

# POWERFLEX®

PART NUMBER  
**PFR69-514**

DESCRIPTION  
REAR SUBFRAME BUSH INSERTS

## INSTALLATION GUIDE

### Contents (parts per car):

- 4 x Upper Bushes
- 4 x Lower Bushes
- 1 x grease



Please read the complete fitting instructions and check package components before fitment.  
This installation guide is to be used in conjunction with workshop manual.

It is recommended that:

- all work to be carried out by a licenced 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.

### Installation Guide:

- Support the sub frame, undo the mounting bolts lowering the sub frame enough to insert the longer part in from the top of the original bush.
- Apply a small amount of grease to the insert, line up the holes as necessary and insert the bush.
- Insert the shorter lower insert from under neath again applying grease and aligning the holes as necessary.
- Make sure the upper washer is refitted and the lower plate is used again.  
*Tip: if the upper washer has tags, flatten them out for proper fitment*
- Re fit sub frame and tighten up bolts to the manufactures settings.



Upper Washer

Lower Washer