

### Contents (parts per pack):

2 x Polyurethane A inserts

2 x Polyurethane B inserts

Please read the complete fitting instructions and check package components before fitment.

These fitting instructions are to be used as a guide and in conjunction with workshop manual.

It is recommended that:

- all work to be carried out by a licensed technician;
- all safety precautions adhered to;
- wheel alignment to be checked and adjusted as required after any suspension work.

All fasteners must be tensioned to manufacturer's torque settings.

### Fitting Instructions:

The subframe will need to be lowered to fit these inserts. Do not remove the original rubber bushes.

1. Remove any hardware connecting the subframe to the chassis and support the subframe with hydraulic transmission stands or axle stands.
2. Lower the subframe until sufficient access is gained to the top of the bushes.
3. Remove the lower metal retaining plate with a screwdriver by prying the small tabs out as shown in Fig 1.

**Tip: Clean away any rubber flashing from the original bush and apply some washing-up liquid to the inserts prior to fitting them to aid in inserting them into the voiding of the OE bushes.**

4. From the top side of the subframe, fit the longer of the two inserts (3-733A) into the OE bush.
5. From the underside of the bush, fit the shorter insert (3-733B).
6. Replace the metal retaining plate by aligning the metal tabs and bending them back into position.
7. Refit the subframe and any associated hardware to the vehicle and tension all hardware to the manufacturer's recommended torque settings.



Pry these two tabs



Figure 1

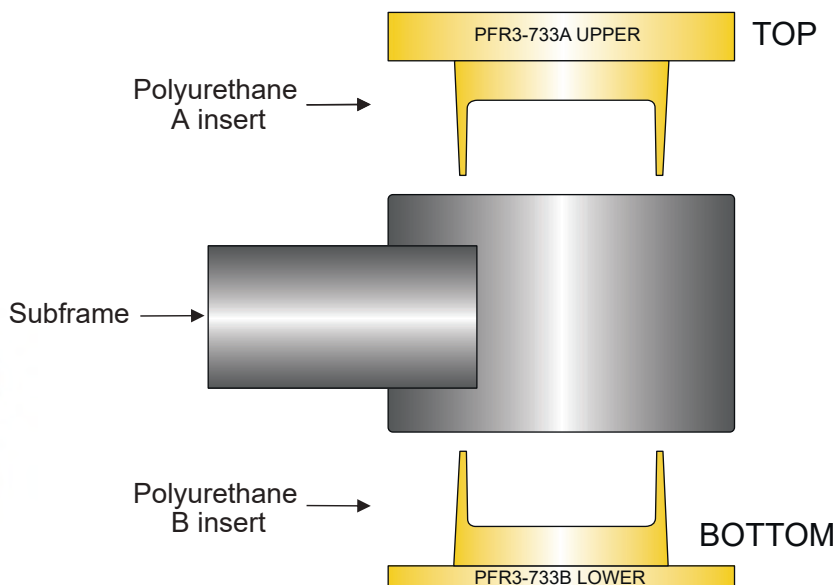


Figure 2