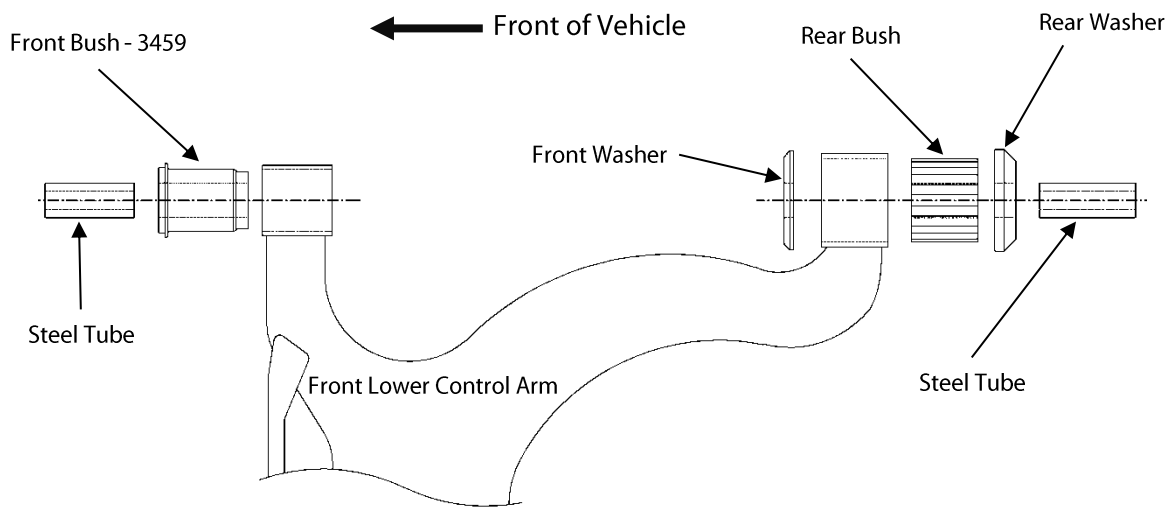


Fitting Instructions #3456IS

Land Rover Discovery 3

Front Lower Control Arm Bushing All



- Wheel align the vehicle before the job has started and record readings;
- Jack vehicle up on hoist/stands and remove road wheels;
- Disconnect ABS sensor from wheel hub and carefully tie out of the way;
- Disconnect brake callaper and tie up out of the way;
- Disconect ride level sensor;
- Disconnect ball joint, tie rod end and remove wheel hub assembly;
- Remove front lower control arms;
- If available use suitable pressing tools and remove bushes from arm;
- If using an oxy-acetylene torch to remove bushes you must be in a well ventilated area and use the appropriate safety equipment;
- Important! Careful attention must be applied when removing the rear bush as this is oil filled – drill hole in the rubber section of the bush and drain as much oil as possible from the bush;
- Use the oxy-acetylene torch to heat the inner crush tubes until the bonding on the rubber has let go – push the crush tube out. Apply heat to the outside diameter of control arm until the rubber bonding lets go of the shell then push the remaining rubber out;
- Using a hacksaw or similar cut through the remaining shell then use a chisel to remove the shell from the control arm. Clean out the holes in the control arm and paint the eyes if they need to be;
- Using a hydraulic press and appropriate pressing tools press the new bushes as per diagram;
- Note make sure the pressing tool used on the flanged section of the front bush is as close to the polyeruthane as possible – I.D. 56mm;
- The new washers on the rear bush are marked FRONT and REAR fit them as per diagram below.
- Using grease supplied fully lubricate and insert steel tubes;
- Lubricate the area where the bushes will contact the chassis;
- Refit the control arms and rest of componets in reverse order of dissessembly and carry out a wheel alignment;
- Recheck all bolts after 1000km or 1 month;
- Manufactures torque setting must be used on all bolts.