

# Installation instructions

For set # 3.1151  
GM LS1 Motor Mount  
98-02 F-Body

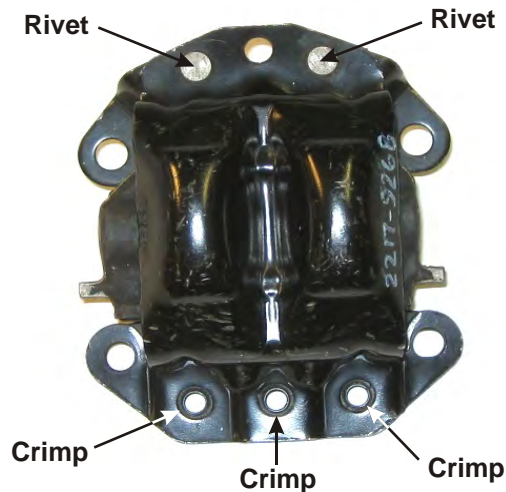
**ENERGY**  
**SUSPENSION** 

1131 VIA CALLEJON, SAN CLEMENTE, CA 92673

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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 bushings, once you have removed the factory components from your vehicle.

To separate the two metal halves of the motor mount you will need to drill out two rivets and three crimps. Use a center punch and pilot drill (1/8" drill bit) to get the rivets started then finish the rest with a 3/8" drill bit.

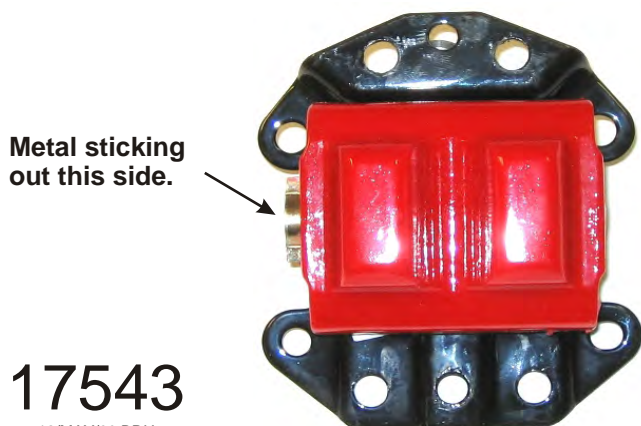


The two metal halves are bonded to the rubber mount. Apply light heat evenly around the top and bottom of the outer metal casing, just enough to brake the bond with the rubber. When you see light smoke coming from the sides of the bushing the bond should be broken. At no time should there be any flames coming from the rubber, if there are any flames, you need to back off with the heat. Just push the old rubber and inner metal sleeve out. Let the outer metal casing cool off before cleaning the inside. Remove any burrs and sharp edges.

#### Parts list:

- 1 - 1264 motor mount insert.
- 4 - 15.05.36.39 3/8-16 x 1" bolt.
- 4 - 15.03.69.39 flat washer.
- 4 - 15.07.01.40 lock nut.

The gold zinc metal insert not covered by polyurethane needs to be installed correctly as shown here.



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Assemble the two half together with the supplied nuts, bolts and washers. Install the bolts from the bottom with the washers and nuts on top. **HINT: Due to the many different metal configurations from foreign and domestic manufacturers it maybe helpful to apply a thin coating of grease or dishwashing detergent to the polyurethane insert, at metal contact points before installing. This will allow the insert to seat, in turn allowing proper bolt alignment.**

