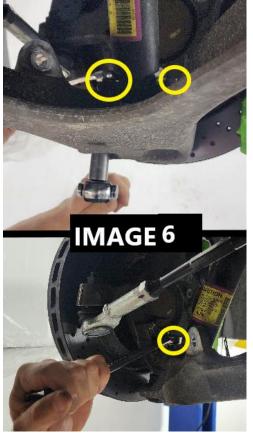


### **Tools Required:**

- Jack and Jack Stands
- Metric Socket and Wrench set
- Pick
- Flathead Screwdriver
- Balljoint/Tie Rod Separator
- Internal/external Snap ring Pliers
- Press
- Mallet
- Torque Wrench
- Dial/Digital Calipers
- Sawzall
- Drill and Drill Bit Set

### **Disassembly:**

- 1. Lift the front of the vehicle and safely support on jackstands. Remove both front wheels.
- 2. Support the bottom of the lower control arm with a floor jack or a screw jack.
- 3. Using a 13mm socket and wrench, remove the two shock mount bolts on the lower control arm.
- 4. Slowly let the jack or screw jack down.
- 5. Remove the sway bar link from the lower control arm and the sway bar.
- 6. Remove the upper ball joint nut. After, a ball joint separator is used to disconnect the upper control arm from the hub.
- Remove the upper control arm by removing the (4) 13 mm bolts holding the upper control arm to the chassis.





#### WWW.BMRSUSPENSION.COM

This product is an aftermarket accessory and not designed by the vehicles manufacturer for use on this vehicle. As such, Buyer assumes all risk of any damage caused to the vehicle or person during installation or use of this product.

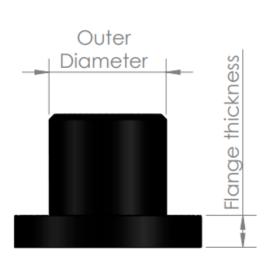


- 8. Remove the lower ball joint nut and use a ball joint separator to disconnect the lower control arm from the hub.
- 9. Lastly, mark the position and loosen and remove the lower control arm chassis bolts and remove the lower control arm.
- 10. Now that all of the control arms are removed, you will need to remove the stock bushings.
- 11. To begin, start by drilling multiple holes in the bushing to remove the rubber from the bushing.
- 12. Once enough rubber is removed, fit a Sawzall into the bushing and cut through the steel bushing sleeve (being careful not to damage the aluminum control arm).
- 13. Once you cut through the steel bushing sleeve, remove the old bushing by tapping it out of the control arm.
- 14. Repeat this step until all the old bushings are removed.
- 15. Before installing the new Delrin control arm bushings, clean the control arm with brake parts cleaner to remove any remaining debris from the old bushings.
- 16. Before proceeding, verify that all the parts are correct by referencing the table, measuring the flange thickness and outer diameters of every bushing with calipers, and organizing all parts.

#### WWW.BMRSUSPENSION.COM



Front Control Arm Delrin Bushing Set (CBK551)				
Qty:	Part Description:	Part #:	Measurement (in):	Used with:
2	Front Lower Control Arm Rear	BMR2690	OD: 1.971"	Sleeve
	Inner Bushing		Flange Thickness: .295"	
2	Front Lower Control Arm Rear	BMR2691	OD: 1.971"	Sleeve
	Outer Bushing		Flange Thickness: .49"	
2	Front Lower Control Arm Front	BMR2692	OD: 1.458"	Sleeve
	Inner Bushing		Flange Thickness: .295"	
2	Front Lower Control Arm Front	BMR2693	OD: 1.458"	Sleeve
	Outer Bushing		Flange Thickness: .495"	
8	Front Upper Control Arm	BMR2694	OD: 1.412"	Cross-Shaft
	Bushing		Flange Thickness: .25"	
4	Lower Control Arm Sleeve	BMR2714	Length: 2.717"	N/A
4	Front Upper Control Arm Cross-Shaft	BMR2752	Length: 5.95"	N/A

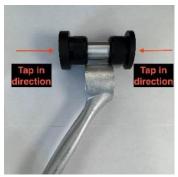




WWW.BMRSUSPENSION.COM

This product is an aftermarket accessory and not designed by the vehicles manufacturer for use on this vehicle. As such, Buyer assumes all risk of any damage caused to the vehicle or person during installation or use of this product.









- 17. According to the figure, tap the bushings into the control arms using a rubber mallet. **NOTE:** Make sure the correct bushing part number is tapped in based on the location. Some bushings have the same outer diameter but different flange thickness lengths. The outer bushings will have a thicker flange thickness than the inner bushings.
- 18. After the bushings are tapped in the lower control arms using a rubber mallet, apply synthetic grease (we recommend Superlube **BMR part# SUL41150**) to the sleeves and tap them into the control arm.
- 19. After the bushings are tapped into the upper control arms using a rubber mallet, apply synthetic grease (we recommend **Superlube BMR part# SUL41150**) to the cross-shaft and tap them in from the outside of the control arm inward. Then, using an external snap ring plier, assemble them with the snap ring provided.
- 20. Install the control arms back into the car and assemble all other components taken off during installation.

**NOTE**: These fasteners are listed as T.A.Y (Torque-Angle-Yield Fasteners), also known as single-use or Torque-to-Yield fasteners.

Although GM recommends that you replace these fasteners, we have not replaced ours at any point during our design and testing process. Re-use these fasteners at your own risk.

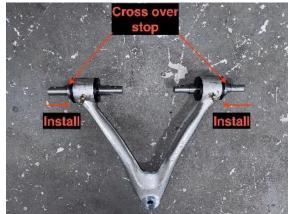
**Torque Specs:** 

Lower Control Arm Cam Nuts - 125 ft-lbs.

Upper Control Arm Mounting Bolts - 48 ft-lbs.

Upper Ball joint - 22 ft-lbs. then 225 degrees

Lower Ball joint - 22 ft-lbs. then 180 degrees



#### WWW.BMRSUSPENSION.COM

This product is an aftermarket accessory and not designed by the vehicles manufacturer for use on this vehicle. As such, Buyer assumes all risk of any damage caused to the vehicle or person during installation or use of this product.