

Fitting Instructions #4184IS

BMW E30

Sub-frame Rear Bushing

- Jack vehicle up and put on stands/hoist, following manufacturer's recommendations, remove the rear sub frame and place it on separate jack stands then proceed to remove factory bushes;
- Clean housing areas to remove any old original bushing materials before installing new bushes. Apply the grease supplied to the housing and the outside of the bush, and then push the new bushes in, as shown on the picture;
- To fit the crush tubes into the bushes, apply the grease supplied to the bore of the bush and the outside of the crush tube and push it in, as shown on the picture;
- Refit the rear sub-frame to the vehicle and all other suspension member ensuring that you use manufactures torque settings on all fasteners and carry out a wheel alignment.

