



SFC007 – GTO SUBFRAME CONNECTOR INSTALLATION INSTRUCTIONS

Approximate Install Time – 2.5 - 3 hours

NOTE: Although this installation can be performed with a hydraulic jack and stands, a 4-post service lift is recommended.

1. Lift vehicle and support its rear weight by the suspension cradle (See **Image 1** below). Because it is necessary to remove the cradle bolts for this installation, it is very important that the cradle is supported before any bolts are removed.
2. With the rear suspension cradle safely loaded, remove all 3 bolts on the cradle support bracket using a 15mm socket. (See **Image 1** below). Using an 18mm socket, remove the main center support bolt and pull the support out of the way.
3. Using the OE bolts, install the BMR heavy-duty cradle support as in **Image 2** below. The front bolt closest to the rocker panel will not be used until step 4. Leave all bolts loose.
4. Lift the BMR sub frame connector into place. Temporarily block up the front mount and install the leftover bolt in the rear sub frame connector mount (See **Image 2** below). Tighten the rear bolt and lift the front sub frame connector weld plates up until they contact the floor pan as in **Image 3** below. **NOTE:** it may be necessary to jack up the sub frame connector in order to get the weld plates flush with the frame.
5. Using a felt tip marker, trace all weld areas onto the frame then remove the sub frame connector. Using a sanding disc, remove all paint and undercoat from the weld areas on the frame. Also remove all powdercoat from the weld areas on the sub frame connectors. See **Image 3** and **4** below for weld areas.
6. Re-install the sub frame connector as in step 4. With all bolts loose, install the ½" x 3" bolts through the BMR heavy-duty cradle supports and sub frame connectors. Tighten all 4 factory bolts at this time. Using two ¾" wrenches, tighten both ½" x 3" bolts.
7. Load the suspension then weld all weld areas. **NOTE:** The suspension must be loaded before welding, allowing the chassis to settle to its natural state. It is not necessary to remove any interior carpet when installing BMR sub frame connectors. Our design specifically isolates all weld points to areas of the sub frame, there is no floor pan welding required.
8. Repeat steps 1-7 for other side. Using a wire wheel, clean all weld areas and coat with rust preventative paint, undercoat or both.



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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.