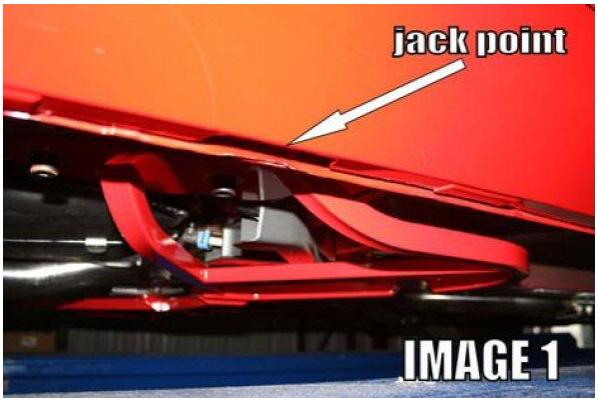
Delrin Upper Control Arm Bushings
BK039

Required Tools:

Hydraulic jack and 2 stands (lift optional but recommended)
Wrenches – 18mm, 21mm
Sockets – 10mm, 13mm, 18mm, 21mm
Pry-bar

Installation:

1. Lift vehicle and support with stands under the rocker jack points as shown in **Image 1** below.
2. Remove both rear wheels.
3. Using a 15mm socket, remove the driveshaft tunnel brace. See **Image 2**.





4. Using a 15mm socket, loosen the exhaust clamps at the front of the exhaust.
5. Using a helper, slide the rear muffler mounts off the mounting dowels (**Image 3**) and then pull the entire exhaust assembly rearward and out of the car.



Continued

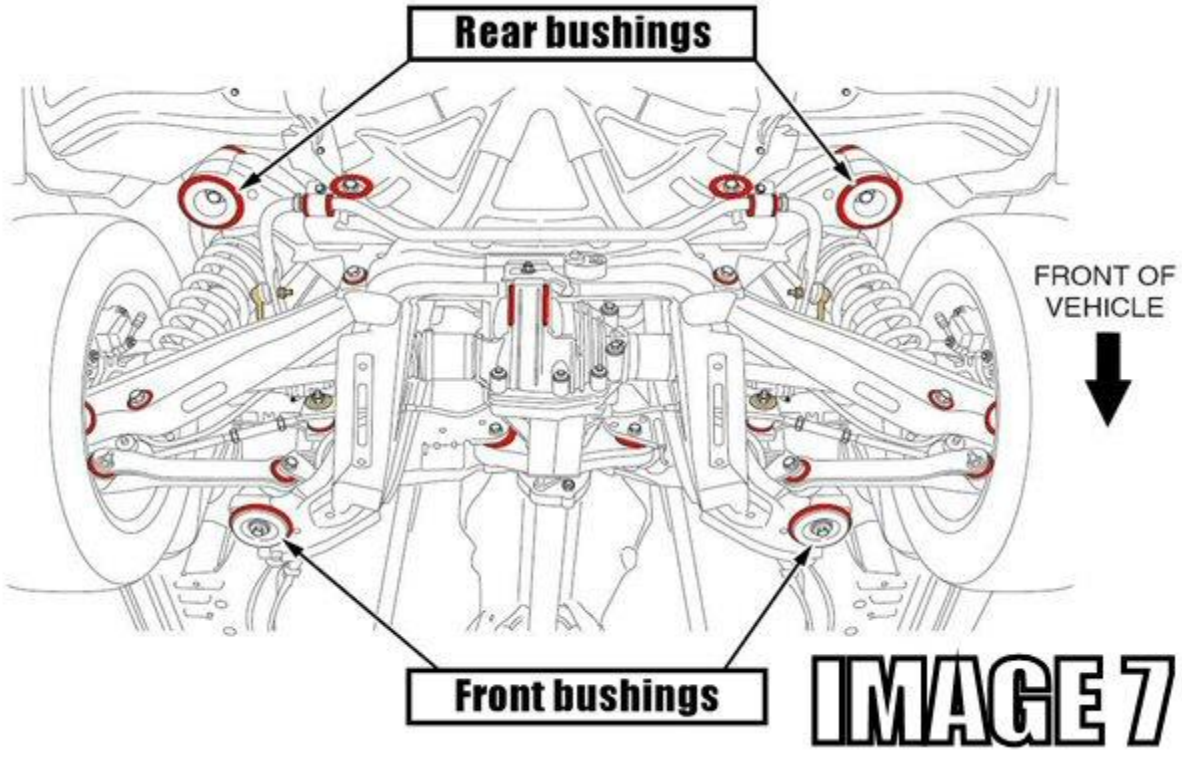
Delrin Upper Control Arm Bushings
BK039 (Continued)







6. Using a 10mm socket, remove the front driveshaft tunnel exhaust shield. See **Image 4**. This will prevent the driveshaft from damaging the shield when lowering the rear cradle.
7. Un-plug the fuel pump wiring harness located on the passenger side of the car next to the front cradle bushing. See **Image 5.**
8. Support the cradle with a hydraulic jack or adjustable frame stands.
9. Twist the emergency brake cable while pulling up to "release" it from the bracket attached to the upper control arm on each side. **Image 6**.



Delrin Upper Control Arm Bushings
BK039 (Continued)

10. Using a 21mm socket, remove the 4 cradle mounting bolts. See **Image 7** on the previous page. Lower the cradle approximately 2-3 inches.
11. Using a 21mm wrench and 21mm socket, remove the inner front bolt on the upper control arm. See **Image 8** to the right.







12. Using an 18mm wrench and 18mm socket, remove the outer bolt on the upper control arm. **Image 9** above.
13. Remove the two 18mm bolts at the rear of the upper control arm.
14. Remove the upper control arm.
15. Using a 21mm socket, remove the bushing retainer bolt as shown in **Image 10** above then remove the OE bushing/mount and discard.
16. Place the appropriate BMR bushing saddle onto the A-arm (the installed inner sleeves will only allow the LH bushing saddle to fit the drivers' side and the RH to fit the passenger side) and tap into place with a rubber mallet.
17. Using **Blue Loctite**, re-install the bushing retainer bolt on the saddle and tighten the bolt to 110 ft/lbs. Re-install the control arm using the OE mounting hardware. Torque the rear saddle bolts to 85 ft/lbs. Torque the front inner mount to 130 ft/lbs. Torque the outer bolt to 85 ft/lbs.

Delrin Upper Control Arm Bushings
BK039 (Continued)

12. Lift the cradle up against the frame making sure that the rear alignment dowels are seated properly then insert the 4 mounting bolts. Torque all bolts to 130 ft/lbs.
13. Re-install the emergency brake cable to the bracket.
14. Plug the fuel pump wiring harness back in.
15. Bolt the driveshaft back into place and torque the three bolts to 85 ft/lbs.
16. Re-install the driveshaft tunnel exhaust shield.
17. Re-install the exhaust.
18. Bolt the driveshaft tunnel brace back into place and torque to 45 ft/lbs.
19. Install the rear wheels and lower the vehicle.

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/person during installation or use of this product.