Note: This instruction sheets is a suggested method of replacing the rear lower wishbone control arm bushes. This kit will replace both left and right wishbone control arms.

Contents:

- SPF4978×8
- SPF1202Tx 4

Preparation:

- Raise vehicle with a hoist for ease of installation; otherwise approved floor stands can be used.
- Remove exhaust system up to engine pipes
- Remove lower shock mount bolt. (Figure 01)
- Place adjustable stand beneath cradle and loosen cradle bolts to allow cradle to drop down. (See Figure 02)
- Remove cradle bolts gradually each side to loosen the coil springs.
- Remove the cradle bolt and loosen wishbone bolts. (Note that the front bolt can only be loosened once the cradle is moved back slightly) (See Figure 03.)
- After removing wishbone bolts, the control arm will lever out of its interior mounts giving access to the inner bushes. Use appropriate tools to remove the old bushes. (See Figure 04)

Installation:

- Ensure the mounting orifice is clean of debris and burrs.
- Fit new SuperPro Control Arm Bushes into inner wishbone eyes after first lubricating the external face (which makes contact with the eye) evenly with the supplied grease. (SPF4978)
- Apply supplied grease evenly to external face of supplied crush tube and push into the installed bushing.

Reassembly:

- Place coil spring appropriately and raise cradle back into position.
- Fasten cradle bolts and re-torque all nuts to manufacturer's specifications. (130Nm for the Nut)
- Retighten all bolts after 1000 km .


Figure 01 - Left Rear Lower Wishbone Control Arm


Figure 02 - Cradle Bolts to be loosened.


Figure 03 - Lowered Cradle being moved back for access to front bolt.


Figure 04 - Booker-Rod set up to remove pre-existing bushes.

