

BMR Non-Adjustable Rear lower Control Arm

Tools and material needed:

18mm Socket with ratchet (may need breaker bar to loosen)

Torque Wrench (capable of 130 ft/lbs)

Grease Gun loaded with synthetic or silicone based grease

2 X zip ties

Jack and two jack stands

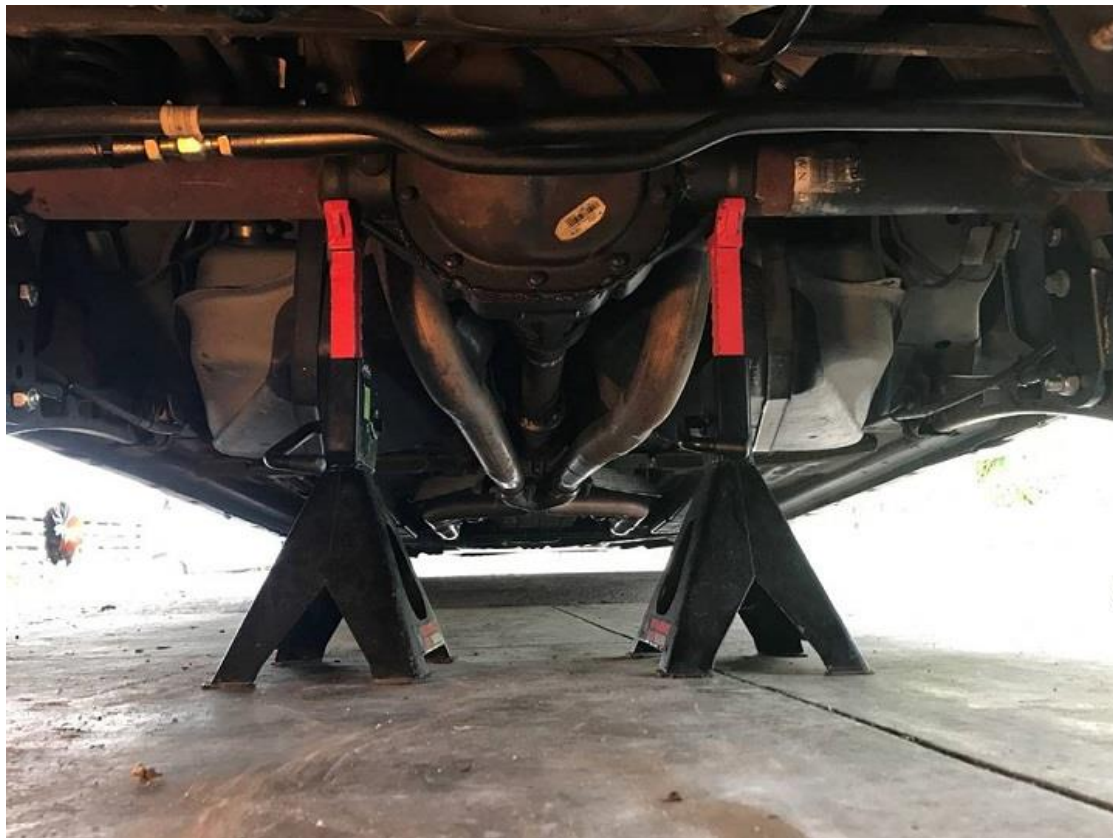
Tools and material needed:

1. Place chock blocks in front of front tires then raise rear end of car and place 2 jack stands under the rear axle, one on each side of the differential.

****If using a single jack under the differential, use a block between the jack and differential to distribute weight.****

