

# Installation instructions

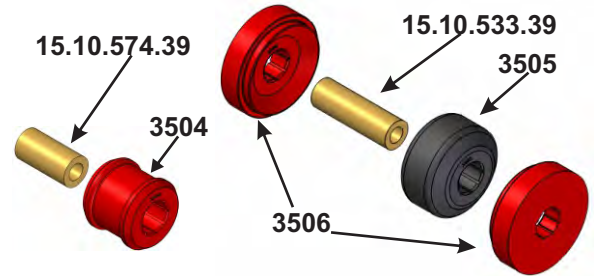
For set # 3.3195  
2010-12 Chevy Camaro  
Front Control Arm Bushings



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 pertaining to removal, replacement and proper torque specifications for your vehicle. This instruction sheet is intended as a guideline for the safe installation of Energy Suspension's polyurethane bushings, once you have removed the factory suspension 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.

## Parts list: 3.3195

- 4 ea 3506 (Front control arm outer position).
- 2 ea 3505 (Front control arm inner position).
- 2 ea 15.10.533.39 (1.000" O.D. x .563" I.D. x 3.200" LG. (Sleeve for front position).
- 2 ea 3504 (Rear control arm).
- 2 ea 15.10.574.39 (1.000" O.D. x .563" I.D. x 2.000" LG. (Sleeve for rear position).
- 3 ea 9.11101 (Formula 5 Prelube).
- 1 ea 17548 (Instruction sheet).



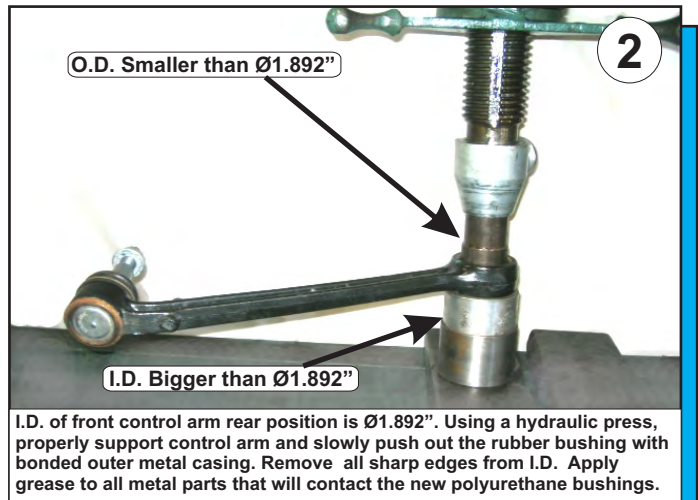
Do not apply heat or burn out rubber to remove!  
A hydraulic press must be used to press out the metal shell of the factory bushing from both front and rear lower control arms. (4 bushings total)

1

METAL SHELL



Refer to the shop manual for the safe removal of front and rear control arms, torque specs, and alignment of your vehicle.

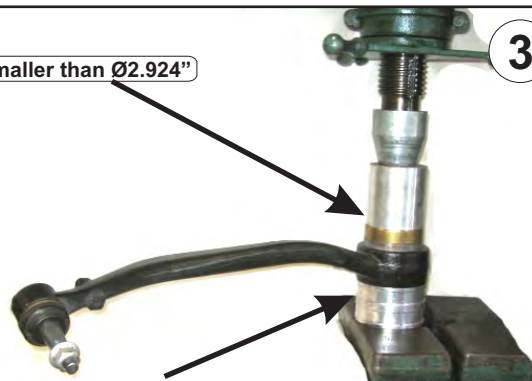


2

I.D. of front control arm rear position is  $\text{Ø}1.892''$ . Using a hydraulic press, properly support control arm and slowly push out the rubber bushing with bonded outer metal casing. Remove all sharp edges from I.D. Apply grease to all metal parts that will contact the new polyurethane bushings.

O.D. Smaller than  $\text{Ø}2.924''$

3



I.D. Bigger than  $\text{Ø}2.924''$

I.D. of front control arm front position is  $\text{Ø}2.924''$ . Using a hydraulic press, properly support control arm and slowly push out the rubber bushing with bonded outer metal shell.

4



Before installing P/N 3504, remove the sharp edge from the control arm with a file making a smooth rounded corner. Apply grease to the leading edge, O.D. and I.D. of P/N 3504 and all metal parts that will contact the new polyurethane.