PONTIAC G8 TRAILING ARMS

Tools required:

- 3/8” drive ratchet
- 18mm socket
- 18mm wrench



Installation:

1. Lift the vehicle until the wheels are off the ground. Support with jack stands. ***NOTE:*** *Installation is much simpler with wheels/tires removed however it is not necessary to remove them.*
2. Start with the outer bolt. Hold the nut with the wrench and loosen the bolt using the socket.
3. Using the socket, remove the front trailing arm bolt. ***NOTE:*** *the nut is welded to the subframe and is not necessary to hold with a wrench.*
4. Remove both bolts and remove the trailing arm. ***NOTE:*** *outer bolt can only be removed if the suspension is in the full droop position.*
5. Install the BMR trailing arm back into the original position and insert the bolts.
6. Repeat steps 2-5 on the other side.
7. Torque bolts to 80 ft/lbs.
8. Lower vehicle.
9. Grease both fittings approximately 3-4 pumps or until you see the bushing just start to bulge. ***NOTE:*** *it is recommended to grease the bushings with the vehicle lowered and the suspension compressed. Failure to do so may result in suspension binding and/or premature bushing wear.*



WWW.BMRSUSPENSION.COM

This product is an aftermarket accessory and not designed by the vehicles manufacturer for use on this vehicle. As such, Buyer assumes all risk of any damage caused to the vehicle or person during installation or use of this product.

Attention: Polyurethane and Delrin bushings must be properly lubricated with a full synthetic grease only

A full synthetic grease must be used to lubricate the inner sleeve via the grease fitting, contact points such as the outside faces of the polyurethane bushing must also be greased. We recommend Green Grease/Super Lube full synthetic grease for best results.



Do not install bushings dry. Lack of proper lubrication may cause squeaking, binding, premature wear, reduced performance, or damage to the bushings and related components. Bushings should be inspected and re-greased as needed, especially in harsh driving conditions or high-use applications.

This product is an aftermarket accessory and not designed by the vehicles manufacturer for use on this vehicle. As such, Buyer assumes all risk of any damage caused to the vehicle or person during installation or use of this product.

This product is an aftermarket accessory and not designed by the vehicles manufacturer for use on this vehicle. As such, Buyer assumes all risk of any damage caused to the vehicle or person during installation or use of this product.