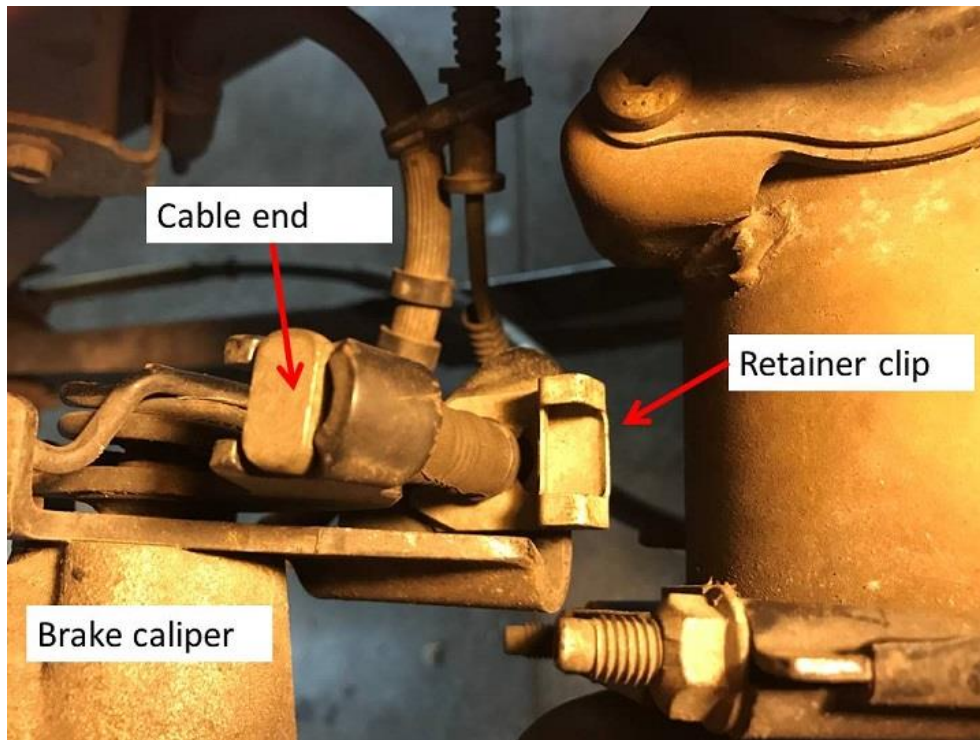
2. Lower car so that the weight is on the jack stand with rear springs loaded.

3. Remove rear wheels to allow access to components.



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4. Ensure that the parking brake is not engaged and then remove retainer clip for the parking brake cable to the caliper.



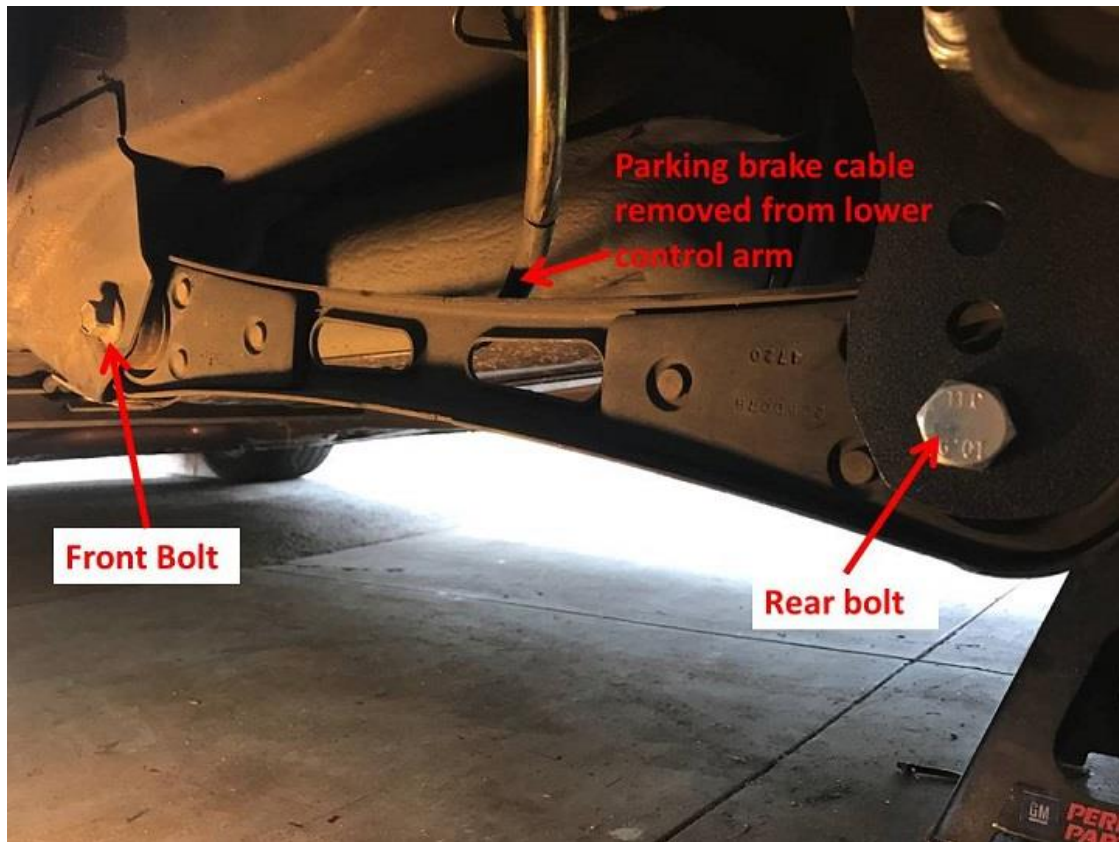
Slide cable out of the stock lower control arm and then reattach it to the caliper and replace retainer clip.



