

## **Tools Required:**

- Jack and jackstands or service lift
- Metric wrenches and sockets
- Pick
- Flathead screwdriver
- Tie Rod Separator
- Internal/External Snap Ring Pliers
- Hydraulic press
- Mallet
- Reciprocating saw
- Drill and drill bits
- Torque Wrench
- Dial or Digital Calipers

### Installation:

- 1. For the front control arms; start by removing the front wheels.
- 2. Remove the wheel speed sensor and the ride height sensor and position them so they will not be damaged.
- 3. Remove the two caliper bolts and support the caliper to ensure the brake line is not tensioned or stressed. Also, make sure to ensure the brake pad life sensor is not tensioned.
- 4. To remove the rotor, remove the screw securing the rotor in place.
- 5. Now, support the bottom of the lower control arm with a floor jack or a screw jack.
- 6. Loosen and remove the two shock mount bolts on the lower control arm.
- 7. Slowly let the jack down.
- 8. Remove the nut holding the tie rod in place. Using a ball joint separator, remove the tie rod from the hub.
- 9. Remove the sway bar link from the lower control arm and the sway bar.
- 10. Remove the upper ball joint nut and use a ball joint separator to disconnect the upper control arm from the hub.

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- 11. Remove the upper control arm by removing the (4) **13mm** bolts holding the upper control arm to the chassis.
- 12. Remove the lower ball joint nut and use a ball joint separator to disconnect the lower control arm from the hub.
- 13. Loosen and remove the lower control arm chassis bolts and remove the lower control arm.
- 14. To remove the bushings from the control arms, start by drilling multiple holes in the bushing to remove rubber from the bushing.
- 15. 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).
- 16. Once you cut through the bushing sleeve, remove the old bushing by tapping the sleeve out of the control arm.
- 17. Repeat this step until all the old bushings are removed.
- 18. Before installing the new control arm bearings, clean the control arm with brake cleaner to remove any remaining debris from the old bushings.

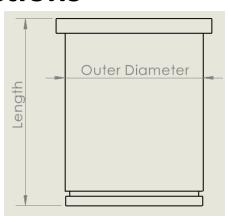


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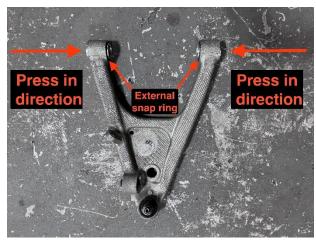


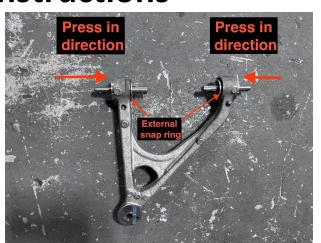
Qty:	Part Description:	Part #:	OD:	Length:	Snap Ring ID:
2	Front Lower Control Arm Front Bearing Cup	BMR2745	1.724"	2.326"	1-11/16"
2	Front Lower Control Arm Rear Bearing Cup	BMR2746	2.000"	2.326"	1.969"
4	Front Upper Control Arm Bearing Cup	BMR2749	1.413"	1.801"	1-7/16"
4	Front Upper Control Arm Cross-shaft	BMR2754	.740"	5.45"	5/8"
8	Bearing Spacer	BMR2773	1.240"	1.330"	-

- 19. Before proceeding, verify that all the parts are correct by referencing the table, measuring the outer diameter and length of every bearing cup with calipers, and organizing all parts.
- 20. Keep track of which snap ring goes with which bearing cup

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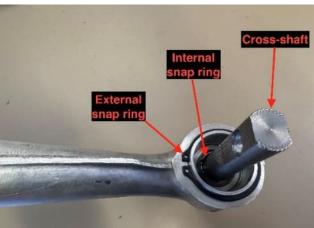


- 21. To install the bearings, you will need a hydraulic press to press in the new bearing cups.
- 22. According to the figure, press the bearing cups from the outside of the control arm inward.

**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.

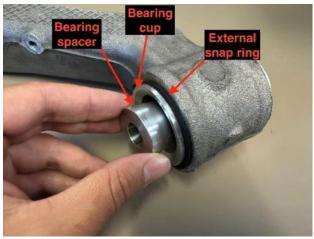
23. To assemble the upper control arms, slide the cross-shaft into the control arm from the outside inward, according to the figure, and secure it using the supplied cross-shaft external snap ring.





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- 24. To assemble the lower control arms, insert the (4) bearing spacers into each lower control arm, as shown in the figure below.
- 25. 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

Upper Ball joint (if using new ball joints) - 22 ft lbs + 120°

Lower Ball joint (if using new ball joints) - 22 ft lbs + 180°

Upper Ball joint (if using the same ball joints) – 88 ft lbs Lower Ball joint (if using the same ball joints) – 135 ft lbs

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