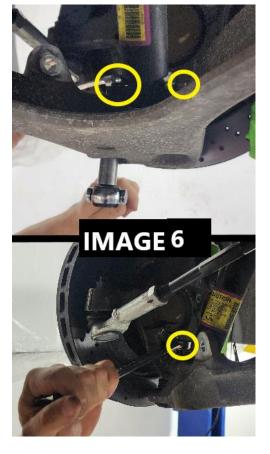


Tools Required:

- Jack and Jack Stands
- Metric Socket and Wrench set
- Pick
- Flathead Screwdriver
- Balljoint/Tie Rod Separator
- External Snap ring Pliers
- Press
- Mallet
- Torque Wrench
- Dial/Digital Calipers
- Sawzall
- Drill and Drill Bit Set

Disassembly:

- 1. Lift the front of the vehicle and safely support on jackstands. Remove both front wheels.
- 2. Support the bottom of the lower control arm with a floor jack or a screw jack.
- 3. Using a **13mm** socket and wrench, remove the two shock mount bolts on the lower control arm.
- 4. Slowly let the jack or screw jack down.
- 5. Remove the sway bar link from the lower control arm and the sway bar.
- 6. Remove the upper ball joint nut. After, a ball joint separator is used to disconnect the upper control arm from the hub.
- 7. Remove the upper control arm by removing the (4) **13mm** bolts holding the upper control arm to the chassis.
- 8. Remove the lower ball joint nut and use a ball joint separator to disconnect the lower control arm from the hub.
- 9. Lastly, loosen and remove the lower control arm chassis bolts and remove the lower control arm.



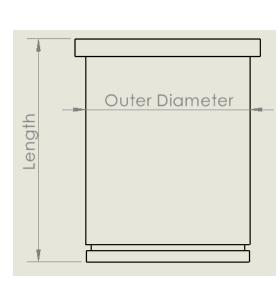
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- 10. Now that all of the control arms are removed, you will need to remove the stock bushings.
- 11. To begin, start by drilling multiple holes in the bushing to remove the rubber from the bushing.
- 12. Once enough rubber is removed, fit a jab saw into the bushing and cut through the bushing sleeve (being careful not to damage the control arm).
- 13. Once you cut through the bushing sleeve, remove the old bushing by tapping it out of the control arm.
- 14. Repeat this step until all the old bushings are removed.



- 15. Before installing the new control arm bearings, clean the control arm with brake parts cleaner to remove any remaining debris from the old bushings.
- 16. Each control arm takes a different bearing. The table below lists where each part number goes as well as the diameter and length of each bearing cup for reference.





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Qty:	Part Description:	Part #:	OD:	Length:	Snap Ring ID:
4	Upper Control Arm Bearing Cup	BMR2749	1.413"	1.801"	1-7/16"
2	Lower Control Arm Front Bearing Cup	BMR2784	1.459"	2.177"	1-7/16"
2	Lower Control Arm Rear Bearing Cup	BMR2785	1.972"	2.221"	1.969"
4	Upper Control Arm Cross-Shaft	BMR2754	0.740"	5.450"	5/8"
8	Lower Control Arm Rear Bearing Spacer	BMR2773	1.240"	1.330"	-
4	Lower Control Arm Front Bearing Spacer	BMR2778	0.987"	1.172"	-

- 17. To install the bearings, you will need a hydraulic press to press in the new bearing cups.
- 18. According to the figure, press the bearing cups from the outside of the control arm inward.





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NOTE: When installing the cross-shaft, it is recommended to use a green retaining compound installed on the upper control arm bearings before sliding the cross-shaft in.

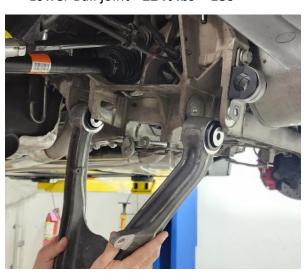
- 19. To assemble the upper control arms, slide the crossshaft into the control arm from the outside inward, according to the figure, and secure it using the supplied cross-shaft external snap ring
- 20. To assemble the lower control arms, insert the (4) bearing spacers into each lower control arm as shown
- 21. Install the control arms back into the car and assemble all other components taken off during installation.

NOTE: These fasteners are listed as T.A.Y (Torque-Angle-Yield Fasteners), also known as single-use or Torque-to-Yield fasteners.

Although GM recommends that you replace these fasteners, we have not replaced ours at any point during our design and testing process. Re-use these fasteners at your own risk.

Torque Specs:

Lower Control Arm Cam Nuts - 125 ft lbs
Upper Control Arm Mounting Bolts - 48 ft lbs
Front Upper Ball joint - 22 ft lbs + 225°
Lower Ball joint - 22 ft lbs + 180°









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