

## FITTING INSTRUCTIONS

### Front Upper Inner & Outer Control Arm Bushes

Suits: Nissan 300ZX Z31, Z32 / Skyline R32 / Infiniti

#### **Contents:**

67003 Replacement Bushes	x 4	112mm Crush Tubes	x 2
67004 Replacement Bushes	x 4	110mm Crush Tubes	x 2

**N.B: These instructions should be used in conjunction with workshop manual.**

1. Raise the front of the vehicle and support on chassis stands, remove the front wheels.
2. Using a suitable marking pen note the inner and outer end of the arm and remove the complete upper control arms from the vehicle.
3. Remove the original bushes from the arm. (These bushes are 4 half-shell bushes, which can be removed easily when hit from behind the flange).
4. Inspect the control arms for damaged, bent, pitted or worn components and replace as necessary.
5. Install the steel shells supplied into the inner position of the arm with a press. Then push the new replacement bushing **67004** into the shells & the **67003** Bushings into the outer mounting position.  
Grease the flange face & internal bore of the new bushing & the outside of the crush tubes and assemble. Install the 112mm crush tube to the inner position and The 110mm crush tube to the outer.

**N.B:** To aid in identification and correct installation, the OE arm has an "A" stamped closest to the outer position.

6. Mount the upper control arms to their original position, as noted prior to removal (inner / outer).
7. Tighten all components to manufacturer's specifications with the vehicle at normal road height and carry out wheel alignment.

**N.B: It is recommended that a licenced workshop or trades person carry out the above procedure and that workshop manual and relevant safety procedures are followed in addition to the above.**