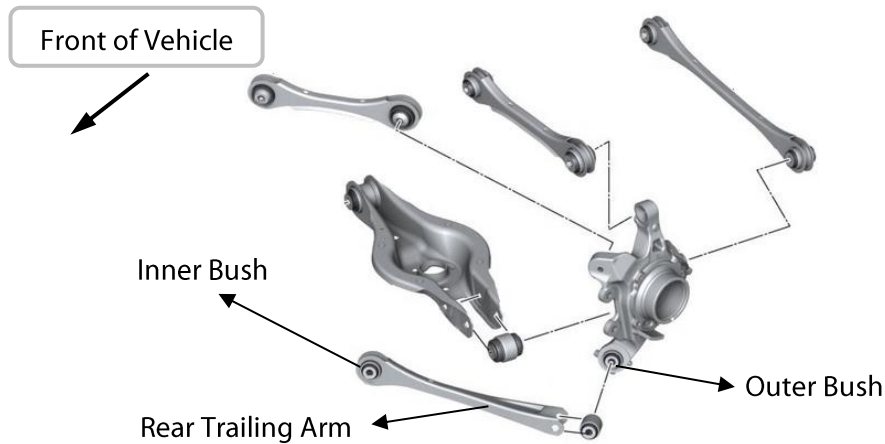


# Fitting Instructions #4314IS

BMW 1 SERIES F20 / BMW 3 SERIES F30

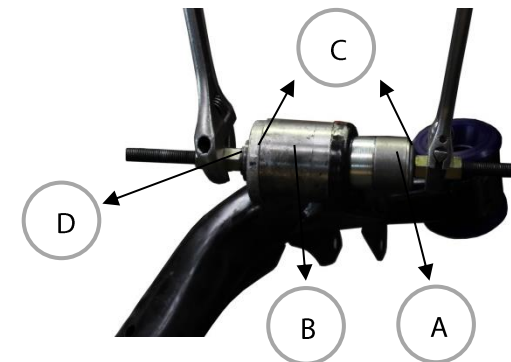
## Rear Trailing Arm Front & Rear Bushing (Rear)



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

- Following manufacturer's recommendations remove rear toe rod arms and/or rear trailing arms from the vehicle.
- The trailing arm bushes are located in the chassis and the hub. To remove the original steel shell rubber outer bush (in the hub), you will need 1 x threaded rod and 2 matching nuts, (A) 1 x metal spacer where it's OD is slightly smaller than the ID/bore of the trailing arm housing, (B) 1 x metal spacer where it's ID is slightly bigger than the ID/bore of the trailing arm housing, (C) heavy gauge washers one to sit outside on each of the metal spacer, (D) old pinion style bearing, 2 matching spanners;

- Set the tools up according to the diagram below and draw the factory bushes out. Wind one of the nuts in clockwise direction ensuring the other spanner is holding the other nut, make sure the metal spacers are lined up correctly.



- Remove the original inner bush including the steel shell with the use of a hydraulic press and suitable pressing tools.
- Then, install the new bushes with the crush tubes into the arm and hub ensuring that the bushes are set central in the arm/hub.
- Lubricate the side faces of the new bushings and the areas on the chassis that contact the new bushings and refit the rear trailing arm.
- Ensure that you tighten all fasteners to the manufacturer's specifications with the vehicle at ride height and get the vehicle wheel aligned.