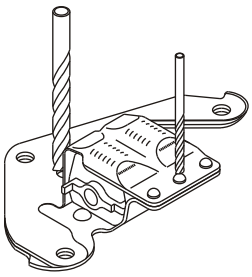
Set # 3-1127
Instructions for 1993 - 97
Camaro/Firebird motor mount inserts

ENERGY SUSPENSION recommends replacing both left and right side mounts at the same time. Use set # 3-1116 for right side mount. Use a new lock nut at the engine bracket cross bolt location.

Raise vehicle to suitable height and support properly to allow easy access to the engine mounting locations. NOTE: BE SURE VEHICLE IS SECURELY SUPPORTED BEFORE GOING UNDERNEATH. Before loosening the motor mount bolts, find a suitable jacking location near the front of the engine block. Do not lift on crankshaft pulleys or oil pan. Severe damage could occur to these components. If available, use an engine hoist to raise engine. Raise the engine to a height necessary to remove load from the engine mounts. Remove the 6" long engine mounting bolt. Raise the engine again to allow enough clearance between the engine mounting bracket and motor mount. NOTE: BE CAREFUL NOT TO CAUSE DAMAGE TO OTHER ENGINE COMPONENTS BY RAISING THE ENGINE TOO HIGH, ie, DISTRIBUTOR CAP ON FIREWALL, FAN, etc. Remove bolts securing motor mount to engine block. Remove motor mount from the vehicle and inspect the metal shells for damage. NOTE: IT IS VERY IMPORTANT THAT THE METAL SHELLS BE UNDAMAGED.

STEP - 1

Use a 3/8" drill bit to drill out the two formed rivets and 1/4" drill bit on the three hot revits. Drill down just enough to remove rivet material to allow the metal shells to be separated. After separation, remove rivets and any burrs or sharp edges from the drilled out holes. Use a 1/2" drill bit to drill out the two formed rivet holes in the bottom metal shell only.

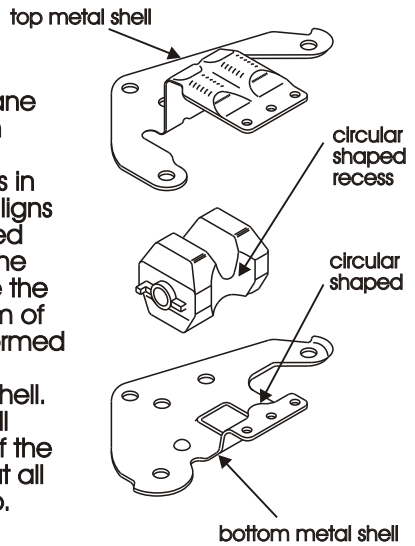


Clean any dirt and grease that may have accumulated inside the metal shells. NOTE: IT IS VERY IMPORTANT THAT THE INSIDE OF THE METAL SHELLS BE CLEAN. At this point, it is your option to have your metal painted, powder coated, or chromed.

When reassembling motor mounts, **pay very close attention** to the diagrams showing proper assembly procedure. This motor mount insert can go into the metal shells two ways; the right way, and the wrong way. Be sure to follow the instructions carefully so that you do it the right way!

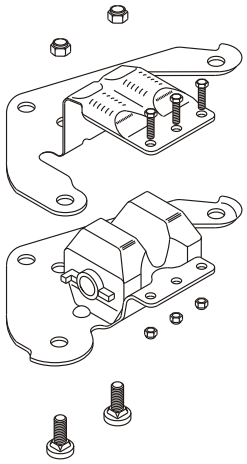
STEP - 2

Position the polyurethane insert onto the bottom metal shell so that the circular shaped recess in the side of the insert aligns with the circular shaped hump on the side of the metal shell. Make sure the grooves on the bottom of the insert set on the formed metal humps on the bottom of the metal shell. Position top metal shell onto the top humps of the insert, making sure that all bolt holes are lined up.



STEP - 3

Place the assembly into a vise or large clamp, leaving access to the drilled out holes. Use enough clamping force to hold the two metal shells together, without permanently deforming the metal (a slight amount of metal bending may occur, this is normal). To hold the assembly together, use the three 1/4" bolts and two 3/8" bolts provided into the drilled holes, insert the 3/8" bolts from the bottom, as shown. Use the locking nuts to secure the assembly. Torque the 1/4" locking nuts to 15 ft-lbs. and the 3/8" locking nuts to 25 ft-lbs.



NOTE: The 3/8" bolts have a square on them which will "bite" on the inside of the 1/2" hole and keep them from turning. However, it may be necessary to use locking pliers to keep the bolt from turning while applying the proper torque.

STEP - 4

Reassemble motor mount into engine compartment, tighting all bolts to factory specs. Install the 6" long bolt going through the bracket on the crossmember. Torque to factory specs.

NOTE: The ENERGY SUSPENSION Polyurethane motor mount insert will restore your engine to its original height. If adjustments have been made to other engine components, such as, fan shroud, fuel lines, etc. due to sagging, worn motor mounts, these components will need to be readjusted back to thier original locations. **Also, be sure to check hood clearance before closing.**

HINT: Due to the many different metal configurations from foreign and domestic manufacturers it maybe helpful to apply a thin coating of grease or dishwashing detergent to the polyurethane insert, at metal contact points before installing. This will allow the insert to seat, in turn allowing proper bolt alignment.

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