

BMR SUSPENSION

ADJUSTABLE TRAILING ARMS

TCA033 – 2008-PRESENT PONTIAC G8 and 2010 and newer Camaro

Tools required:

- 3/8" drive ratchet
- 18mm socket
- 18mm wrench
- 1" wrench

Installation:

1. Lift the vehicle until the wheels are off the ground. Support with jack stands. **NOTE:** Installation is much simpler with wheels/tires removed however it is not necessary to remove them.
2. Start with the outer bolt. Hold the nut with the wrench and loosen the bolt using the socket.
3. Using the socket, remove the front trailing arm bolt. **NOTE:** the nut is welded to the subframe and is not necessary to hold with a wrench.
4. Remove both bolts and remove the trailing arm. **NOTE:** outer bolt can only be removed if the suspension is in the full droop position.
5. Adjust the BMR Trailing Arm to the OE length.
6. Install the BMR trailing arm back into the original position and insert the bolts.
7. Repeat steps 2-5 on the other side.
8. Torque bolts to 80 ft/lbs.
9. Tighten the 3/4" jam nut on the rod end using a 1" wrench.
10. Lower vehicle.



When to adjust the length of your Adjustable Trailing Arms:

For aggressive alignment settings it may be necessary to alter the length of the various arms that make up your suspension. Many times lengthening or shortening one arm requires the user to do the same to the rest of the arms in the suspension in order to prevent bind or to achieve a desired alignment specification. BMR offers adjustable versions of their Trailing Arms, Lower Control Arms and Toe Rods.

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 caused to the vehicle/person during installation or use of this product.