

# Spohn Performance, Inc.

**Part # 201 – Tubular Rear Lower Control Arms – Poly Bushed  
1982-2002 GM F-Body**

## **INSTRUCTIONS**

1. Lift rear of vehicle and support by frame rails. DO NOT SUPPORT BY REAREND!
2. Use jack and place under rear axle to support but do not lift.
3. Remove both front and rear lower control arm bolts and nuts and remove control arms. The axle will shift slightly rearward. (Only swap one LCA at a time, do each side separately)
4. Install control arms using the jack to help position the rear axle properly. Make the bolts hand tight only at this time.
5. Lower vehicle to ride height and tighten all bolts to 72 ft/lbs.
6. The poly bushings come pre-lubed. DO NOT use petroleum-based grease on your poly bushings! Poly bushings must be lubricated with synthetic silicone based waterproof grease. These are the manufacturer's recommendations to prevent pre-mature bushing wear, and will keep things "squeak-free". You can order this grease from Spohn Performance using our Part #902. Do not over grease the bushings! You only need a couple pumps of grease. Over greasing will cause the bushings to balloon from the hydraulic pressure inside of the sleeve and they will fail.