

# Installation Instructions Set # 8-3119

## 00-UP Toyota Celica



Carefully read the instructions before starting installation!

**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.

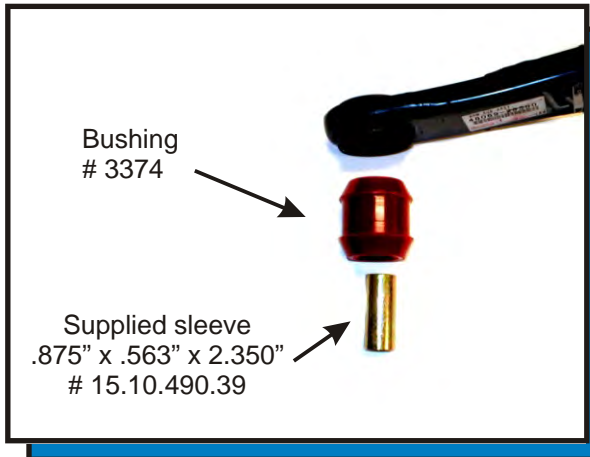
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1. Properly support the vehicle on the frame.
2. Remove the lower control arm. (Note: It is easier to remove the one bolt connecting the control arm to the spindle than it is to remove the three bolts that attach the ball joint to the control arm.)
3. Remove the horizontal rubber bushing from the control arm.
4. Remove the vertical rubber bushing from the control arm. **Do not press out the outer metal shell**, remove the rubber and inner metal sleeve, making sure not to damage the shell as you will need to **reuse it**. NOTE; I.D. of shell must be free of all rubber.
5. Grease the I.D. and face of the control arm and shell. Grease both the vertical and horizontal positions thoroughly.
6. Grease all surfaces of the bushing that come in contact with metal. Grease the O.D. of the supplied sleeves. Install bushings and sleeves. (See diagrams below)
7. Reinstall the control arm. To aid installation, install the rear vertical mounts first. Note: It may be necessary to enlarge the pocket where the vertical bushing sits. Now push the strut and spindle out of the way and install the front horizontal bushing.
8. Energy Suspension recommends that you have a front wheel alignment performed after installation.

Remove Rubber bushings & inner metal sleeves from Control arms. **Do not press out the outer metal shell on vertical position .**



Note: Make sure to thoroughly grease the tapered face of the #3374 bushing to aid in installation.



Note: Make sure to thoroughly grease all surfaces of bushing that contact metal.

