

CROSSMEMBER MOUNTS

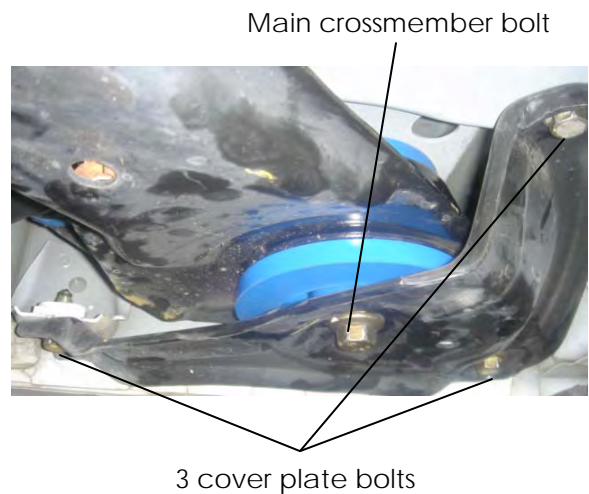
1. Support vehicle under the sills (sills run down the side of the vehicle)
2. Conduct removal and installation one side at a time.
3. Remove the main bolt located through the crossmember bush and the 3 bolts connecting the cover plate to the crossmember. (See image below)
4. If you have a twin or big bore exhaust system you may be required to remove the hanger for clearance to the crossmember.
5. Lever that side of the crossmember down and pry the original bush from its mounting position. TIP: Use a tyre lever.
6. Clean the surface and check for any cracks or damage.
7. Fit the Noltec pad taking note of the thick and thin upper pads required using the information below.
8. Realign crossmember, mount cover plate and start the thread on the 3 cover plate bolts and the main crossmember bolt.
9. Torque bolts to manufacturers' specifications
10. Perform these steps on the other side of the vehicle



Thick Pad



Thin Pad

**THICK OR THIN**

V6 VQ – VT Commodore fit the **THIN PAD**
V8 VQ – VT Commodore fit the **THICK PAD**
V6 & V8 VX – VZ Commodore fit the **THICK PAD**
All model Monaros fit the **THICK PAD**
All model Pontiac GTO fit the **THICK PAD**

This procedure must be carried out by a qualified person