

# Installation instructions

For set # 3.3189  
AM GENERAL  
HUMMER H1 / HMMWV

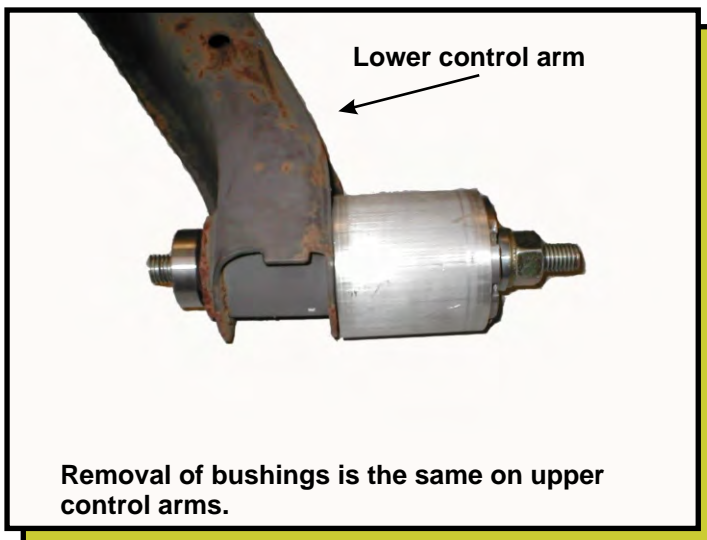


1131 VIA CALLEJON, SAN CLEMENTE, CA 92673

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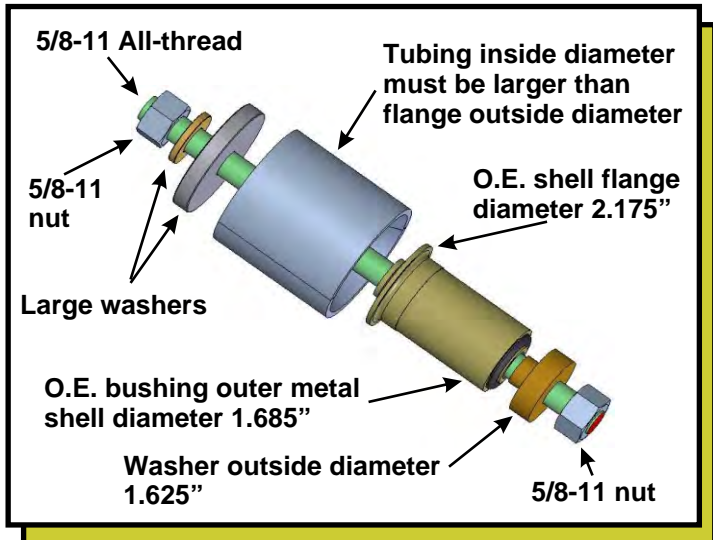
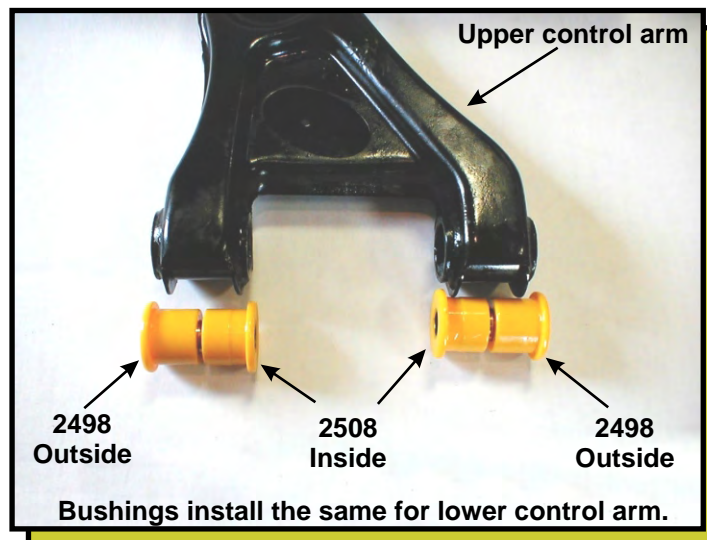
**NOTE:** It is recommended that if you are unfamiliar with this type of work that you refer to a qualified service center specializing in this type of work. It is also recommended that if you choose to do this work your self that a factory service manual be obtained for the proper procedures pertaining 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.

**Note:** To remove the old original bushings from control arms, a hydraulic press can be used to push the bushings out. If a hydraulic press is not available, use a piece of all-thread, tubing, flat washers and nuts. The inside minor diameter of all the control arms is 1.675". Use a thick washer with a 1.625" outside diameter on the inside of the control arm. The tubing needs to be big enough for the old bushing to fall into. The bushing only needs to move about 3/4" before it loses its press fit and falls out. Remove any sharp edges that might cut the new polyurethane bushings during installation. Apply grease to all metal parts that contact the polyurethane bushings.



## Parts list for set # 3.3189.

- 8 - 2498 outer bushing with .230" flange cut.
- 8 - 2508 inner bushing with .230" flange cut.
- 8 - 15.10.123.39 sleeve 1.00" x .750" x 3.335".
- 8 - 9.11108 Formula 5 Prelube.
- 1 - 17435 installation instructions.



# 17435

30/JUL/07 BRH