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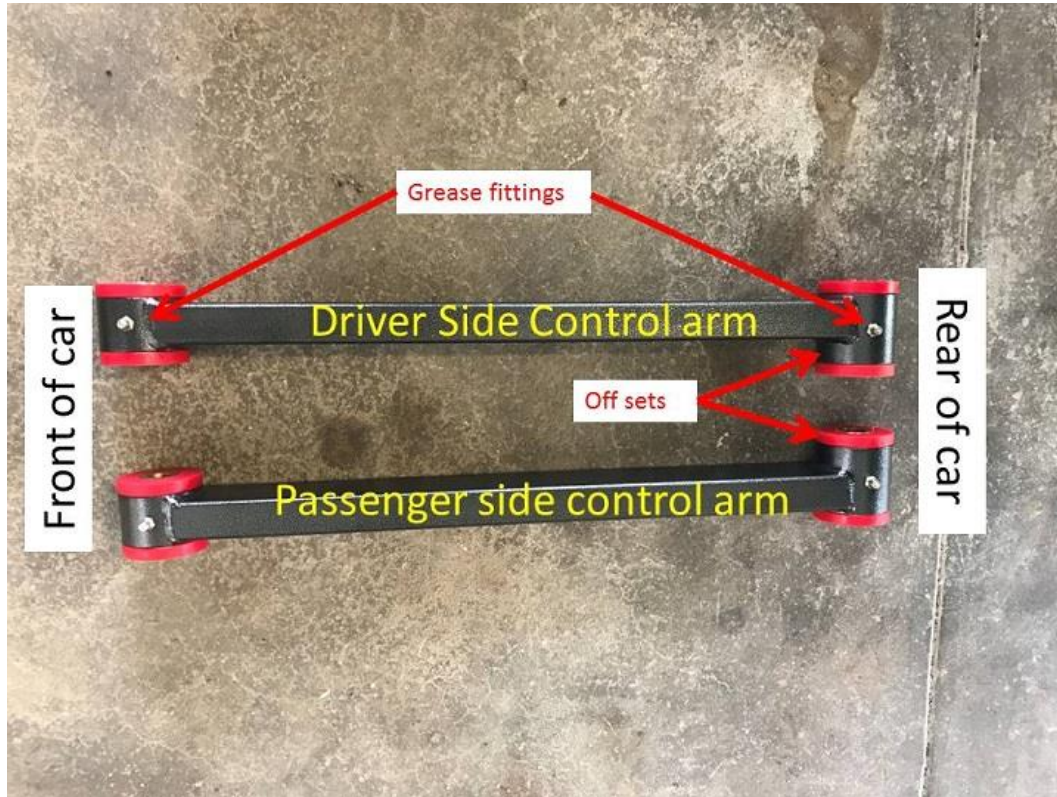
5. Remove 18mm bolt from both ends of the stock lower control arms and remove.

** if you already have lower control arm relocation brackets installed as I did, you will have to loosen the bottom 2 bolts on bracket to allow the bracket to expand to get the stock lower control arm out and the new one in.***



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6. Ensure that you identify which control arm goes on which side. The grease fittings will go down with the wide end to the rear and off set facing towards the center of car.



