

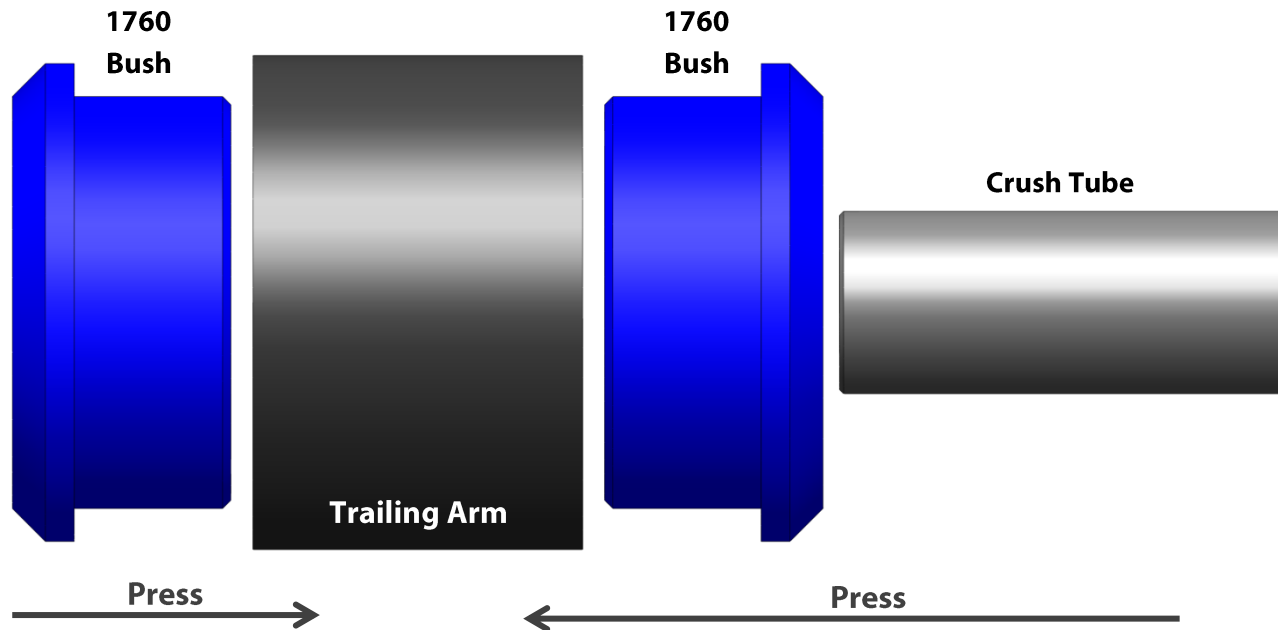
Fitting Instructions #1760IS

Landrover Freelander

Trailing Arm Front Bushing



- Jack the vehicle up and support on jack stands;
- Remove the trailing arms;
- Remove original shell/bush part from the housing with the use of a hydraulic press and suitable pressing tools;
- Clean housing areas to remove any old original bushing materials before installing new bushes. Apply the grease supplied to the housing and the outside of the bush, and then push the new bushes in as shown in the picture;
- Apply the white grease supplied to the bore of the bush and the outside of the crush tube, then push in the crush tube as shown in the picture.
- Refit the trailing arm to the vehicle and tighten all bolts to manufactures torque settings;
- Carry out a wheel alignment.



Note: Polyurethane bushings must be fitted to both sides of the vehicle. This kit should be installed by a Qualified Motor Mechanic.