

Install Guide

Front Control Arm

Front Bushings

This instruction sheet should be used in conjunction with the workshop manual and proper safety procedures followed.

Tip - best to lubricate all threads before dismantling.

Application - Holden Crewman 03-07
 - Holden Adventra 03-09
 - HSV Coupe4 04-06

Always refer complete catalogue listing

- Raise vehicle evenly and safely support.

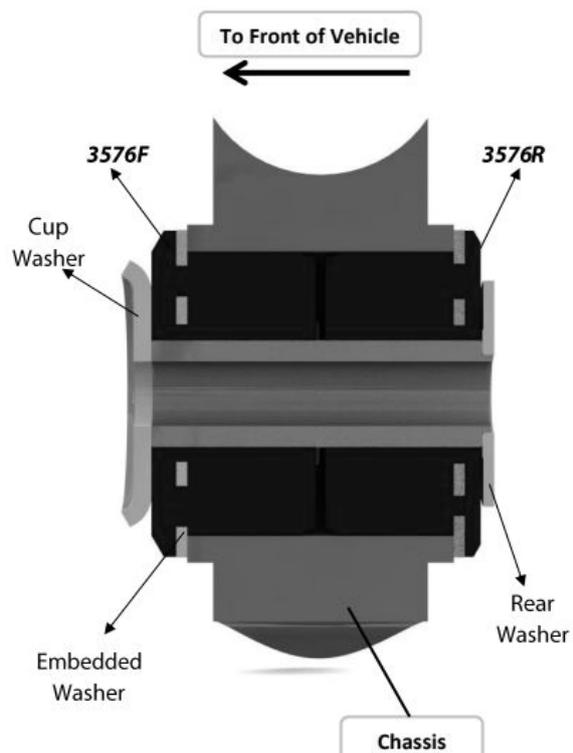
Never rely on a Jack only.

- Start by removing front wheels.
- Proceed to un-bolt and remove front lower arms from vehicle.
- Once arm is removed, the rubber section of bushing can be hit out with mallet.
- Next, using Air-chisel, push out the aluminium component inside old bushing.
- Lastly, remove the outer steel shell with Air-chisel or Air-hacksaw.
- Push new supplied bushings into clean Eye.

Contents - Bushing 3576F x2
 - Bushing 3576R x2
 - Steel tube 30x18x95mm x2
 - Flat washer x2
 - Cupped washer x2
 - Grease

Refer diagram below on right for bushing placement

- Grease bushing internal diameter and side face with supplied grease only.
- Push in supplied steel tubes.
- Place supplied washers in position as per diagram.
- Bolt up to car with original hardware - tighten bolts as per manufacturers spec.
- A wheel alignment is recommended soon after install.
- Re-check bolts after 100kms



It is recommended that a licenced workshop or tradesperson carry out the above procedure and that workshop manual and relevant safety procedures are followed in addition to the above.