

# Rear Adjustable Flex Lower Control Arms

Jeep Wrangler JK

Part #: 124338, 124368



## SAFETY WARNING

BDS Suspension Co. recommends this system be installed by a professional technician. In addition to these instructions, professional knowledge of disassembly/ reassembly procedures and post installation checks must be known.

## INSTALLATION INSTRUCTIONS


1. Park the vehicle on a clean, flat surface and block the front wheels for safety.
2. Raise the rear of the vehicle and support it with jack stands under the frame in front of the lower control arm mounts.

*Optional: Remove the wheels. This will give better access to the work area.*

3. Support the axle with a hydraulic jack.

*Optional: Disconnect the track bar from the axle. This will aid in realignment of the control arm bolts by allowing the axle to be centered under the vehicle at all times.*

4. With the axle well supported, remove the lower control arm bolts at the axle and frame. Remove both lower control arms from the vehicle. Save hardware.
5. If installing the 124368 control arm kit with poly bushings, grease and install the bushings and sleeves in the control arm ends. Install the grease fitting in the arm so it faces rearward once installed. Use lithium-based grease only.
6. Adjust the arms to the desired length. Lengthening the arms in the rear will lower the pinion angle. Suggested length for 4" of lift is 20-1/2".

 **Tip** *Factory Length is 19-3/4". Be sure that both the driver's and passenger's arms are identical length.*

7. Using the OE hardware, install the rubber control arm end in the axle with the bend up for maximum ground clearance. The flex end mounts to the frame with the grease fitting up. Torque flex end hardware to 125 ft-lbs. Leave hardware at the axle loose. It will be tightened with the vehicle at ride height.
8. If removed, re-install the wheels.
9. Lower the vehicle to the ground and bounce the rear to settle the suspension.
10. If disconnected, install the track bar to the axle with the OE hardware and tighten to OE specs: 125 ft-lbs.

### 124338 Box Kit

Part #	Qty	Description
A185	2	Rear Adjustable LCA w/ Rubber Bushing

### 124368 Box Kit

Part #	Qty	Description
A207	2	Rear Adjustable LCA - Poly
3537BK	4	Poly Bushing
61	2	7/8" x 2-5/8" Sleeve
60107	2	90 Deg Grease Zerk

11. Tighten the control arm axle mount bolts to OE specs: 125 ft-lbs.
12. Tighten the jam nuts.
13. Grease the upper flex end with lithium based grease.
14. Check all fasteners for proper torque.
15. Check all fasteners after 500 miles.
16. Grease control arm bushings at every regularly scheduled service.