

## Fitting Instructions #3576IS

**HOLDEN ADVENTRA VY, VZ (10/02-08/06)**

### Front Control Arm Lower Inner Front Bush

- Wheel align the vehicle before the job is started;
- Remove the front lower control arm from the vehicle and then, smack the rubber bushes out of the chassis with a hammer from front to rear;
- However, there is a bonded alloy part in the rubber which can be removed with an air chisel (fold and drive it out);
- After that, the remaining outer shell can be cut and removed by using an air chisel;
- Clean housing areas to remove any old original bushing materials;
- Using the grease supplied, generously lubricate the outside of the polyurethane and the inside of the housing and then, push the bushes into the housing with reference to the diagram below;
- Lubricate the inside of the polyurethane and the outside of the supplied crush tube and then, push the steel crush tubes into the bushes. Install the supplied cup washer and rear washer according to the diagram below;
- Reinstall the front lower control arm ensuring that you tighten all fasteners to manufacturer's specifications and get the vehicle wheel aligned;

**Note:** Rear washer may not fit both sides of vehicle. In case of tight fitment, remove the rear washer on the side where it is tight.

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