7. Place the end towards front of car first and replace 18mm bolt after coating bolt with grease. Do not tighten yet.

8 Raise rear of lower control arm into the bracket on axel and insert 18mm bolt after coating bolt with grease.

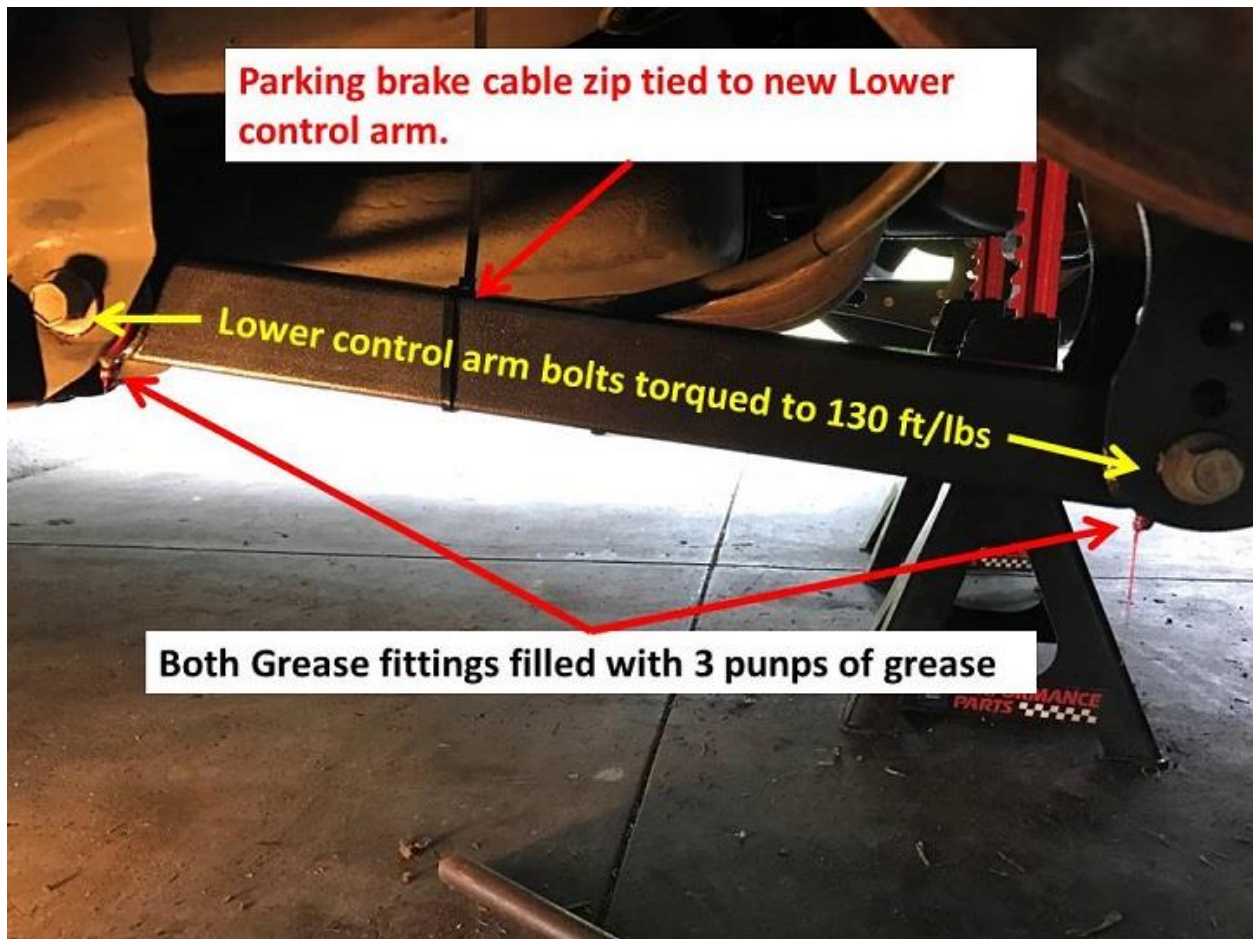
9. Torque both bolts to 130 ft.lbs.

***** If you have lower control arm relocation brackets, do not forget to re-torque the other bolt to 130ft/lbs*****

10. Zip tie the parking brake cable to the BMR lower control arm.

11. Grease both end of control arm grease fittings with 3 pumps of grease.

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12. Repeat steps 4 through 10 on the other side lower control arm
13. Replace wheels and torque lug nuts to 110 ft/lbs
14. Raise car and remove jack stands, then lower car and enjoy.

Installation Guide created by AmericanMuscle Customer Thomas Campbell on 01/14/2017