

Fitting Instructions #3278IS

Toyota Landcruiser 200 Series

Front Lower Control Arm Inner Bushing

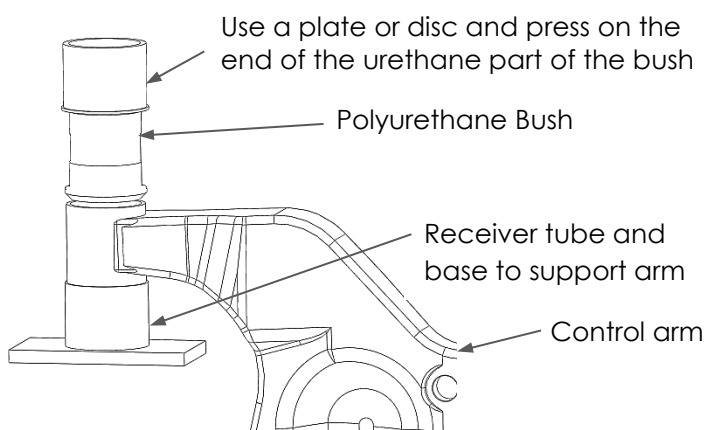


Note: Polyurethane bushings must be fitted to both sides of the vehicle. This kit should be installed by a Qualified Motor Mechanic.

- Wheel align the vehicle before the job has started and check the camber/caster readings;
- Jack vehicle up on hoist/stands;
- Remove front lower control arms;
- Use a 20mm drill bit, drill through the washers to remove them from the crush tube;
- If using an oxy-acetylene torch you must be in a well ventilated area and use the appropriate safety equipment;
- Use the oxy-acetylene torch to heat the inner crush tubes until the bonding on the rubber has let go – push the crush tube out. Apply heat to the outside diameter of control arm until the rubber bonding lets go of the shell then push the remaining rubber out;
- Using a hacksaw or similar cut through the remaining shell then use a chisel to remove the shell from the control arm. Clean out the holes in the control arm and paint the eyes if necessary;
- Using a hydraulic press and appropriate pressing tools press the new bush into the arm;
- The new polyurethane bushes fit in the same way as the original bushes, **Note:** steel washers are not supplied and not required with SuperPro bushings;

Note: use a plate disc and press on the end of the urethane part of the bush as per photos and sketches over page.

- Use the grease supplied to lubricate the inside of the new bush, outside of the crush tube and push the crush tube in with a vice.
- Refit the control arms and carry out a front wheel alignment;
- Recheck all bolts after 1000km or 1 month;
- Manufacturer's torque setting must be used on all bolts.



***Right Hand Arm Shown**

***As viewed from front of vehicle**