

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,

- PFF85-501 - FRONT WISHBONE FRONT BUSH x 2
- PFF3-902G - FRONT WISHBONE REAR BUSH x 2
- PFF85-830 - LOWER ENGINE MOUNT INSERT x 1
- PFR85-816 - REAR TRAILING ARM FRONT BUSH X 2

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





PART NUMBER

PFF3-902G

DESCRIPTION

FRONT WISHBONE REAR BUSH

INSTALLATION GUIDE

Contents (parts per pack):

2 x PFF3-902G

1 x Spanner

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 from the rear of the front wishbone including its outer shell.

2. Clean any dirt and corrosion from the bore in the wishbone, using a rounded file to remove any burrs or sharp edges.

3. Push the new bush assembly into the wishbone with the flange sitting against the top face and the adjusting head of the bush facing upwards.

WARNING: Do not press on the centre sleeve/ball of the unit. Press on the metal outer shell to avoid damaging the bush as shown in Fig 1.

4. Use the supplied adjusting spanner to adjust the bush as desired.

Tip: For maximum caster, adjust the centre ball so that the offset sleeve is nearer to the inside of the car as shown in Fig 2.

5. Refit the wishbone to the vehicle and tension all hardware to the manufacturer's recommended torque settings.

6. Carry out a full 4-wheel geometry alignment to ensure everything is set correctly and evenly.



Press here Do not press here

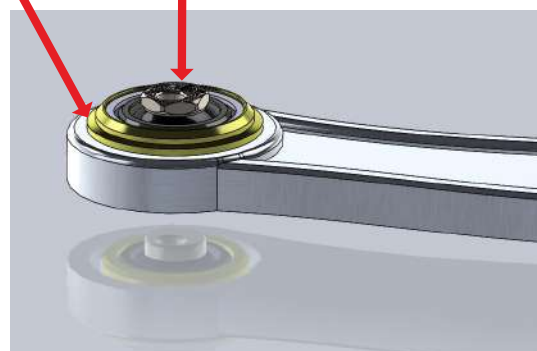


Figure 1 - showing the larger diameter on the upper face of the arm

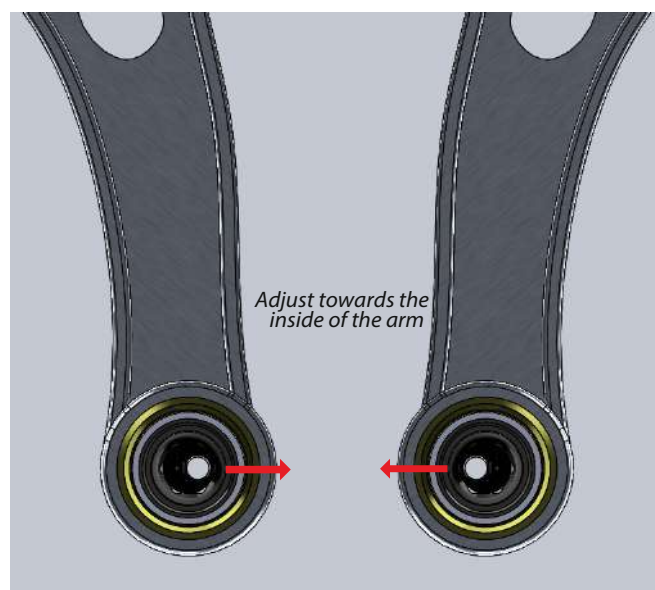


Figure 2 - showing the maximum caster adjustment



PART NUMBER

PFR85-816

DESCRIPTION

REAR TRAILING ARM FRONT BUSH

INSTALLATION GUIDE

Contents (parts per pack):

- 2 x Polyurethane A Bushes
- 1 x PTFE/Silicone Grease
- 4 x Polyurethane B Bushes
- 2 x Stainless Steel Sleeves

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 rear trailing arm from the car.
2. Remove the original rubber bush from the arm.
3. Clean any dirt and corrosion from the bore of the arm, and file off any sharp edges.
4. Fit the polyurethane part A into the arm, with the smaller diameter facing the outer face of the arm, as shown in figure 1.
5. Push two polyurethane B parts into the polyurethane A part, one from each side.
6. Apply some of the supplied grease to the bore of the polyurethane parts and push in the stainless steel sleeve.
7. Fit the rear trailing arm back to the car and tension all hardware to manufacturers recommended torque settings.

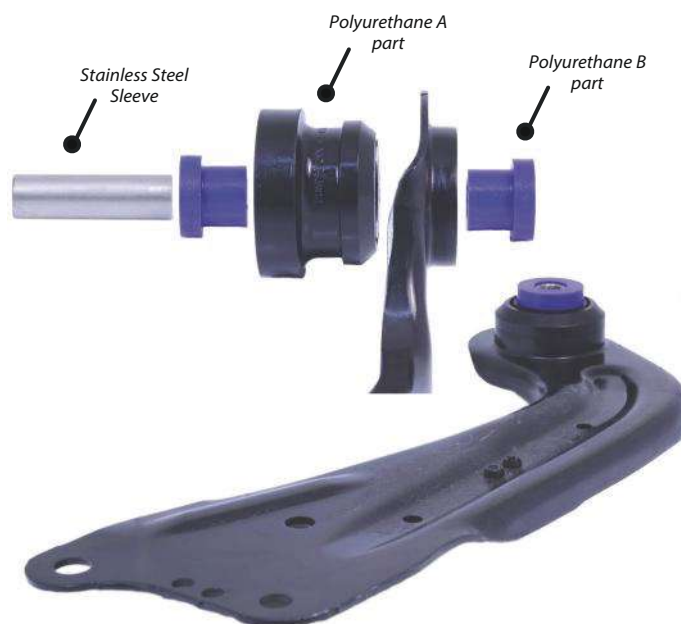


Figure 1

POWERFLEX®

PART NUMBER

PFF85-830

DESCRIPTION

LOWER ENGINE MOUNT INSERT

INSTALLATION GUIDE

Contents (parts per pack):

1 x Polyurethane Bush 1 x PTFE Silicone Grease

1 x Metal Outer Shell

1 x Metal Washer

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. Access the lower engine mount which is located in the front sub frame under the car.
2. Remove the bolt from the lower engine mount.

Note: the manufacturer's bolts are stretch bolts and new bolts are recommended on re-fit.

3. The insert pushes into the voids of the original bush. Remove any flash lines and clean the dirt from the voidings.
4. Slide the new PU insert into the voids of the rubber bush, as shown in Figure 1.
5. Position the supplied washer on top of the PU insert. Push the supplied sleeve into the bore of the washer, as shown in Figure 1.
6. Use the original bolt and small washer to secure the PU insert kit into the rubber engine mount, as shown in Figure 1.
7. Tension all hardware to manufacturers recommended torque settings.



Use PFF85-830 Or PFF85-831 For OEM part number 5Q0198 037 A



Figure 1 - assembly of PFF85-830 in the engine mount