

BMR Billet Rear Lower Control Arms - Poly Bushings - Black Anodized (05-14 All)

Part Number: 390557

Fits Mustang: 05-14 ALL

Tools required:

- 1/2" Ratchet
- 18mm Socket
- Flat Head Screwdriver
- Grease Gun with Synthetic Grease
- Jack and Jack Stands or ramps
- Wheel Chocks

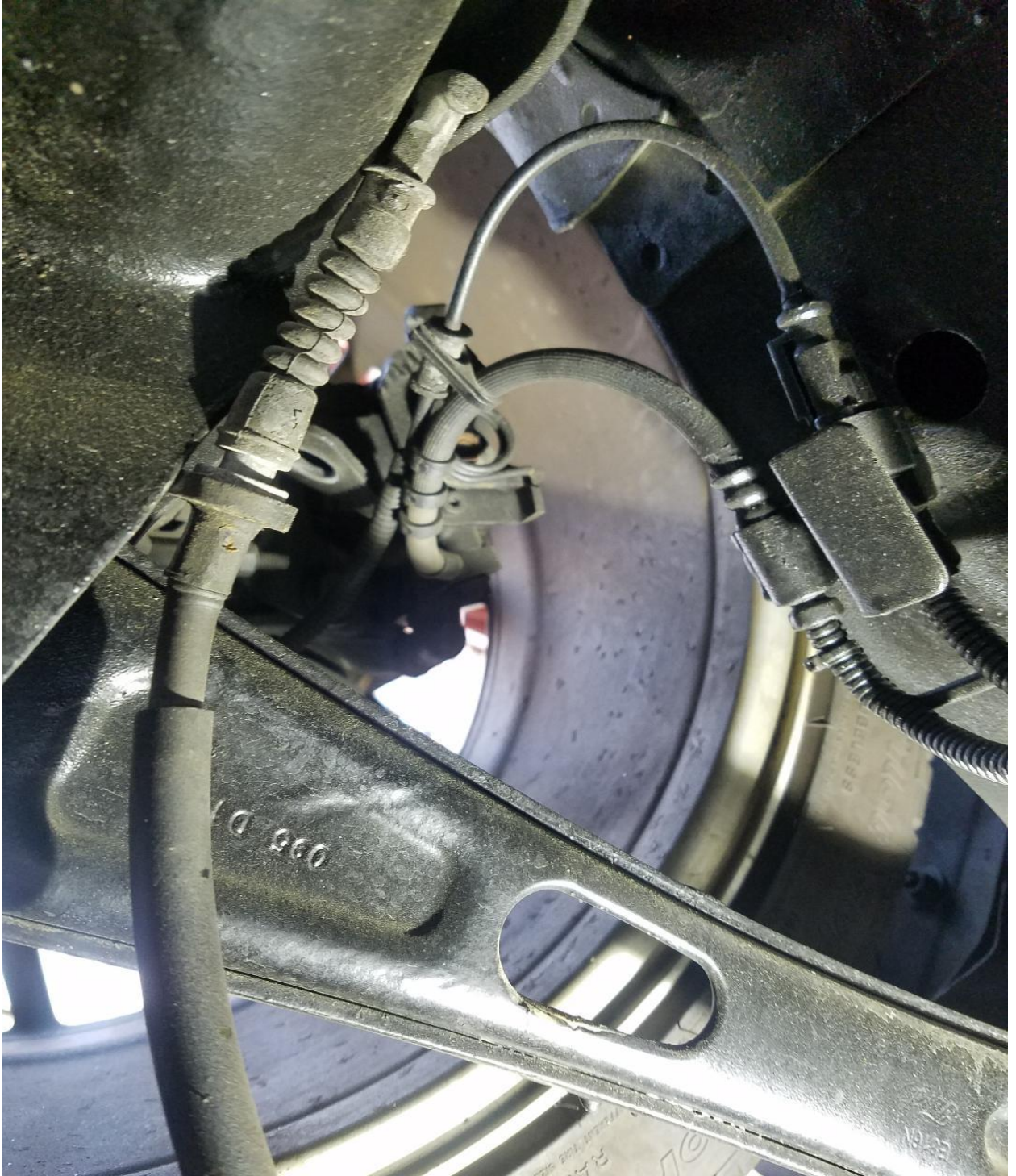
Difficulty: Light to Moderate Skill, 1.5 Hours



1. Start your install by raising the rear of the vehicle with either a jack and jack stands or ramps as shown. Your parking brake cannot be engaged for this install so be sure to chock the front wheels.



2. Take a flat head screwdriver and remove the parking brake cable retaining clip by simply sliding it off.



3. Slide the parking brake cable out of the caliper then through the control arm and secure it away from the control arm.



4. Remove the rearmost lower control bolt with your 18mm socket, the nut for this bolt has a built in flange that stops it from spinning so there is no need to hold it.



5. Remove the front control bolt with your 18mm socket; this bolt also has a nut that stays in place on the body so no need to hold it. Once the bolt is removed the control arm will fall out so hold it while you are removing the bolt.



6. Prepare your new BMR billet control arms by applying a small amount of grease to the 4 outer bushings as shown.



7. Install your new BRM billet arm with the smaller side bushing forward, BMR logo facing outward and grease fitting facing down. Reinstall the 2 18mm bolts removed in the previous steps and torque them to 130 ft lbs each, the suspension should be loaded when doing this so ramps are ideal.



8. Feed your parking brake cable through the middle rear slot in the BMR arm (you can also just zip tie it to the side of the arm if you prefer but I prefer this cleaner look like stock). Slide the cable retaining clip back into its slot and reconnect the parking brake cable to the brake caliper.



9. Take your grease gun and connect it to both the fittings on each arm and give each fitting 2-3 full pumps of synthetic grease. Repeat these same steps for the passenger side rear control arm. Your install is now complete, take the car for a drive and make sure you don't hear any weird noises. Since these bushings are much stiffer than stock you will have a slight increase in NVH but much better traction. Enjoy your new BMR Billet Rear Lower Control Arms

Installation Instruction Written by AmericanMuscle Customer Anthony 5/8/2019