

Fitting Instructions #4491IS

Land Rover Range Rover

Rear Sub- Frame to Chassis Mount 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;
- The factory sub-frame bushes are shell parts. To remove the factory bushes you will need the following items: 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 sub-frame housing, (B) 1 x metal spacer where it's ID is slightly bigger than the ID/bore of the sub-frame housing, (C) heavy gauge washers one to sit outside on each of the metal spacer, (D) old pinion style bearing, 2 matching spanners. **Note:** Could use Press Tool Kit No. 8 for (A) and No. 14 for (B).
- Set the tools up according to Figure 1 and draw the factory rear sub-frame bushes out. Make sure that the metal spacers are lined up correctly. Also, cover the bearing with a rag in case of failure, appropriate safety equipment must be used.

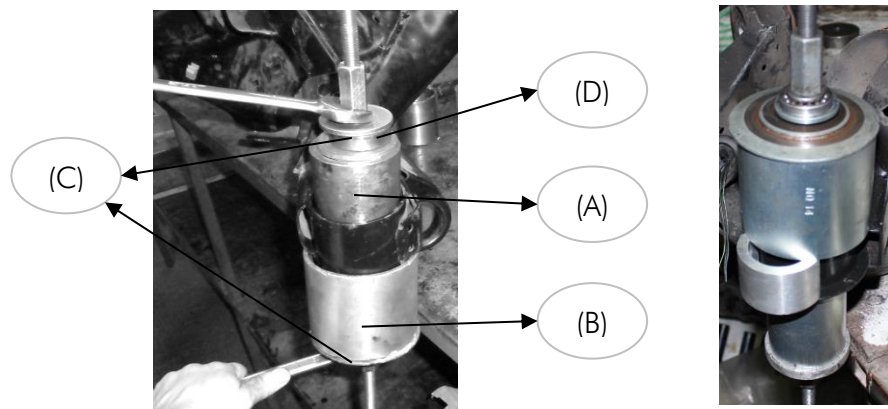
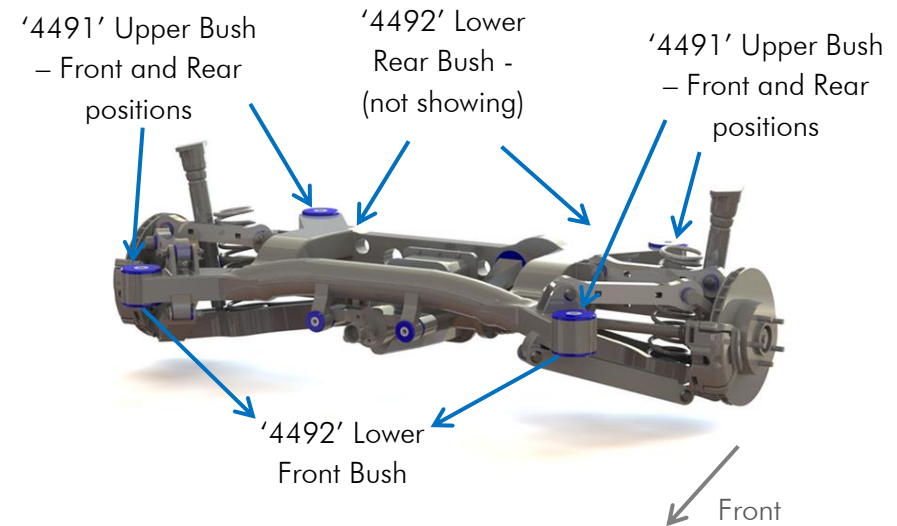


Figure 1: Tools setup for removing factory bushes (Refer to point 2).



- 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.
- **Important:** The '4491' bushes are fitted into the upper position of the front and rear sub-frame housings. The '4492' and '4493' bushes are installed into the lower part of the rear and front sub-frame housings, respectively, see Figure 2.
- 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. To aid crush tube installation, you may use a pair of multi grip.
- 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.