<u>POMEREEX</u>	
PFF19-601 FRC	ONT WISHBONE FRONT AND REAR BUSH
INSTALLATION GUIDE	
Contents (parts per pack):	
2 x Polyurethane Bushes 2 x Zinc-Plated Mild Ste	el Outer Shell
4 x Washers 2 x Stainless Steel Sleev	res
1 x PTFE/Silicone Grease	a second second
Please read the complete fitting instructions and check package components before fitment. These fitting instructions are to be used as a guide and in conjunction with workshop manual. It is recommended that: -all work to be carried out by a licensed technician; -all safety precautions adhered to; -wheel alignment to be checked and adjusted as required after any suspension work. -All fasteners must be tensioned to manufacturer's torque settings.	CONTRACT PROVIDENCE
Fitting Instructions:	
1. Remove the original bush from the front wishbone.	
2. Clean any dirt and corrosion from the bore of the arm, and file off any sharp edges.	Steel Washer
3. Press the outer shell into the arm ensuring that the ridges are flush to the top of the arm.	Stainless Steel Sleeve
4. Apply some washing up liquid to the outside of the bush and press into the arm.	
5. Press the steel sleeve into the bush, ensuring that it is flush to the top of the bush.	PFF19-601 Bushing
6. Place one washer either side of the bush and refit to car. Tighten all fasteners to manufacturers torque settings.	Mild Steel Shell
	Arm
Figure 2	Figure 1

sales@powerflex.co.uk

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