

# Instructions

## Rear Sub-frame Bushings And Diff Insert - MOTORSPORT

**N.B:** This instruction sheet should be used in conjunction with the workshop manual and proper safety procedures followed.

- Raise vehicle evenly and safely support.

*Never rely on a Jack only*

**Note - these items can be installed while sub-frame is still in vehicle.**

### Diff Insert -

- Un-bolt rear Diff Mount and slowly lower Diff - you may want to place some wood under diff to support.
- Using small amount of supplied grease - push insert in mount as per image - a mallet may be required.

### Sub-frame Bushing -

- Loosen both main bolts - but remove one bolt from one side only.

**Note - these bolts will be tight and may snap.**

- The OE bushing is rubber only and can be pried out with a large Pry Bar. Clean Eye and push in new bushing 91424 from the bottom - and place 91425 on top.

- Use small amount of supplied grease to help install.

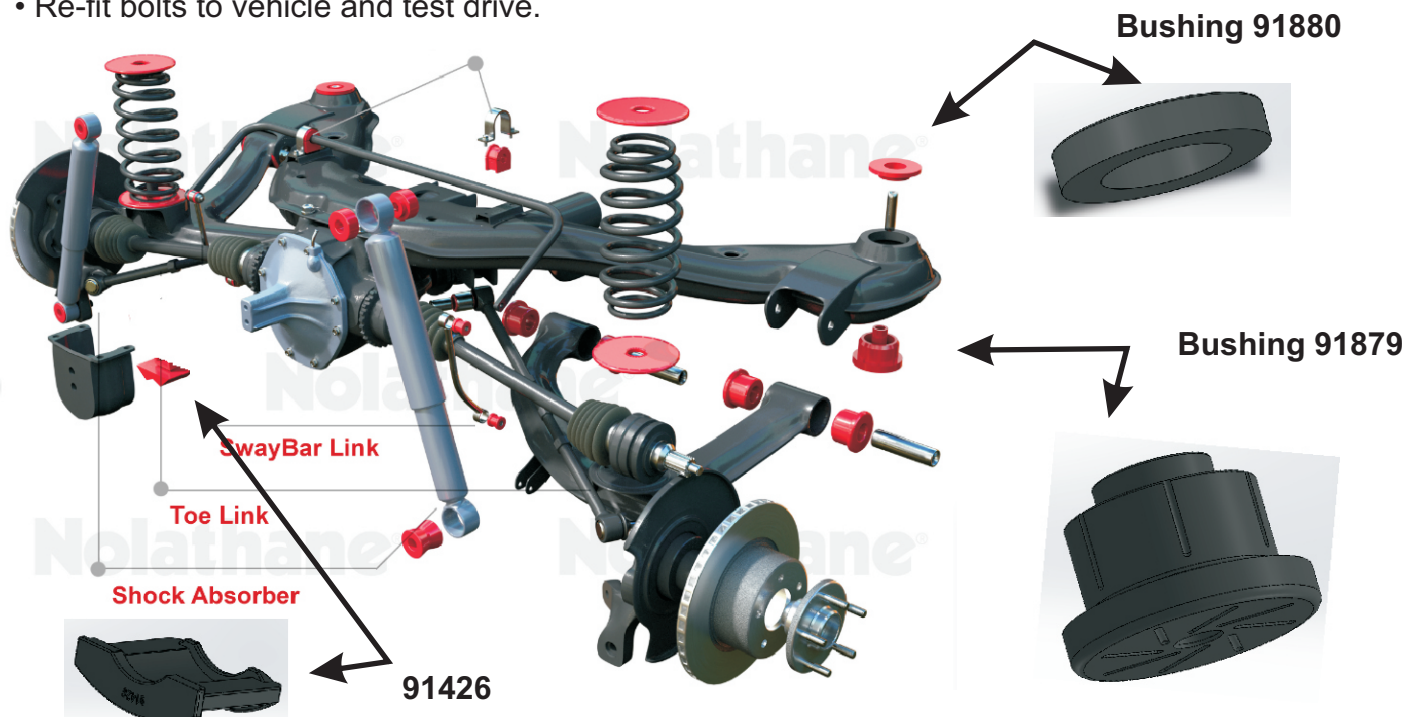
- Re-fit bolts to vehicle and test drive.

**Application** - Pontiac GTO  
- 2004-06

*Always refer complete catalogue listing*

**Contents** - Bushing 91879 x2  
- Bushing 91880 x2  
- Bushing 91426 x2  
- Steel tube 25.4x16.2x79.5  
- Grease

**NOTE - these bushings are of firm material - suited for Motorsport.**



**N.B:** It is recommended that a licenced workshop or tradesperson carry out the above procedure and that workshop manual and relevant safety procedures are followed in addition to the above.