INSTRUCTION SHEET FOR SET #7.1114

It is recommended that if you are unfamiliar with this type of work that you refer to a qualified service center specializing in this type of work. It is also recommended that if you choose to do this work yourself that a factory service manual be obtained for the proper procedures pertaining to removal, replacement and proper torque specifications for your vehicle. This instruction set is intended as a guideline for the safe installation of Energy Suspension's Polyurethane. Wheel alignment is almost always disturbed when removing/replacing suspension components. It is recommended that you have the alignment checked on your vehicle at a qualified alignment shop.



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Removing motor mounts:

- Remove the two thru bolts for the motor mounts.
- Loosen the bolts holding mounts to subframe.
- Remove the four bolts holding on the subframe.
- Remove the subframe and now remove the mounts.
- Using a press, remove the mount from the bracket.Pic 1



1186 Bushing x 2

Installing motor mounts:

- When installing the motor mounts, MAKE SURE TO PUT THEM IN THE
- RIGHT DIRECTION!!!!!! Offset side goes towards the passenger side. Pic 2
- Using an arbor press, first press in the urethane mount, then press in the sleeve.
- Unlike other Energy Suspension bushings, these bushings **DO NOT** use grease.
- Loosely bolt mounts to subframe, install subframe and engine thru bolts. Now tighten all bolts.





PIC 2

Passenger Side (offset)



Driver Side (no offset)