

# INSTALLATION INSTRUCTIONS FOR NISSAN 300ZX

Prothane Motion Control highly recommends this and all our polyurethane suspension kits be installed by a qualified automotive technician.

## Kit #14-101 IRS SUBFRAME BUSHINGS

**This bushing kit is designed to replace the entire original bushing on both sides.  
Removal of the original bushing and outer shell is required!**

- 1) Remove complete subframe from vehicle to gain access to both original rubber bushings. Save all hardware which is to be used later.
- 2) Remove the entire bushing including the outer metal shell from both ends of subframe. The bushing can be pressed out with a hydraulic press or cut out with a hacksaw. To remove with a hacksaw, feed the blade thru the opening in the rubber and reattach to handle. Saw thru the rubber until the center sleeve can be removed. Now saw thru one side of the outer steel shell without cutting into the subframe. Once you have sawed thru the shell the tension will be released and the shell can be removed from the subframe.
- 3) Clean the opening in the subframe and remove any burrs that may damage the urethane parts.
- 4) Install the new bushings and sleeves as illustrated in the diagram below. Note: there is a specific upper and lower bushing.
- 5) Now take the original equipment 4 inch diameter washer from the top of the original bushing and remove the rubber from the circumference. It can be removed with a utility knife or a wire wheel.
- 6) Install entire subframe assembly back on to vehicle with original 4 inch diameter washer on top and retaining bracket on the bottom. Install bolt and torque to factory specifications.

**PARTS LIST FOR KIT #14-101**

Part #	Description	Qty
U-69102	Bushing, Upper	2
U-69103	Bushing, Lower	2
SLV-60933	1-1/4x.188x2.62"	2

