

Fitting Instructions #Z6255

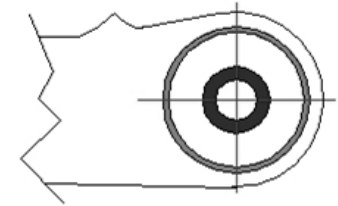
Subaru Impreza WRX GH / Forester SH

Rear Control Arm Upper Inner Bushing

Nolathane®

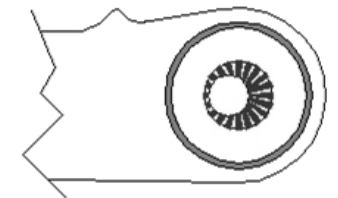


Left Hand Side Shown

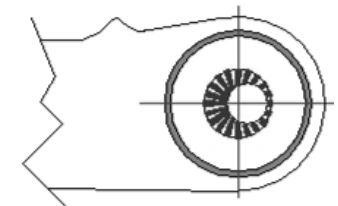


Standard Replacement

- Note:** Polyurethane bushings must be fitted to both sides of the vehicle.
- Wheel-align the vehicle before the job is started and note settings;
 - Support the vehicle on jack stands or a hoist and remove the upper control arms;
 - Note the rear bushings (the ones with the bonded metal washers) are 2 separate bushes therefore we recommend you use an oxy-acetylene torch to remove the crush tube, washer and excess rubber, then use a hacksaw/ die grinder to cut through the shells and air chisel them out. If using an oxy-acetylene torch you must be in a well ventilated area and use the appropriate safety equipment;
 - The rear bush can be pressed out using a hydraulic press and appropriate tools or by the same procedure as above;
 - Apply the supplied grease supplied to the bore of the bushes and the outside of the steel crush tubes. Fit the bushes to the control arms; the bushes marked '3100' go into the front position and the bushes marked '3102' go in the rear position;
 - With reference to the diagrams fit the crush tubes to gain desired results. Note if negative camber increase is required we recommend fitting SPF3107K first (rear lower control arm inner bush) due to drive shaft movement;
 - Refit the control arms to the car, making sure you tighten the bolts with the arm held at 90 degrees to



Camber Decrease



Camber Increase