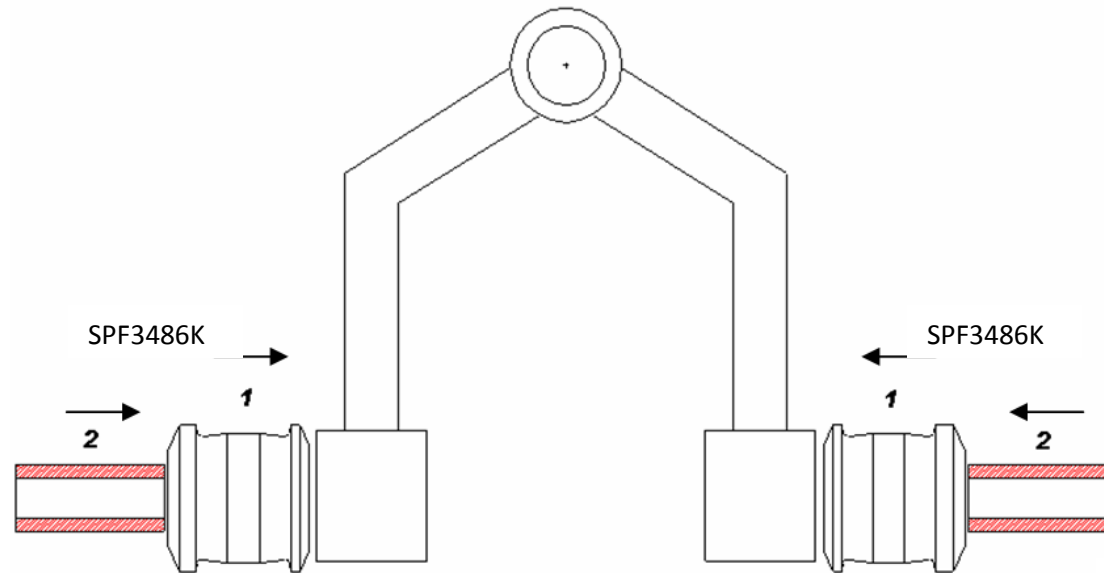


Fitting Instructions #3486IS

Landrover Discovery 3 / Range Rover Sport L320

Control Arm Upper Inner Bushing (Front)



- With the vehicle on jack stand and the wheels removed, proceed to remove the upper control arms. Refer to your workshop manual for detailed instructions of how to remove them from the vehicle;
- Depending on your tools availability, the original bush and steel shell can be removed by cutting, heating or pressing;
- Insert the new bushes into the arm as per figure above;

Note: The thinner flange must be fitted into the inside of the arm.

- After that, apply the supplied white grease to the bore of the bush and the steel crush tubes. Then, push the crush tubes into the bushes;
- Refit the control arms to the car;
- Ensure that all bolts are tightened to the manufacturer's specifications then proceed to have the vehicle wheel-aligned.