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**PART# SP-7**  
**93-2002 CAMARO/FIREBIRD LOWER**  
**CONTROL ARM BEARING KIT**

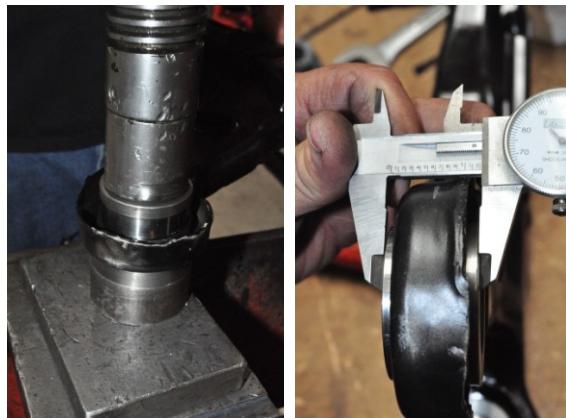
1. Installing kit Sp-7 will require welding and press work.
2. Use a shop manual for proper procedures on removing lower control arms.
3. Press out both control arm bushings.



4. In the kit you will see two bearing housings assembled with bearing, these go in the front bushing location of the control arm. Press the assembly into the control arm so the bushing flange contacts the control arm. Weld the lip of the bearing housing to the control arm in two places 180 degrees apart from each other. Approximately a 1/2 inch long weld per side will be plenty.



5. The other housing in the kit should not have bearing installed. You must first install the housing into the control arm. Press the housing into the arm from the bottom side of the arm. The bearing should install from the top of the arm down.



Press the housing in so that it is centered in the arm. Weld the housing in the control arm. You will weld on the top side of the control arm first. Weld the housing full circle. **If you install the bearing in the housing first, you will damage the bearing because of excessive heat.**

6. Flip the arm over and weld two,  $\frac{3}{4}$  inch strips 180 degrees apart from each other.
7. Let the arm cool normally.
8. Once the arm has cooled down, place a little grease around the bearing and press it into the housing.
9. Locate a retaining ring (you will have two in your kit) and install it into the housing. The retaining rings are called spiral locks, by using a small screw driver you can split the ring and work it around the groove in the housing. The ring will snap in.
10. Do the same procedure too the other side.
11. There are 8 spacers remaining in the kit. The long spacers are for the front control arm bearings. You will use one spacer on each side of the bearing. Tap them down into the bearing using a rubber mallet.
12. The short spacers are for the rear bearing. Place one spacer in on each side of the bearing and tap them into the bearing.
13. Reinstall both control arms and assemble the front suspension.
14. A front wheel alignment will be required.