

TOOLS REQUIRED:

- Hydraulic jack and jack stands
- Wrench 18mm
- 3/8" Drive Ratchet, 18mm socket

NOTE: General Motors Maintenance and Service Manual states that the factory hardware for both the Inner and Outer side of the Upper Control Arm should be replaced. These fasteners are listed as T.A.Y(Torque-Angle-Yield Fasteners) also known as single use or Torque-to-Yield fasteners.

Inner Bolt: GM Part #11610909 (52ftlbs + 105 degrees)

Outer Bolt: GM Part #11610908 (52ftlbs + 105 degrees)

Poly Nuts x 2: GM Part #11516078

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.**

INSTALLATION:

- 1. Lift the rear of the vehicle and safely support with jack stands under the cradle. Remove wheel.
- 2. Using an 18mm wrench, socket, and ratchet remove the outer nut and bolt as shown in **IMAGE 1**.
- 3. Using the same tools, repeat the process for the inner nut and bolt as shown in **IMAGE 2**.
- 4. Install the BMR upper control arm, bushing end first. Re-install nut and bolt, leave finger tight.
- 5. Install outer bolt and nut.
- 6. Use the torque specs above if you have replaced your hardware, if not torque the outer and inner bolts to 70ftlbs as in **IMAGE 4.**
- 7. Using a grease gun, use 4-5 pumps to properly lubricate the poly bushing.
- 8. Re-install the wheel/tire and lower the vehicle.





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