

Fitting Instructions #3629IS

Land Rover Discovery 3 / Range Rover Sport L320

Rear Control Arm upper Rear Bushing



- Support the vehicle on jack stands/hoist, remove wheels and remove upper control arms;
- Depending on your tools availability, the original bushes and steel shells can be removed by cutting, heating or pressing;
- Insert the new bushes into the arm as per figure below;
- **Note SPF3629K:** crush tube will fit into the bore of the bush nicely, after the bush is fitted into the arm. (Bush will shrink after it is fitted into the arm)
- Apply the supplied grease to the bore of the bush and on the steel crush tubes. Then, push the crush tubes into the bushes;
- Refit the upper control arms to the car;
- Ensure that all bolts are tightened to the manufacturer's specifications, and then proceed to have the vehicle wheel-aligned.

