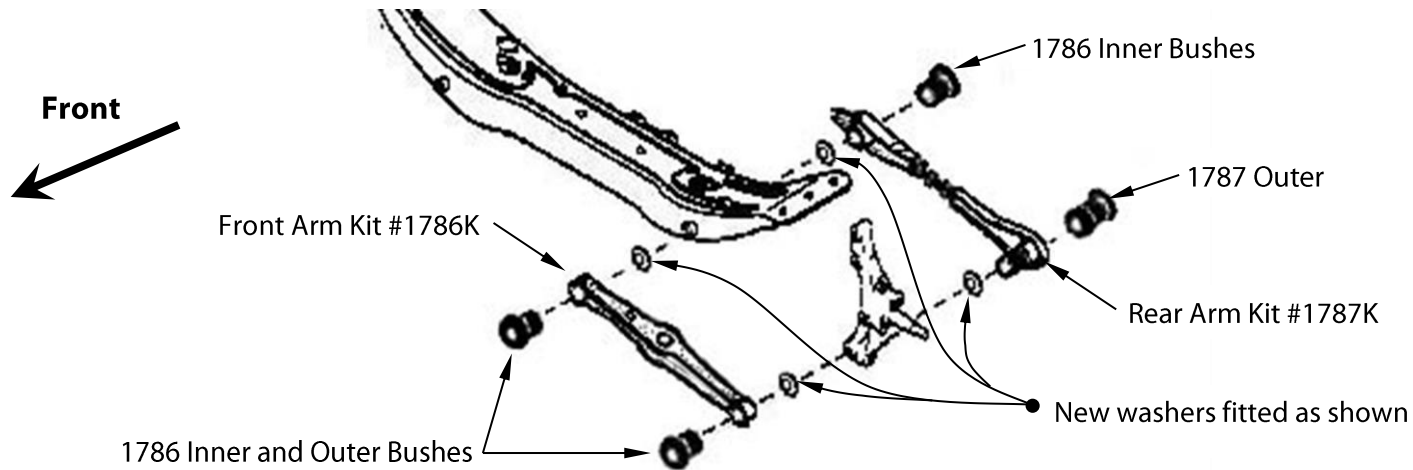


# Fitting Instructions #1786IS

Mazda 323 / Ford Laser

## Control Arm-Front Inner & Outer Kit



- For ease of assembly, mark arms left or right, front or rear, inner and outer, before they are removed from the vehicle;
- Using a hydraulic press and suitable jigs remove the original metalastic bushes [Support the control arm on the flanged side and press the bush out from the opposite (non-flanged) side];
- Using grease supplied, Grease inside of arm, grease outside of bushing and install the bushing into the arm;
- Grease new steel tube and install in bushing;
- Four metal washers are included in this kit;
- These washers are to be used to captivate the polyurethane cotton-reel bush;
- They should be fitted between:
  - the control arm and the hub on the outer positions;
  - the control arm and the cross-member on the inner positions.
- Re-use all existing washers in their original positions;
- All nuts and bolts should be tightened at ride height to the manufacturer's torque specifications.