

# Fitting Instructions #4310IS

BMW 1 SERIES F20 / BMW 3 SERIES F30

## Rear Control Arm Upper – Front (Rear Suspension)

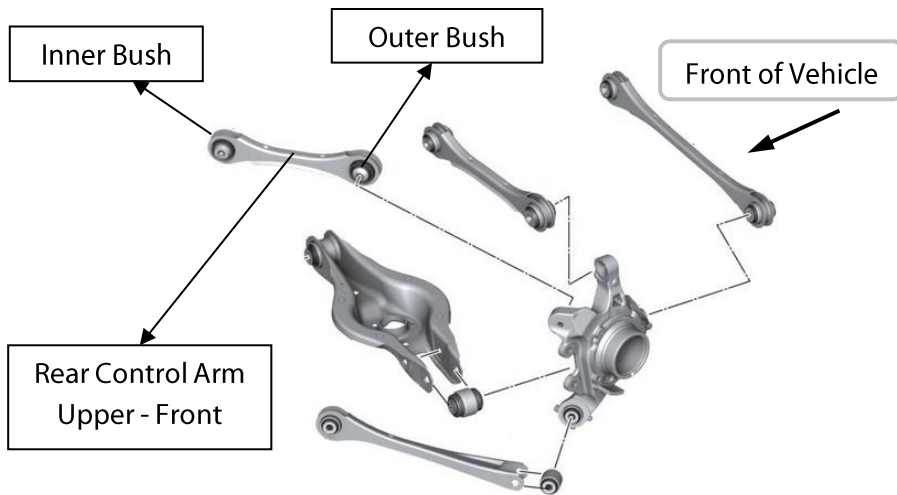


Figure 1: Rear Suspension Diagram

**Note:** Polyurethane bushes must be fitted to both sides of the vehicle.

- Following manufacturer's recommendations remove the control arm upper-front arms of the rear suspension from the vehicle.
- Remove original bushings including the steel shell from the control arm upper-front with the use of a hydraulic press and suitable pressing tools (refer to Figure 2);
- Clean housing areas to remove any old original bushing materials;
- Then, push the new bushes with the crush tubes into the arm ensuring that the inner bushes (marked 4311) are set central in the arm.
- For the outer bush (marked 4310), press the polyurethane shell part bush into the arm and measure the offset with a rule as figure below.



Figure 2: O.E Bush Removal



- Lubricate the side faces of the new bushings and the areas on the chassis and hub that contact the new bushings and refit the control arm upper-front to the vehicle;
- Ensure that you tighten all fasteners to manufacturer's specifications with the vehicle at ride height and get the vehicle wheel aligned.