

Thank You Letter

Many thanks for purchasing this Powerflex Handling Package.

This selection of parts has been put together to give you the perfect combination of value versus performance and based on years of experience, we have selected what we feel are the products that are going to give you the best handling improvements for your vehicle whilst being mindful of cost.

Your Powerflex Handling Package can be fitted to refresh the suspension feel of your vehicle or can be a great accompaniment to other suspension upgrades when preparing a vehicle for track driving.

Below is a listing of the parts included in this kit,

- PFF5-201 - FRONT WISHBONE REAR BUSH x 2
- PFF5-206 - LOWER ENGINE MOUNT SMALL x 2
- PFF5-207 - LOWER ENGINE MOUNT LARGE BUSH INSERT x 2
- PFR5-1103 - REAR TRAILING ARM FRONT BUSH x 2
- PFR5-115 - REAR SHOCK TOP MOUNTING BUSH x 2

We hope you enjoy the difference Powerflex suspension bushes make to your vehicle.



POWERFLEX®

PART NUMBER

PFF5-201

DESCRIPTION

FRONT LOWER ARM REAR BUSH

INSTALLATION GUIDE

Contents (parts per pack):

2 x Polyurethane A Bushes 1 x PTFE/Silicone Grease
2 x Polyurethane B Bushes 2 x Polyurethane C Bushes

Please read the complete fitting instructions and check package components before fitment. These fitting instructions are to be used as a guide and in conjunction with workshop manual.

It is recommended that:

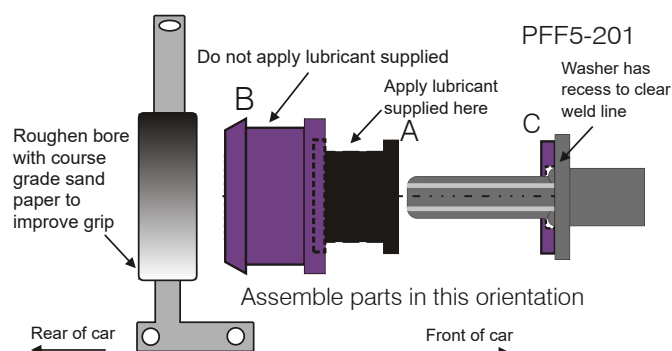
- all work to be carried out by a licensed technician;
- all safety precautions adhered to;
- wheel alignment to be checked and adjusted as required after any suspension work.
- All fasteners must be tensioned to manufacturer's torque settings.



Fitting Instructions:

Replacing this bush can be done on the vehicle, although it is easier to do if you remove the wishbone and bracket from the vehicle first, which will require dropping the front subframe.

1. Remove the original bush and bracket from the wishbone. You will need to lever or use a puller to pull the bush off the wishbone end. Make sure you note which way the bracket faces on the vehicle.
 2. Clean any dirt and corrosion from the hexagonal end of the wishbone.
 3. Remove the bush including the outer shell from the bracket. Clean any dirt and corrosion from the bore of the bracket, and file off any sharp edges from around the hole. Lightly roughen the bore of the bracket with some emery cloth.
 4. Apply a light smear of washing up liquid around the bore of the bracket and tapered lip of the larger 5-201B bush. Push the tapered end of the bush into the forward-facing end of the bracket making sure the lip of the bush pops through to secure as shown in Fig 1.
- Tip: If you are having trouble pressing the bush in, try pressing the bush in at a slight angle so that one part of the lip is already in the bore of the bracket, and when steady pressure is applied, the rest of the lip should follow.**
5. Slide the PU washer marked 5-101C onto the wishbone with the stepped face facing towards the arm, providing clearance for the weld and then slide 5-201A bush onto the wishbone, with the flange butting up against the PU washer as shown in Fig 2. Apply a small amount of the supplied grease between the A and C parts.
 6. Apply some of the supplied grease to the bore of the B bush and the outer body of the A bush.
 7. Present the wishbone to the bracket ensuring that both A and B bushes engage correctly and re-fit the wishbone to the vehicle.
 8. Tension all hardware to the manufacturer's recommended torque settings.



POWERFLEX®

PART NUMBER

PFR5-1103

DESCRIPTION

REAR TRAILING ARM FRONT BUSH

INSTALLATION GUIDE

Contents (parts per pack):

2 x Polyurethane A Bushes	1 x PTFE/Silicone Grease
2 x Polyurethane B Bushes	2 x Stainless Steel Sleeves
2 x Anodised Outer Shells	2 x Mild Steel Washers

Please read the complete fitting instructions and check package components before fitment. These fitting instructions are to be used as a guide and in conjunction with workshop manual.

It is recommended that:

- all work to be carried out by a licensed technician;
- all safety precautions adhered to;
- wheel alignment to be checked and adjusted as required after any suspension work.
- All fasteners must be tensioned to manufacturer's torque settings.



Fitting Instructions:

1. Remove the original rubber bush and outer shell from the front position of the rear trailing arm. Clean any dirt or corrosion from the bore in the support bracket.
2. Press the outer shell into the support bracket from the outside of the car until the larger diameter of the shell is against the arm.
3. Check the stainless steel sleeve is not in the bush. Press the polyurethane A bush into the outer shell from the inside of the car. Press the polyurethane B bush into the shell from the outside of the car.
4. Apply some of the supplied grease to the bore and both ends of the bush and insert the sleeve into the bush. Insert the sleeve into the bush with the chamfered edge facing towards the inside of the car into the casting.
5. Place the supplied washer onto the cast aluminium arm. This fits against the A part of the bush. The original domed washer fits into the B part of the bush.

Washer fits
over casting



B Bush
Outside of car
(Original domed
washer goes
here)



A Bush
Inside of car
(Supplied washer
fits over casting)