



DELTRIN BODY MOUNT BUSHINGS

BMB001 – 1967-1981 Camaro and Firebird

RECOMMENDED TOOLS:

Hydraulic Jack and stands

¾" wrench

Sockets: ¾", 15/16"

Pry-bar

INSTALLATION:

1. Lift vehicle and support with jack stands under the rocker pinch seams. The wheels do not need to be off the ground, there just needs to be enough room to work under the vehicle. If using a drive-on service lift, the vehicle may be left supported by the suspension.
2. Choose a side to begin and loosen both body mount bushings using a 15/16" socket. Leave the forward bolt loose but do not remove it. The frame should separate from the body slightly.
3. With the rear bolt removed, take out the factory body mount bushing. It may be necessary to pry the frame away from the body in order to remove and replace the bushing. The bushing is composed of an upper and lower half that "sandwiches" the subframe. Once removed, inspect the area and repair if necessary (**NOTE:** The factory sub-frames have a tendency to rust in these areas and your new Delrin bushings need a secure mounting point to properly do there job).
4. Your BMR Delrin Body Mount Bushing kit is composed of 2 types of bushings, front radiator core support bushings (smaller diameter) and the main bushings (larger diameter). Insert the upper portion of the larger bushing in to the frame mounting hole from above. Now place the lower half over the protruding portion of the upper bushing, effectively "sandwiching" the subframe between them. Insert the provided bolt, washer and lock washer but leave the bolt loose.
5. Proceed to the middle bushing (firewall bushing). Remove the bolt and, if possible, the factory bushings. It may be necessary to pry the frame away from the bushing in order to remove and replace this bushing. Duplicate the above procedure and then snug both bolts but do not tighten them yet.
6. Duplicate steps 2-5 on the other side of the vehicle.
7. Tighten all 4 body mount bolts to 150 ft/lbs. then proceed to the core support bushings at the front of the vehicle.
8. These bushings are not as accessible but can generally be done without removing other components. It may be easier for some to remove the battery and battery tray to gain better access to the passenger side.
9. Using a ¾" wrench and socket, remove both front mounting bolts.
10. Place a jack under the core support and lift just enough to remove the factory bushings. **NOTE:** sometimes it will be necessary to remove the front bumper and bumper brackets in order to get the core support high enough.
11. Inspect the area and repair if necessary (pay special attention to the passenger side. The battery can cause significant rust in the body mount area sometimes requiring new core support mounts).
12. Insert the Delrin body mount bushings, capturing the core support mount in between them. Place one of the supplied washers on top and bottom, then insert the bolt and nut. Tighten to 120 ft/lbs.
13. Re-assemble any previously removed items, lower vehicle.

