

INSTRUCTION SHEET FOR SET #7.1113 Nissan 240SX Rear Subframe Inserts



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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.

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Polyurethane subframe bushing inserts:

These inserts are intended as a supplement to your existing subframe bushings. **THESE INSERTS ARE NOT A REPLACEMENT!!!** These inserts are installed from underneath the car and you do not need to remove the subframe to install them.

DO ONE INSERT POSITION at a time.

Remove the bolt and spacer piece. Install the correct insert into the OEM bushing, pushing the insert all the way up until it bottoms out. The insert should sit close to flush with the metal sleeve. Now place the new supplied washer (this keeps the insert from falling out) and the OEM spacer back in place and install the bolt.

Repeat for the other three positions.

Tighten all bolts to factory specifications.

BILL OF MATERIAL

QTY	Description
2	1181 front position
2	1182 rear position
4	1.75"x0.562x0.125" washer

