

# Installation Instructions

For set # 19.1103

Various Subaru Models 2003-2016+ with Manual Transmission



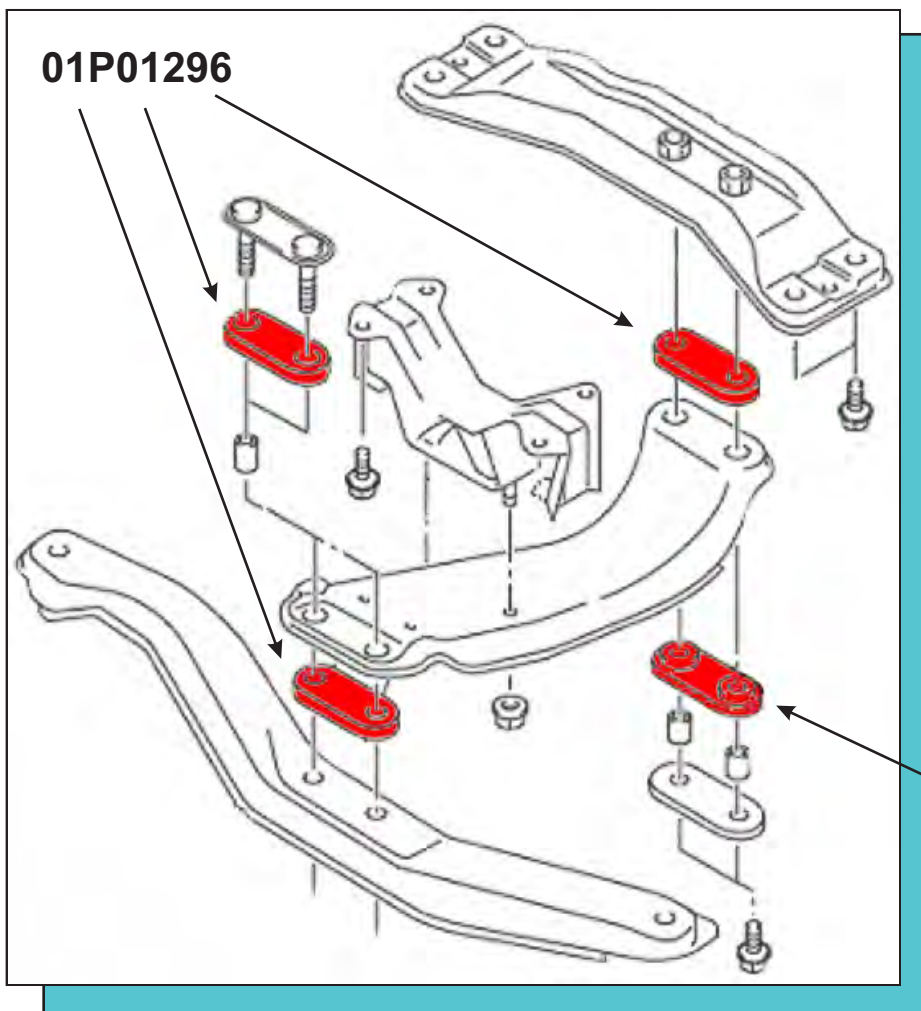
**Note:** It is recommended that this set be professionally installed if you are unfamiliar with this type of work, and a factory service manual be purchased prior to performing any work on your vehicle for proper disassembly, reassembly and torque specs. These instructions are intended for bushing removal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

## Parts List:

- 1 - 01P01295 Rear Lower Crossmember Bushing (Thick)
- 3 - 01P01296 Crossmember Bushing all other positions (Thin)
- 1 - 17P17625 Instructions Sheet

## Transmission Cross-member bushings replacement:

Use a lift or jack stands to lift the front of the vehicle and gain access to the transmission cross-members. Safely support the tail end of the transmission with a jack to relieve the weight from the transmission mount. Remove the brace which attaches to the transmission cross-members and transmission mount. Install new bushings so that the locating shoulders are opposite each other and fit together. Reuse all factory hardware and secure the brace back to the cross-members and transmission mount. Torque all bolts and nuts to factory specs. Remove transmission jack and lower vehicle to the ground.



01P01295