



FITTING INSTRUCTIONS

1DQ (L405) / 1DR (L494 Sport / L462 Disco V) Front Upper Wishbone Bushes

1DQ Contains
4 x 1DQ Poly Pieces
4 x 44BG Inner Tubes

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4 x 1DR Poly Pieces
4 x 44BG Inner Tubes

Step 1:
Remove existing bushes.

Step 2:
Ensure bores are clean from debris and remove any sharp edges.

Step 3:
Apply washing-up liquid or similar to the leading edge of the bush.

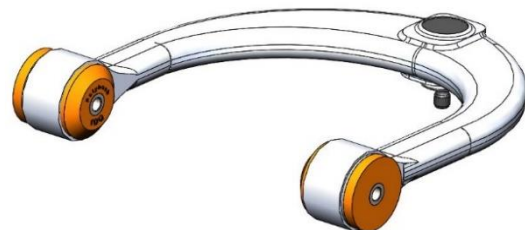
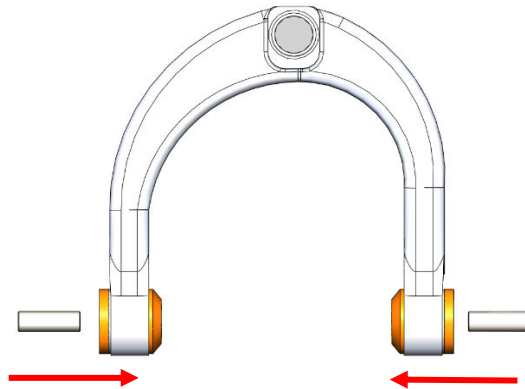
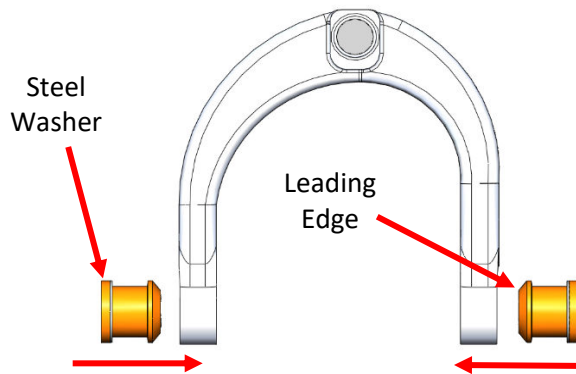
Step 4:
Wind the bush in using a vice or similar, ensuring the leading flange is align from the outside of the wishbone to the inside. Ensure the steel washer is on the outside of the wishbone as shown.

Step 5:
Ensure the leading edge is fully seated and pulled through the bore.

Step 6:
Insert the inner tube on both bushes until flush either side.

Step 7:
Refit to the car and torque to manufactures settings when at "standard" ride height.

Step 8:
Repeat for the opposite side.



If you have any questions regarding the fitment of these bushes, please give us a ring on 01978 664316 or send us an e-mail sales@polybush.co.uk