

PF5K-1010

DESCRIPTION

BMW 1 SERIES HANDLING PACK

Thank You Letter

Many thanks for purchasing this Powerflex Handling Package.

This selection of parts has been put together to give you the perfect combination of value versus performance and based on years of experience, we have selected what we feel are the products that are going to give you the best handling improvements for your vehicle whilst being mindful of cost.

Your Powerflex Handling Package can be fitted to refresh the suspension feel of your vehicle or can be a great accompaniment to other suspension upgrades when preparing a vehicle for track driving.

Below is a listing of the parts included in this kit,

PFF5-1901 - FRONT RADIUS ARM TO CHASSIS BUSH

PFF5-1902 - FRONT CONTROL ARM TO CHASSIS BUSH

PFR5-1920 - REAR SUBFRAME FRONT BUSH INSERT

PFR5-1921 - REAR SUBFRAME REAR BUSH INSERT

PFR5-1927 - REAR DIFF FRONT BUSH INSERT

We hope you enjoy the difference Powerflex suspension bushes make to your vehicle.





PFF5-1901

DESCRIPTION

FRONT RADIUS ARM TO CHASSIS BUSH

INSTALLATION GUIDE

Contents (parts per pack):

2 x Polyurethane Bushes 1 x PTFE/Silicone Grease

2 x Stainless Steel Sleeves 2 x Mild Steel Outer Shells

2 x Zinc Plated Mild Steel Washers

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.

Fitting Instructions:

- 1. Remove the arm from the vehicle and press out the original bush including outer shell.
- 2. Clean any dirt and corrosion from the bore of the arm, removing any sharp edges or burrs around the bore with a rounded file.
- 3. Press the plated steel outer shells into each side of the arm, until sitting flush to the face of the arm.
- 4. Apply some washing up liquid to the bore of the shells and press the polyurethane bush in until fully through the arm.

Tip: If you are having trouble pressing the bush in, try pressing the bush in at a slight angle so that one part of the lip is already in the bore of the shell, and when steady pressure is applied, the rest of the lip should follow.

- 5. Apply some of the supplied grease to the bore and the mounting faces of each bush.
- 6. Add the supplied washer to the stainless steel sleeve and insert the sleeve into the bush. The washer will sit between the sleeve head and bush face.
- 7. Refit the arm to the vehicle and tension all hardware to the manufacturers recommended torque settings.

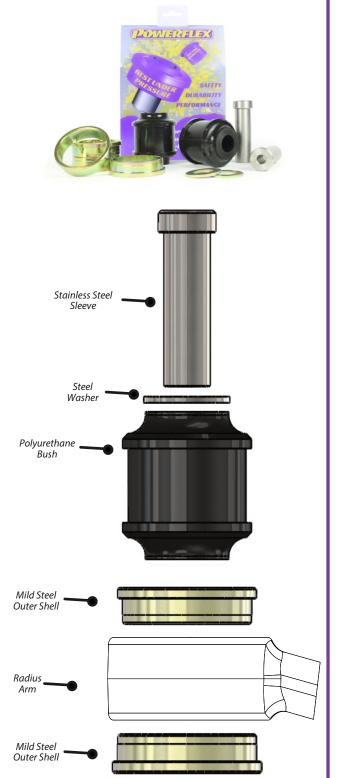


Figure 1



PFF5-1902

DESCRIPTION

FRONT CONTROL ARM TO CHASSIS BUSH

INSTALLATION GUIDE

Contents (parts per pack):

- 2 x Polyurethane Bushes 1 x PTFE/Silicone Grease
- 2 x Stainless Steel Sleeves
- 4 x Zinc Plated Mild Steel Outer Shells

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.

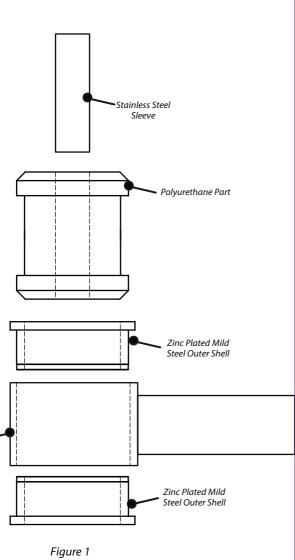


Fitting Instructions:

- 1. Remove the original bush including its outer shell from the arm.
- 2. Clean any dirt or burrs from the bore in the arm. Remove any sharp edges with a rounded file.
- 3. Press the plated steel outer shells into each side of the arm, until sitting flush to the face of the arm.
- 4. Apply some washing up liquid to the bore of the shells and press the polyurethane bush in until fully through the arm.

