



BOXED SUBFRAME CONNECTORS – THIRD GEN. F-BODY

Part # SFC008

NOTE: This part number is designed for exhaust systems that run inside the frame rails and is not compatible with OE or OE style exhaust systems.

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

1. Lift vehicle and support. If you are not using a drive-on lift, the vehicle must be supported with the suspension loaded. This can be accomplished by driving the front wheels onto ramps and then placing the rear axle on jack stands.
2. Since this installation involves removal of the front control arm bolts and the car is being supported by the rear end, it is important to do one side at a time (**DO NOT REMOVE BOTH REAR CONTROL ARM BOLTS WITH THE VEHICLE SUPPORTED BY THE REAREND**). Start by removing the drivers' side control arm bolt using an 18mm socket and wrench.
3. Install the drivers' side sub-frame connector over the control arm mount and insert the supplied bolt. Note: Some vehicle years had tabs in the mount area that prevent the rear sub-frame connector bracket from fitting the mount. In these instances use a crescent wrench or pliers to bend the tab as shown in the image above.
4. Once the rear of the Subframe connector is mounted, lift the front up and mate it to the frame. Trace the front mounting plate onto the frame of the car using a paint marker or similar marking tool. Trace the rear brackets as well then remove the sub-frame connector.
5. Grind the marked areas down to bare metal to prepare for welding. Do the same to the sub-frame connector then re-install the sub-frame connector. Using a sheet metal screw to secure the front of the sub-frame connector will simplify the welding procedure. See image to the right.
6. Weld a full bead around the perimeter of the front and rear Subframe connector plates taking care not to burn the control arm bushings in the rear.
7. Wire brush and paint the welded areas then tighten the control arm bolts to 100 ft/lbs.
8. Repeat steps 2-7 for the passenger side.
9. Lower vehicle.



BMR Subframe connectors ship with additional reinforcement plates that may be welded in if desired. They are designed to join the factory pinch welds on the rocker panels to the Subframe Connectors. The reinforcement plates are not necessary for light duty street applications but are recommended for aggressive road racing, high horsepower drag racing applications or when using the BMR Trak Pak or Xtreme Duty torque arms with weld-in cross-member. See image below for installation example.



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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.