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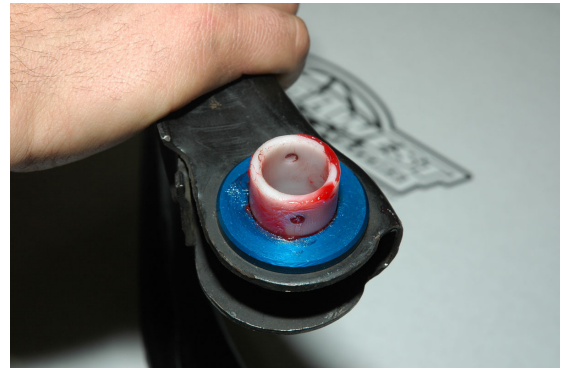
**Part # 1082: Instruction sheet 1993 – 2002
Camaro / Firebird upper control arm bushing kit.**

The upper control arms must be removed off of the vehicle.

1. Lift the vehicle up and support the car on jack stands.
2. Remove the wheels.
3. Use a shop manual for step by step removal of the upper control arms.
4. Once the arms are off the car, press the bushings out of the control arm.
5. Del-a-lum bushings have grease fittings for lubrication. The bushings should be positioned in arm so the grease fitting is pointed down and towards the tire. You should be able to get to it with a grease gun when it is installed on the car.
6. In the kit there is a small angle plate. The plate is a press tool. Place the angle plate in between the opening of the arm around the bushing. The angle will keep the arm spread while pressing the bushing in.
7. Position the bushing grease hole so that when the bushing is pressed into the control arm, it is pointed down and towards the tire.
8. Install the press tool in between the control arm ears and press the bushing into the control arm till the bushing flange contacts the arm. Make sure the grease hole is in the proper place.



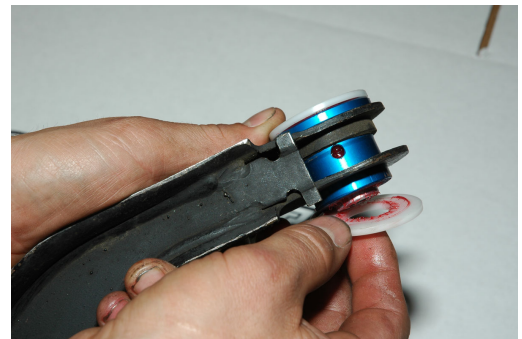
9. Install the plastic insert into the bushing. Lubricate the inside of the bushing and insert before installation. Lubricate the bushings with synthetic grease that is water resistant. We recommend Neo Zo12, however any synthetic will work.



10. Install the pin into the insert.



11. Install the plastic thrust washers on each side of the bushing. They will index on the pin. You will have to push them on the pin.



12. Finally install the grease fitting into the bushing. Don't over tighten the grease fitting.

After installing the bushings in the arm, reinstall the arm and tighten the bolts to 65 foot pounds.

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