

Installation Instructions

For set # 3.4144

1976-1981 Pontiac Firebird Subframe Mount 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 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

2 ea 4157 (0.900" Flange)	2 ea S30H Washer Sleeve (1.500 O.A.L.)	2 ea 15.03.36.39 (1.75 OD x .500 ID Washer)
2 ea 4158 (0.375" O.A.L.)	2 ea S31H Washer Sleeve (1.420 O.A.L.)	4 ea 15.05.42.39 (5/8-11 x 3" Long Bolt)
2 ea 4003 (0.675 Flange)	2 ea 15.06.16.39 (Welded Washer Sleeve)	2 ea 15.05.46.39 (1/2-13 x 3" Long Bolt)
4 ea 4004 (0.625 O.A.L.)	2 ea 15.03.14.39 (2.500 OD x .500 ID Washer)	2 ea 15.07.03.39 (1/2-13 Nylock Nut)
2 ea 4005 (0.825 Flange)	4 ea 15.03.24.39 (2.50 OD x .625 ID Washer)	1 ea 17246 (Instructions)

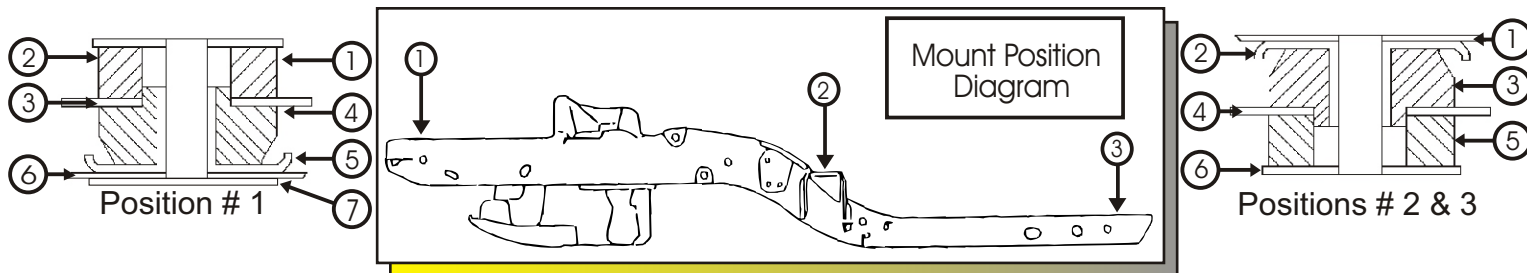
Spray all nuts to be removed generously with your favorite rust buster.

Note: When disassembling, note the quantity and positions of any shims that may have been inserted for body alignment. These shims **MUST** be reused to ensure proper body alignment.

CAUTION! Only raise body high enough to remove & replace mounts. Always watch the fan shroud for sufficient clearance when raising the body. When jacking the body use a long enough 2X4 or 4X4 for maximum support. Never put jack directly on body panels.

Install mounts one side at a time with bolts on other side loosened only.

Re-torque all bolts to factory specifications.



POSITION # 1

1. Supplied Washer (2.500 OD x 0.500 ID)
2. 4158
3. Core Support Bracket
4. 4157
5. Supplied Washer-Sleeve (1.500" O.A.L.)
6. Frame
7. Supplied Washer (1.750 OD x .500 ID)
(used on 1/2" Bolt under frame)

NOT shown, but supplied for this position:
2 - 1/2"-13 x 3" Grade 5 Bolts
2 - 1/2"-13 Grade 5 Nylock Nuts

POSITION # 2

1. Body
2. Supplied **WELDED** Washer-Sleeve
(1.750" O.A.L.)
3. 4005
4. Frame
5. 4004
6. Supplied Washer (2.500 OD x .625 ID)

NOT shown, but supplied for this position:
2 - 5/8"-11 x 3" Grade 5 Bolts

POSITION # 3

1. Body
2. Supplied Washer-Sleeve
(1.420" O.A.L.)
3. 4003
4. Frame
5. 4004
6. Supplied washer (2.500 OD x .625 ID)

NOT shown, but supplied for this position:
2 - 5/8"-11 x 3" bolts grd5