

Fitting Instructions #3918IS

Holden Commodore VE

Rear Subframe Bushes

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

- Jack vehicle up and put on stands/hoist, remove rear wheels, exhaust pipe and the control arms/trailing arms that are attached to the sub frame.
- Remove the rear sub frame and place it on separate jack stands then proceed to remove factory bushes.
- The factory subframe bushes are coated with plastic shell. It would be ideal to use an air chisel to remove the factory bushes. Point the air chisel towards the side of the plastic shell (but not the side with the flange) and force it outward. Note: Care must be taken to not damage the housing.
- Clean housing areas to remove any old original bushing materials.
- Install the new polyurethane bushing with reference to Figure 1 below. The polyurethane bushes should slide into the housing smoothly without requiring any excessive force.
- Next, fit the OE washer into the new crush tube (Should click into the bore of the crush tube nicely).

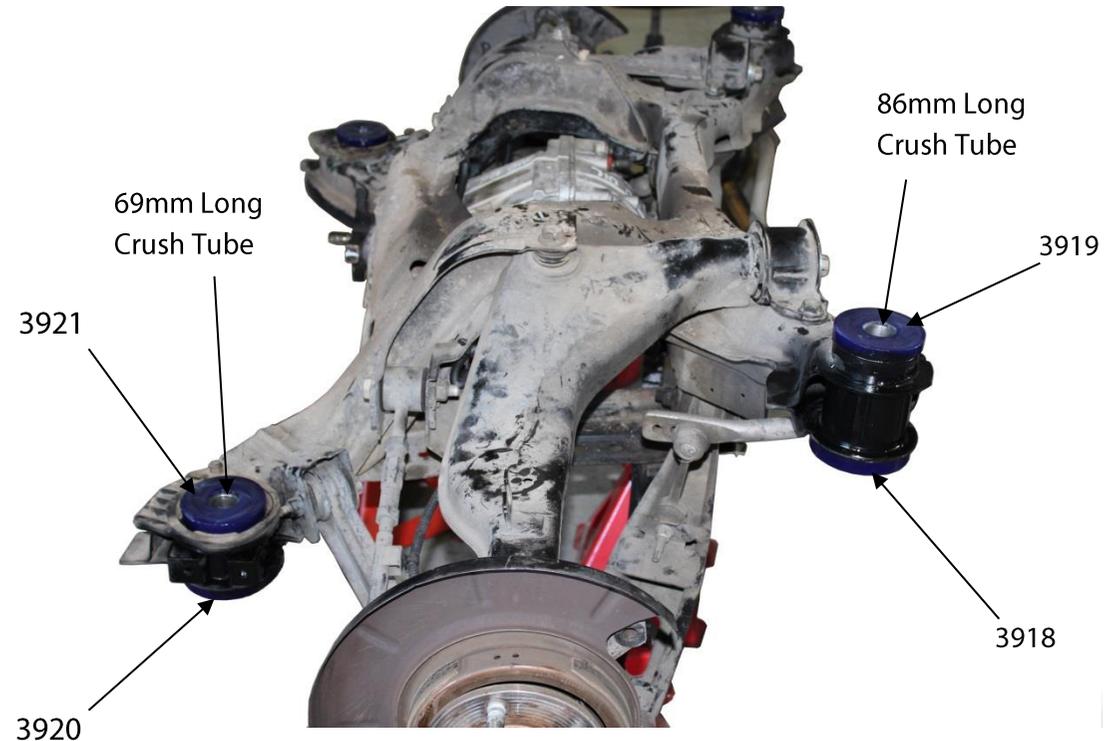


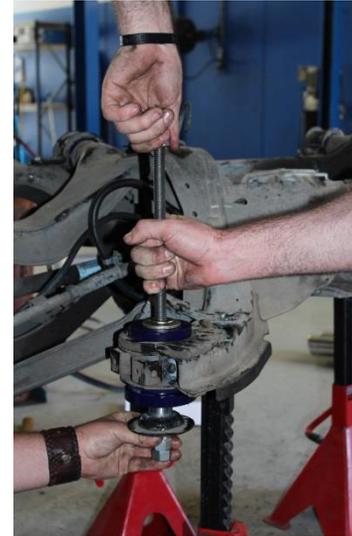
Figure 1: New SuperPro Bushes Position in Sub Frame

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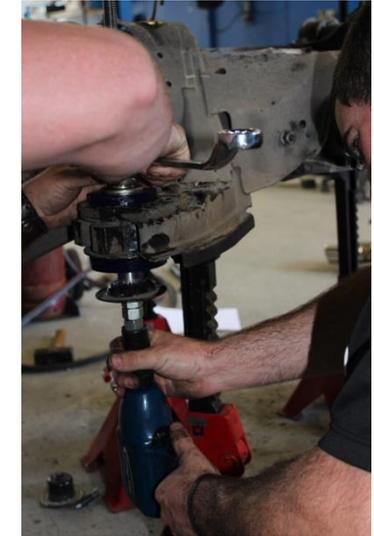
- Apply the grease supplied to the bore of the bush and the outside of the crush tube. Then, set the tools up according to Figure 2 below to install the crush tube and OE washer into the bore of the polyurethane bushes.
- Set the booker rod through the inside of the new crush tube and the OE washer. Place a washer on top of the upper bush (bush no. 3919/3921) and wind a nut down until it touches the washer.
- Then, on the OE washer side, turn a nut up towards the lower bush (bush no. 3918/3920). Note: Due to the shape of the OE washer, an additional nut may be required as there isn't much clearance to get the socket right into the washer to turn the nut.
- While ensuring a spanner is holding the upper nut, use a ratchet/impact gun to further fasten the lower nut until the OE washer seats nicely against the surface of the lower bush (bush no. 3918/3920).
- Repeat process to install the rest of the polyurethane bushes.
- Refit the sub frame to the vehicle followed by the control arms/trailing arms ensuring that you use manufactures torque settings and carry out a wheel alignment.



(1)



(2)



(3)

Figure 2: Recommended fitting procedure for the crush tube with OE washer already fitted to it.

Appropriate safety equipment must be used.