# INSTRUCTION SHEET FOR SET #7.1116

It is recommended that if you are unfamiliar with this type of work that you refer to a qualified service center specializing in this type of work. It is also recommended that if you choose to do this work yourself that a factory service manual be obtained for the proper procedures pertaining to removal, replacement and proper torque specifications for your vehicle. This instruction set is intended as a guideline for the safe installation of Energy Suspension's Polyurethane. Wheel alignment is almost always disturbed when removing/replacing suspension components. It is recommended that you have the alignment checked on your vehicle at a qualified alignment shop.



1131 VIA CALLEJON, SAN CLEMENTE, CA 92673

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#### Removal:

- Loosen front and rear motor mount through bolts.
- Remove bolts holding engine mounts to subframe.
- Remove four bolts holding subframe to car, remove subframe.

- Remove the OEM rubber bushings.



1199 Bushing x 2 (Front Position Top)



1200 Bushing x 2 (Front Position Bottom



1201 Top Bushing x 2 (Rear Position Top)



1202 Bushing x 2 (Rear Position Bottom



### Installation:

- Install the #1199 and #1201 bushing into the top of the subframe.
- Install the subframe and now put on our #1200 and #1202 bushings.
- Install the OEM bolts and tighten. Now tighten all remaining bolts to factory specifications.

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# TRUCTION SHEET FOR SET #7.1116

It is recommended that if you are unfamiliar with this type of work that you refer to a qualified service center specializing in this type of work. It is also recommended that if you choose to do this work yourself that a factory service manual be obtained for the proper procedures pertaining to removal, replacement and proper torque specifications for your vehicle. This instruction set is intended as a guideline for the safe installation of Energy Suspension's Polyurethane. Wheel alignment is almost always disturbed when removing/replacing suspension components. It is recommended that you have the alignment checked on your vehicle at a qualified alignment shop.



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- Remove bolts holding engine mounts to subframe.
- Remove four bolts holding subframe to car, remove subframe.

Remove the OEM rubber bushings.



1199 Bushing x 2 (Front Position Top)



1200 Bushing x 2 (Front Position Bottom



1201 Top Bushing x 2 (Rear Position Top)



1202 Bushing x 2 (Rear Position Bottom



## Installation:

- Install the #1199 and #1201 bushing into the top of the subframe.
- Install the subframe and now put on our #1200 and #1202 bushings.
- Install the OEM bolts and tighten. Now tighten all remaining bolts to factory specifications.

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