

Installation instructions

For set # 8.3129

07-09 Toyota FJ Cruiser

03-09 Toyota 4Runner

03-09 Lexus GX 470



It is recommended that if you are unfamiliar with this type of work that you refer to a qualified service center specializing in this type of work. It is also recommended that if you choose to do this work yourself that a factory service manual be obtained for the proper procedures pertaining to removal, replacement and proper torque specifications for your vehicle. This instruction set is intended as a guideline for the safe installation of Energy Suspension's polyurethane bushings, once you have removed the factory components from your vehicle. Energy Suspension recommends that you **read over all the installation instructions** and check all P/N's and quantities in the parts list **before you start**.

Rear Control Arms

Parts list:

8 - 3495 (Rear lower outer bushing).

4 - 3496 (Rear lower inner bushing).

4 - 15.10.519.39

(Sleeve 1.00"O.D. x .563"I.D. x 2.352"LG).

8 - 3497 (Rear upper outer bushing).

4 - 3498 (Rear upper inner bushing).

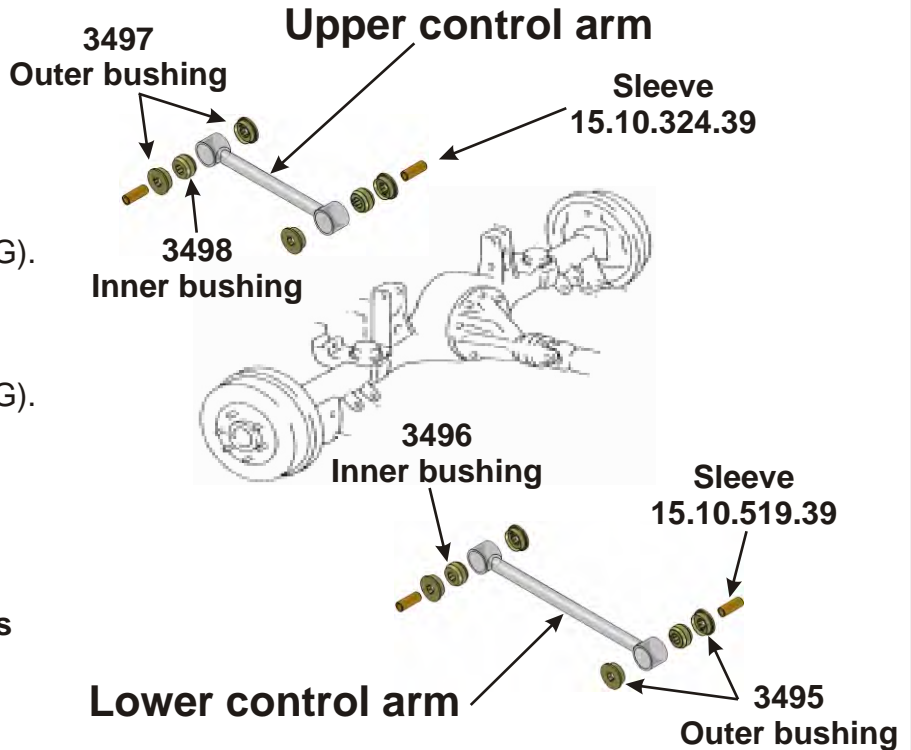
4 - 15.10.324.39

(Sleeve .875"O.D. x .500"I.D. x 2.140"LG).

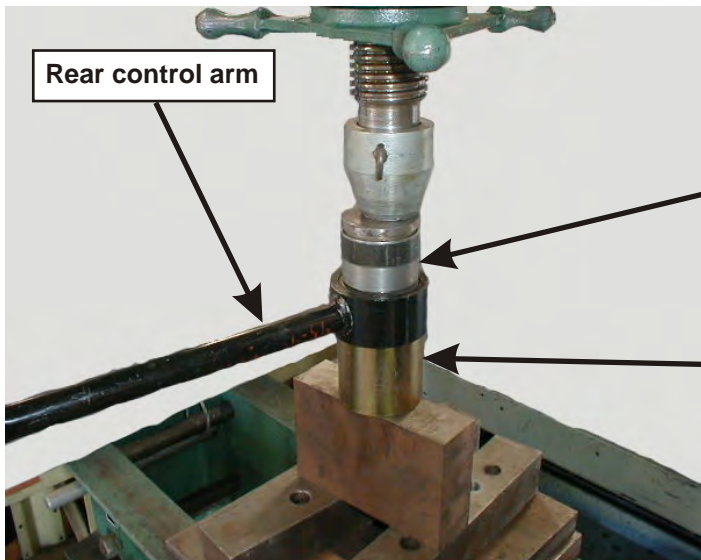
8 - 9.11108 (grease).

1 - 17536 (this instruction sheet).

Apply grease to all metal parts that contact the polyurethane bushings. Torque upper control arm nut & bolts to 64 ft. Lbs. Torque lower control arm nut & bolts to 107 ft. Lbs.



When pressing out the outer metal shell of the original bushing, you need to push it with something smaller than the inside of the control arm. And the receiver end needs to be bigger than the outside of the old metal shell being pushed out.



Rear upper & lower control arms

Inside Diameter of upper & lower control arms is 1.968" (50mm). Push out old bushing with something smaller than 1.968".

Outside Diameter of original bushing is 1.968" (50mm). The inside of receiver needs to be bigger than 1.968".