

Installation instructions

90-97 Mazda Miata

Set # 11.3105



Note: It is recommended that this set be professionally installed if you are unfamiliar with this type of work, and a factory service manual be purchased prior to performing any work on your vehicle for proper disassembly, reassembly and torque specs. These instructions are intended for bushing removal and install of Energy Suspension polyurethane bushings, once you have removed the factory component from your vehicle.

General Note: It is good practice to mark all alignment eccentrics prior to disassembly to aid in good realignment after reassembly.

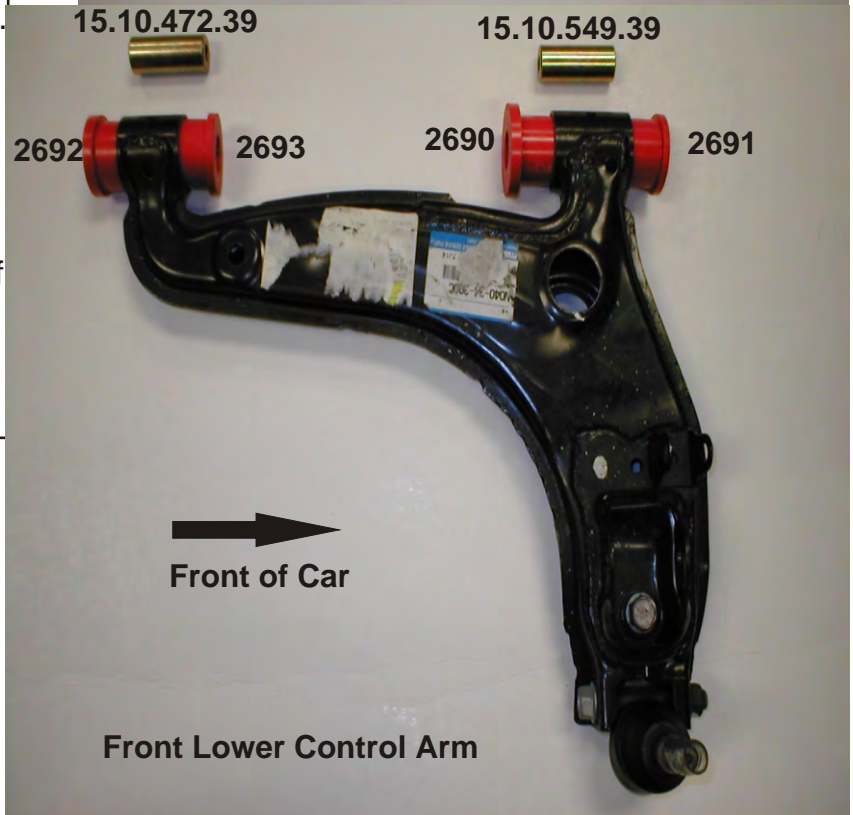
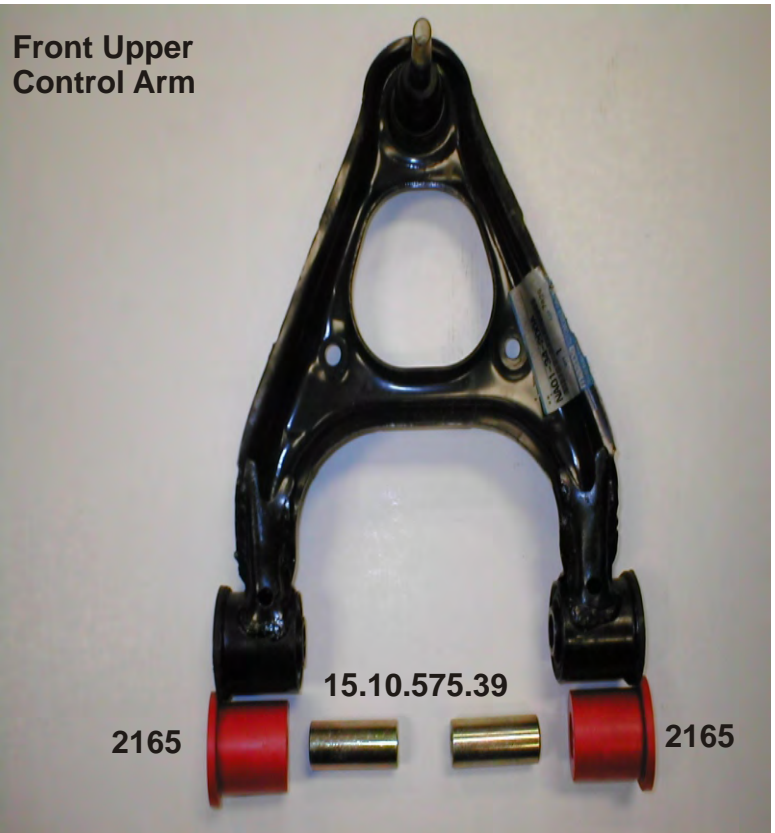


Remove the stock bushings from both control arms using heat rather than a hydraulic press to avoid accidentally bending the control arms.

Apply light heat evenly around the outside of the outer metal casing, just enough to break the bond with the rubber. When you see light smoke coming from the sides of the bushing the bond should be broken. At no time should there be any flames coming from the rubber, if there are any flames, you need to back off with the heat. Just push the old rubber and inner metal sleeve out. Let the outer metal casing cool off before cleaning the inside.

Parts List:

- 4- 2165 Upper Control Arm
- 2- 2690 Lower Control Arm
- 2- 2691 Lower Control Arm
- 2- 2692 Lower Control Arm
- 2- 2693 Lower Control Arm
- 2- 15.10.549.39 (Sleeve .875"x .500"x 2.750")
- 2- 15.10.472.39 (Sleeve .875"x .500"x 2.355")
- 4- 15.10.575.39 (Sleeve .813"x .625"x 2.250")
- 2- 9.11101 (Grease)
- 1- 17491 (This instruction sheet)



GREASE ALL PARTS THAT COME INTO CONTACT WITH POLYURETHANE

Learn more about suspension parts on our website.