Tip: If you are having trouble pressing the bush in, try pressing the bush in at a slight angle so that one part of the lip is already in the bore of the shell, and when steady pressure is applied, the rest of the lip should follow.

- 5. Apply the supplied grease to the bore and the mounting faces of each bush.
- 6. Fit the Stainless-Steel sleeve into the bushes.
- 7. Refit the arm and tension all hardware to manufacturers recommended torque settings.



Front Control Arm



PFR5-1920

DESCRIPTION

REAR SUBFRAME FRONT BUSH INSERT

INSTALLATION GUIDE

Contents (parts per pack):

- 2 x Polyurethane A Inserts
- 2 x Polyurethane B Inserts

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:

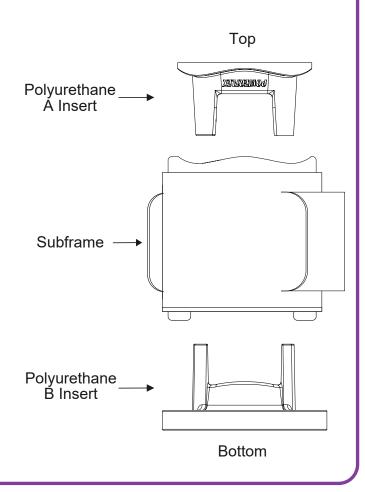
- -all work to be carried out by a licensed technician;
- -all safety precautions adhered to;
- -wheel alignment to be checked and adjusted as required after any suspension work.

All fasteners must be tensioned to manufacturer's torque settings.



Fitting Instructions:

- 1. Support rear subframe. Loosen bolts on subframe. Remove front mount bolts completely to lower subframe to gain access.
- 2. Remove original plate from bottom of subframe bush.
- 3. Remove any flash lines from the voids in the original bush and clean any dirt/corrosion.
- 4. Fit the polyurethane A insert into the top side void on the subframe bush.
- 5. Fit the polyurethane B insert into the bottom side void on the subframe bush.
- 6. Place original plate against B bush.
- 7. Tension all hardware to manufacturers recommended torque settings.





PFR5-1921

DESCRIPTION

REAR SUBFRAME REAR BUSH INSERT

INSTALLATION GUIDE

Contents (parts per pack):

- 2 x Polyurethane A Bushes
- 2 x Polyurethane B Bushes

Please read the complete fitting instructions and check package components before fitment. These fitting instructions are to be used as a quide and in conjunction with workshop manual.

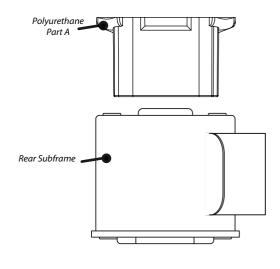
- It is recommended that:
- -all work to be carried out by a licensed technician; -all safety precautions adhered to;
- -wheel alignment to be checked and adjusted as required after any suspension work.
- -All fasteners must be tensioned to manufacturer's torque settings.



Top

Fitting Instructions:

- 1. Support the rear subframe and loosen the bolts. Remove the front mount bolts completely to lower the subframe to gain access.
- 2. Remove and flash lines from the voids in the original bush and clean any dirt and corrosion.
- 3. Fit part A polyurethane insert into the top side void on the subframe bush, as shown in Figure 1.
- 4. Fit part B polyurethane insert into the bottom side void on the subframe bush, as shown in Figure 1.
- 5. Place the original washer flush against the polyurethane part A's bottom face.
- 6. Tension all hardware to manufacturers recommended torque settings.



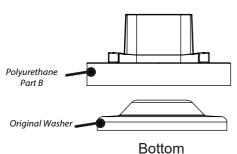


Figure 1



PFR5-1927

DESCRIPTION

REAR DIFF FRONT BUSH INSERT

INSTALLATION GUIDE

Contents (parts per pack):

- 2 x Polyurethane Inserts
- 2 x Zinc Plated Mild Steel Washers

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.

Fitting Instructions:

- 1. Support the subframe and diff housing from underneath, and remove the rear diff front bolts to gain access to the diff mounting bushes.
- 2. Clean out any dirt and flashing from the voids in the rubber bushes.
- 3. Push the polyurethane insert into the voids until fully inside the rubber bush.
- 4. Place a washer onto the surface of the insert when refitting the bolt, and tension all hardware to manufacturers recommended torque settings.



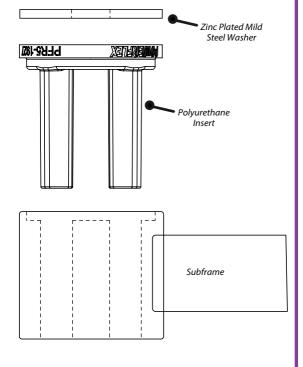


Figure 1