

Application:

BMW E90

CONTENTS:
8X INSERTS

Always refer to current catalogue for complete application listing.

INSTRUCTIONS

1. Raise vehicle evenly and support with jack stands. Remove the rear wheels.
 2. Lightly grease all inserts prior to installation.
 3. Utilizing an extra jack stand, unbolt the rear bolts of the sub-frame and only loosen the front bolts. Careful not to stretch brake lines or brake wiring.
 4. Push into position insert 67547 into top and 67548 into bottom of OE mount. Refer fig 1.
 5. Loosely re fit the rear washers and bolts and remove the front washers and bolts. Careful not to stretch brake lines or wiring.
 6. Push into position insert 67545 into top and 67546 into bottom of OE mount. Refer fig 2.
- Note: Inserts will be tight to install and are designed to minimize sub-frame movement under high lateral load.
7. Re fit washers and bolts and tighten. Refer figures 3 and 4.

FIG1



FIG2

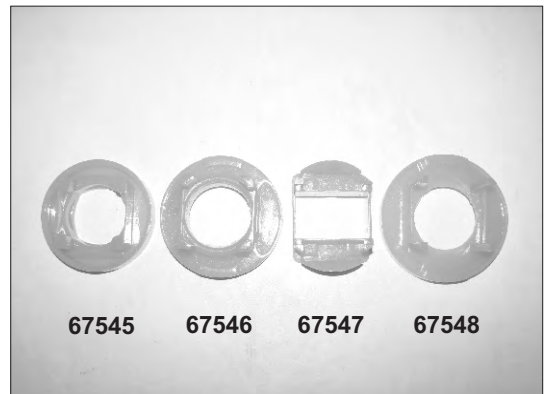


FIG3



FIG4



Warning: Please drive carefully while you accustom yourself to the changed vehicle behaviour