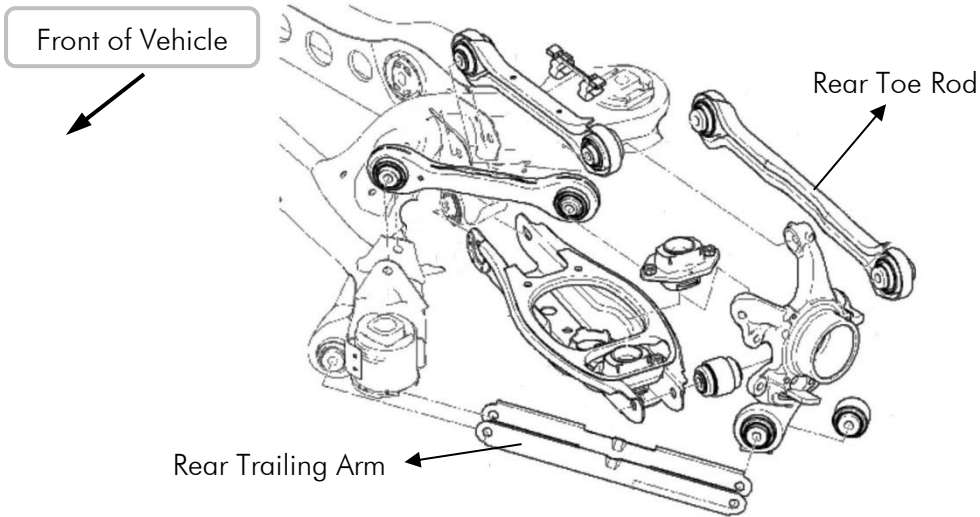


# Fitting Instructions #3953IS

BMW 1 SERIES E81, E82, E87 & E88 / BMW 3 SERIES E90, E91, E92 & E93

**Rear Toe Arm Inner & Outer Bushing / Rear Trailing Arm Front & Rear Bushing**



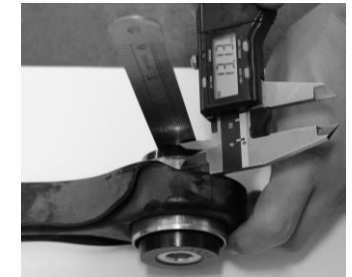
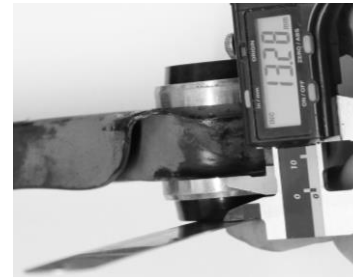
**Note:** Polyurethane bushes must be fitted to both sides of the vehicle.

- Following manufacturer's recommendations remove rear toe rod arms and/or rear trailing arms from the vehicle.

## Toe Rod Arms

- Remove original bushings from the toe rod arms with the use of a hydraulic press and suitable pressing tools;
- Clean housing areas to remove any old original bushing materials before installing new bushes;

- Then, push the new bushes with the crush tube into the arm ensuring that the bushes are set central in the arm (See figure below for example of centralising bushes).



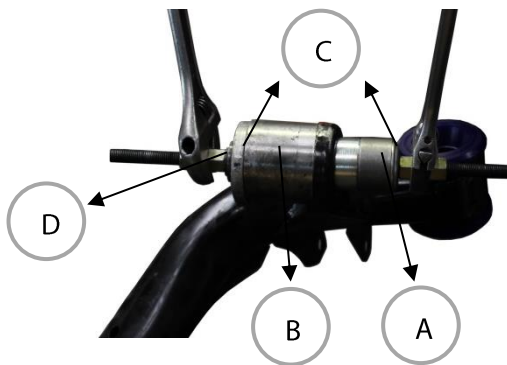
- Lubricate the side faces of the new bushings and the areas on the chassis and hub that contact the new bushings and refit the rear toe rod arm;
- Ensure that you tighten all fasteners to the manufacturer's specifications with the vehicle at ride height and get the vehicle wheel aligned.

**Note:** the crush tube internal diameter differs from the original equipment; this will not affect the performance of the bush once it is tensioned into place correctly.

# Fitting Instructions #3953IS

## Trailing Arms

- The trailing arm bushes are located in the chassis and the hub. To remove, 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.



- Clean housing areas to remove any old original bushing materials before installing new bushes
- Then, push the new bushes into the housing as in figure below. The metal spacer's ID for this job should suit the OD of the poly which extrudes away from the shell and also be able to contact the side of the shell of 3953 bush.

3953 Bush positioned to housing & Metal Spacer contacting the **shell** of 3953 Bush



- Make sure that the bushes are set central in the arm;



- 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.