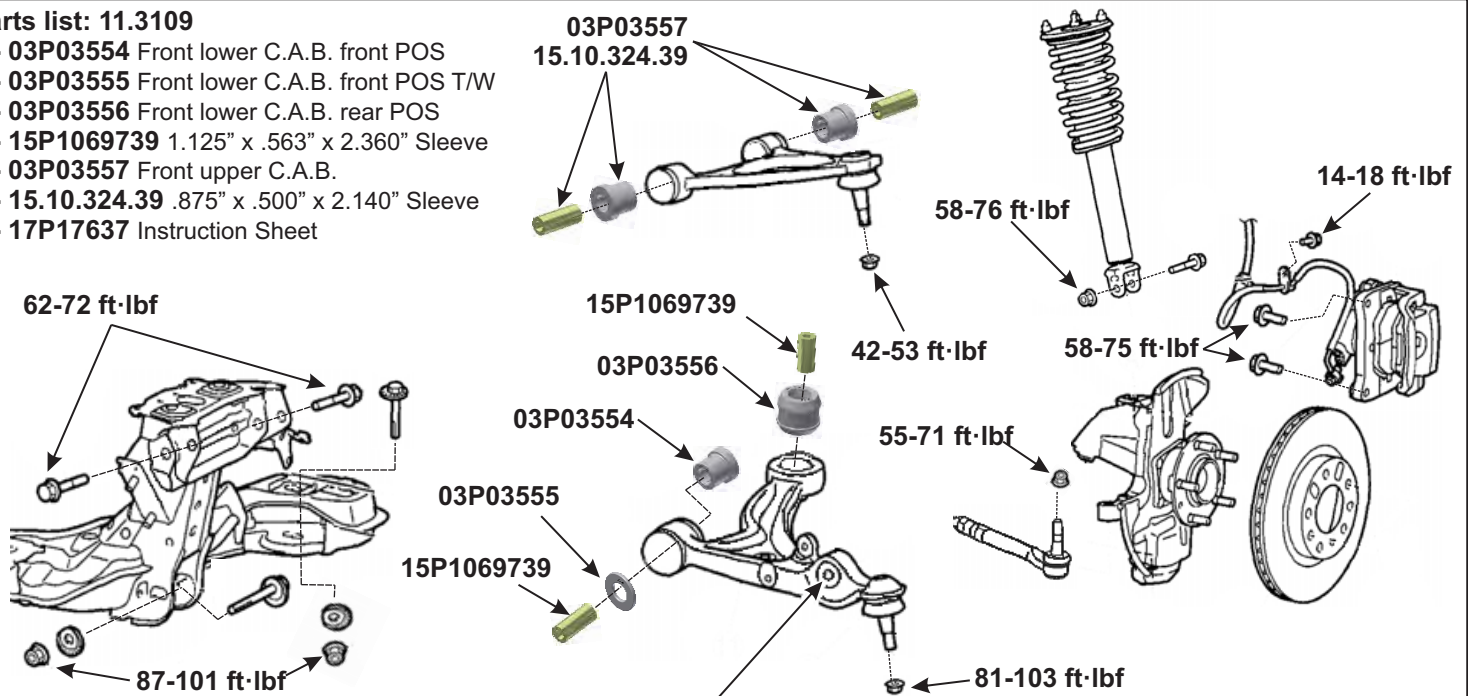
1131 VIA CALLEJON, SAN CLEMENTE, CA 92673

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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. Wheel alignment is almost always disturbed when suspension components are removed or replaced. It is recommended that you have the alignment checked on your vehicle at a qualified alignment shop. Energy Suspension recommends that you read over all the installation instructions and check all P/N's and quantities in the parts list before you start. Call customer service at 949-361-3935 if the parts in your kit do not match this parts list. Prior to installation, make sure that your vehicle is in excellent mechanical condition and that there are no suspension or steering related problems. This part has been designed to work only with a vehicle that is in good state of repair. No matter how carefully we design our parts, this is one area we have no control over and cannot be held responsible.

Parts list: 11.3109

- 2 - 03P03554 Front lower C.A.B. front POS
- 2 - 03P03555 Front lower C.A.B. front POS T/W
- 2 - 03P03556 Front lower C.A.B. rear POS
- 4 - 15P1069739 1.125" x .563" x 2.360" Sleeve
- 2 - 03P03557 Front upper C.A.B.
- 4 - 15.10.324.39 .875" x .500" x 2.140" Sleeve
- 1 - 17P17637 Instruction Sheet



DO NOT REMOVE LOWER STRUT MOUNT BUSHING FROM LOWER CONTROL ARM. THIS BUSHING IS NOT SUPPLIED.

FRONT CONTROL ARM BUSHINGS REMOVAL/INSTALLATION

ATTENTION: We recommend acquiring a Mazda factory workshop manual for all warnings and procedures to safely remove and install the upper and lower control arms.

REMOVAL: Properly lift and support the vehicle with jack stands. Remove both front wheels. Remove the front lower control arm. The outer metal shells must be removed for this bushing kit to fit properly. To remove the factory rubber bushings from the rear position you will have to support the control arm and press down on the outer metal shell. **Fig.1.** To remove the front position bushing requires you to cut the factory bushing flange in two places with a hacksaw. **Fig.2.** Using cross support plates in a hydraulic press, support the control arm with the cross plates and press the outer metal shell out. **Fig. 3.** Bushing removal on the upper control arms will be similar to lower front position bushing. Cut two sections of the factory bushing with a hacksaw **Fig.2.** Support the outer metal shell with a piece of tubing that has a 1mm smaller O.D. to push out the metal shell. Stack metal blocks on the cutouts and press down on the control arm pushing the flanged metal shell up and out. **Fig.4.** Use emery paper to remove the sharp edges from the control arms. **Fig. 5.** Grease the I.D. of the control arms, the I.D. & O.D. of the new polyurethane bushings and the O.D. of the new sleeves. Use an arbor press to install the new polyurethane bushings. **Fig.6.** Reinstall the control arms into the vehicle and torque all nuts and bolts to factory specs. It is recommended that you have the alignment checked on your vehicle at a qualified alignment shop after replacing the bushings.

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