

Instruction Sheet

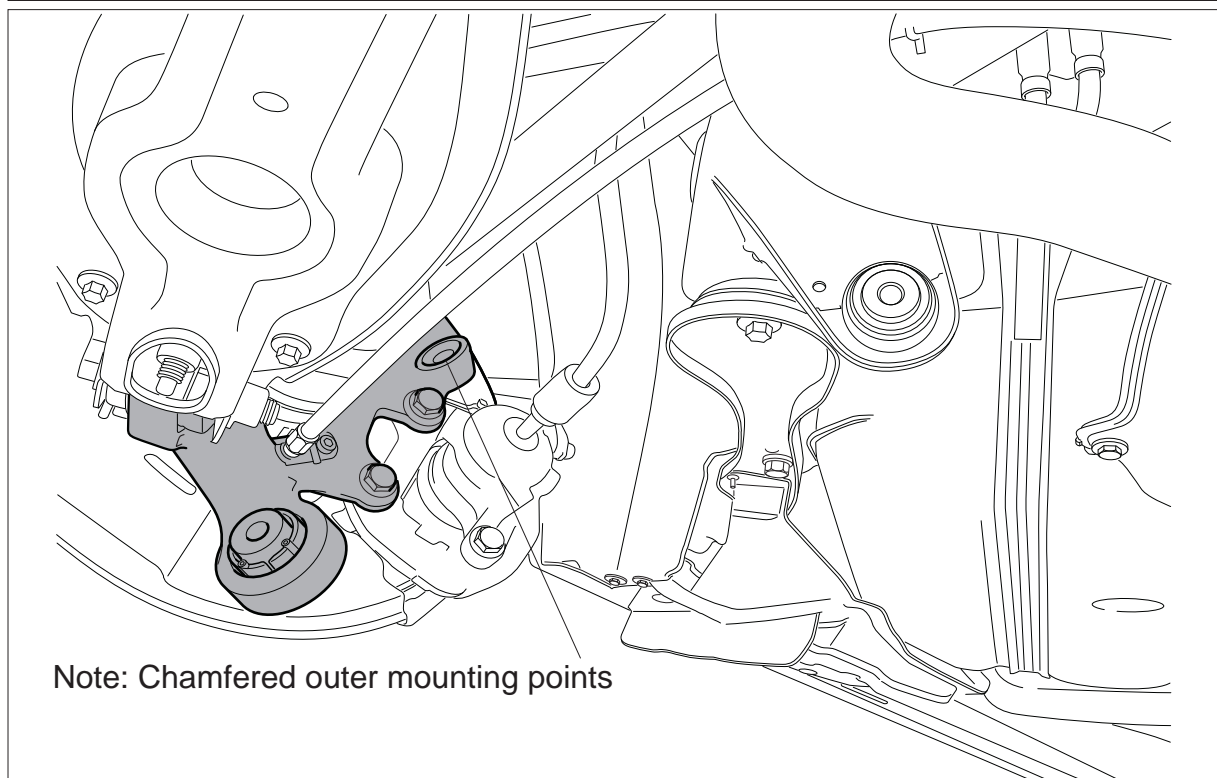
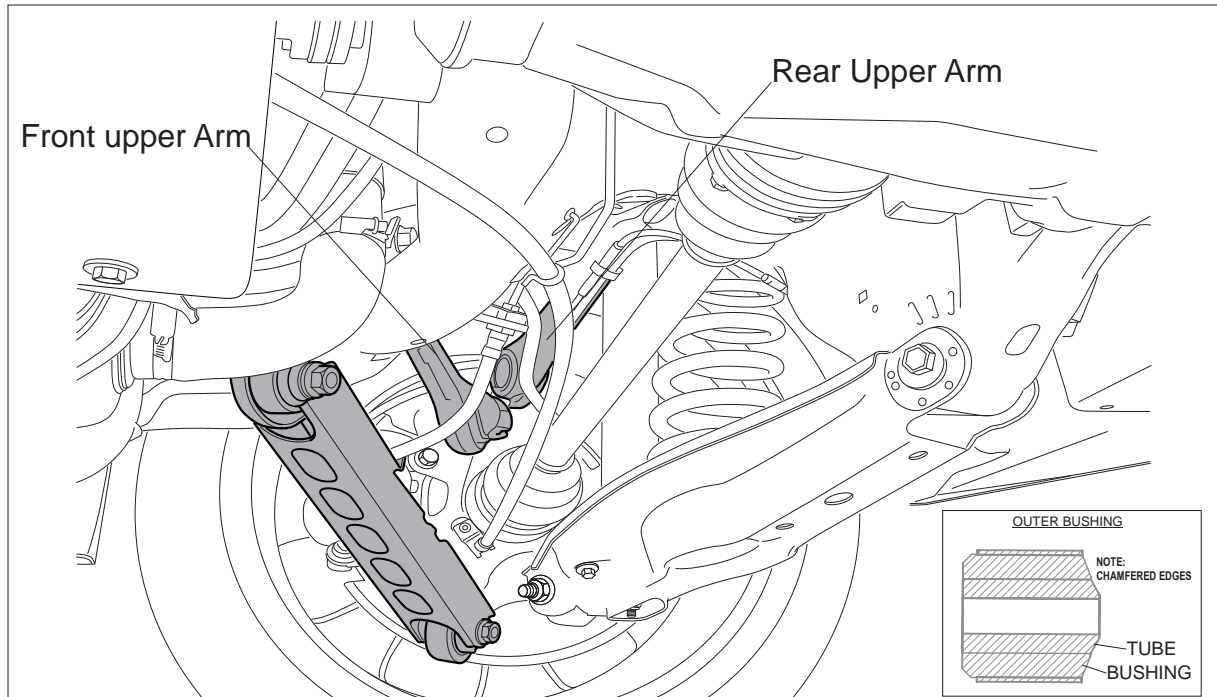
Upper Control Arm Bushings

Z5219

Suits: BMW E90

N.B: This instruction sheet should be used in conjunction with the workshop manual

1. Raise vehicle and safely support. Remove rear wheels.
2. Un bolt inner and outer mounting bolts and remove arms.
3. Press/push out worn bushings, careful to safely support and not damage the arms.
Note: Outer bushings and their chamfered mounting points prior to removal.
4. Press new bushings in so they are central in arm. Lubricate bushing ID with the supplied grease and push the supplied tubes in position.
5. Tighten all bolts and carry out wheel alignment.
6. Re check after initial 100kms



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.