



**FITTING INSTRUCTIONS**

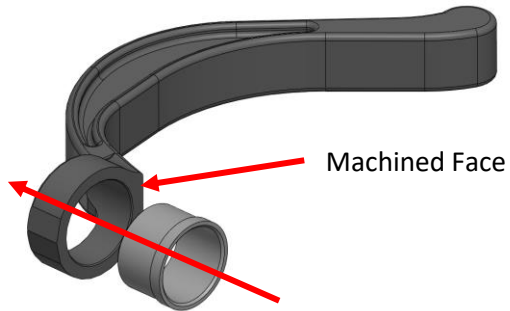
**44FR - Front Lower Rear Control Arm**

44FR Contains
2 x Bushes
2 x Inner Tubes
2 x Outer Tubes

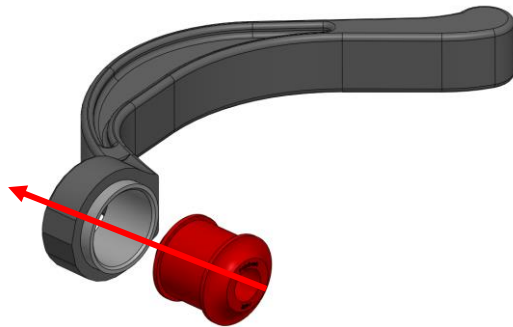


**Step 1:**  
Remove the existing bushes.

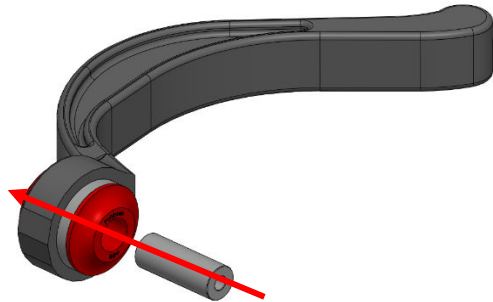
**Step 2:**  
Insert the Outer Tube using a hydraulic press or similar until the lipped face touches the flat machined face of the arm.



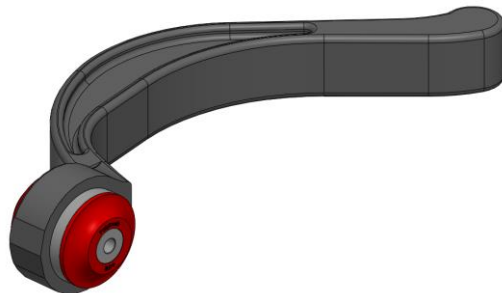
**Step 3:**  
Apply washing-up liquid to the leading edge of the bush and press in using a vice or hydraulic press until the bush is fully seated.



**Step 4:**  
Press in Inner Tube until flush.



**Step 5:**  
Refit and torque to car when at ride height using the manufacturers torque settings.



If you have any questions regarding the fitment of these bushes, please give us a ring on 01978 664316.

or send an e-mail to [sales@polybush.co.uk](mailto:sales@polybush.co.uk)