

Installation instructions

For set # 19.4101

2005-2009 Subaru Legacy/Outback
Rear Sub Frame bushing set



It is recommended that if you are unfamiliar with this type of work that you refer to a qualified service center specializing in this type of work. It is also recommended that if you choose to do this work yourself that a factory service manual be obtained for the proper procedures for different model options, NOTES, CAUTION and WARNINGS pertaining to removal, replacement and proper torque specifications for your vehicle. This instruction set is intended as a guideline for the safe installation of Energy Suspension's polyurethane bushings, once you have removed the factory components from your vehicle. Wheel alignment is almost always disturbed when suspension components are removed or replaced. It is recommended that you have the alignment checked on your vehicle at a qualified alignment shop. Energy Suspension recommends that you read over all the installation instructions and check all P/N's and quantities in the parts list before you start. Prior to installation, make sure that your vehicle is in excellent mechanical condition and that there are no suspension or steering related problems. This part has been designed to work only with a vehicle that is in good state of repair. No matter how carefully we design our parts, this is one area we have no control over and cannot be held responsible.

Parts list:

- 8 - 04P04370 (Subframe bushing).
- 4 - 15.10.656.39 (1.00" x .640" x 2.856" Sleeve)
- 8 - 15.03.78.39 (sleeve 3.00" x .625". x .125" Washer).
- 1 - 17P17683 (this instruction sheet).



The factory metal shells must be removed from all 4 positions for this bushing set to fit properly

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Removal of sub frame:

Disconnect the ground cable from battery. Loosen the rear wheel lug nuts. Lift the vehicle up and support with jacks stands at the specified points. Put the gear shift lever to neutral. Release the parking brake. Remove the rear wheels and set aside. Remove the rear exhaust pipe and muffler. Remove the heat shield cover. Make matching marks on the flange yoke and rear differential before removal. Remove the bolts which hold drive shaft to rear differential. Remove the two bolts which hold center bearing to vehicle body. Remove the drive shaft from transmission.

NOTE: Use a container to catch ATF or oil flowing from drive shaft and transmission. Remove the two mounting bolts, remove the brake caliper assembly, and suspend the brake caliper assembly so that the hose is not stretched. Remove the disc rotor. Remove the parking brake shoes, return springs, hold down spring and pin, strut and strut spring, adjuster assembly and the rear shoe hold down spring and pin. Remove the parking brake cable from lever and remove the parking brake cable from back plate. Remove the bolts which secure rear shock to rear arm. Support the sub frame using transmission jack. Remove the sub frame support arm and sub frame support plate.

After removing the bolts, lower the transmission jack and remove the sub frame from under the vehicle. NOTE: The sub frame bushings are bonded rubber with an outer metal shell and inner metal sleeve that is pressed into the sub frame from the bottom up. The outer metal shell must be removed from the sub frame. To remove the sub frame bushings, you can hammer and chisel the outer metal shell out from the top down, or drill out the rubber to make room for a hack saw blade or sawsall blade to cut the outer metal shell lengthwise to relieve the tension of the press fit. See Fig. 1

Fig. 1



Outer metal shell cut lengthwise with a metal blade

Torque Spec.

Axle nut 140 ft-lb then lock it securely.
Rear hub to backing plate bolts 47.9 ft-lb
Brake caliper to backing plate bolts 39.1 ft-lb
Lug nuts 66 ft-lb
Upper shock mount nuts 22.4 ft-lb
Lower shock lock nut 46 ft-lb
Stabilizer link lock nut 42 ft-lb
Stabilizer bushing bracket bolts 30 ft-lb
Rear link outer lock nut 42 ft-lb
Rear link inner lock nut 89 ft-lb
Upper link outer lock nut 48 ft-lb
Upper link inner lock nut 42 ft-lb
Front link lock nuts 42 ft-lb
Rear arm front position lock nut 111 ft-lb
Rear arm bracket bolts 92 ft-lb
Sub frame support arm to body bolts 59 ft-lb
Support plate to body bolts 48 ft-lb
Front and rear sub frame bolts 129 ft-lb
Center bearing to body bolts 38.3 ft-lb
Flange yoke to differential nuts & bolts 23.1 ft-lb
Hub bolt to rear hub unit bearing 47.9 ft-lb
Differential front member to sub frame nut & bolt 81 ft-lb
Differential member plate nuts 38 ft-lb
Rear differential cover mounting stud nuts 51 ft-lb

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Exploded View

