

## Section 1: FCAB Housing Removal

- Step 1**
- Safely lift and support the vehicle.
  - Remove the front wheels.
  - Remove the FCAB housings from the lower control arms (**Step 1 photo**).

- Step 2**
- Press the stock bushing out of the FCAB housing (not shown).



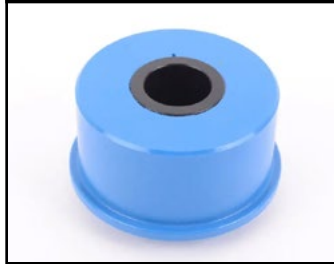
**If you are installing CENTERED poly bushings:**

- Please proceed to the next page.

**If you are installing OFFSET poly bushings:**

- Please skip ahead to [Page 3](#).

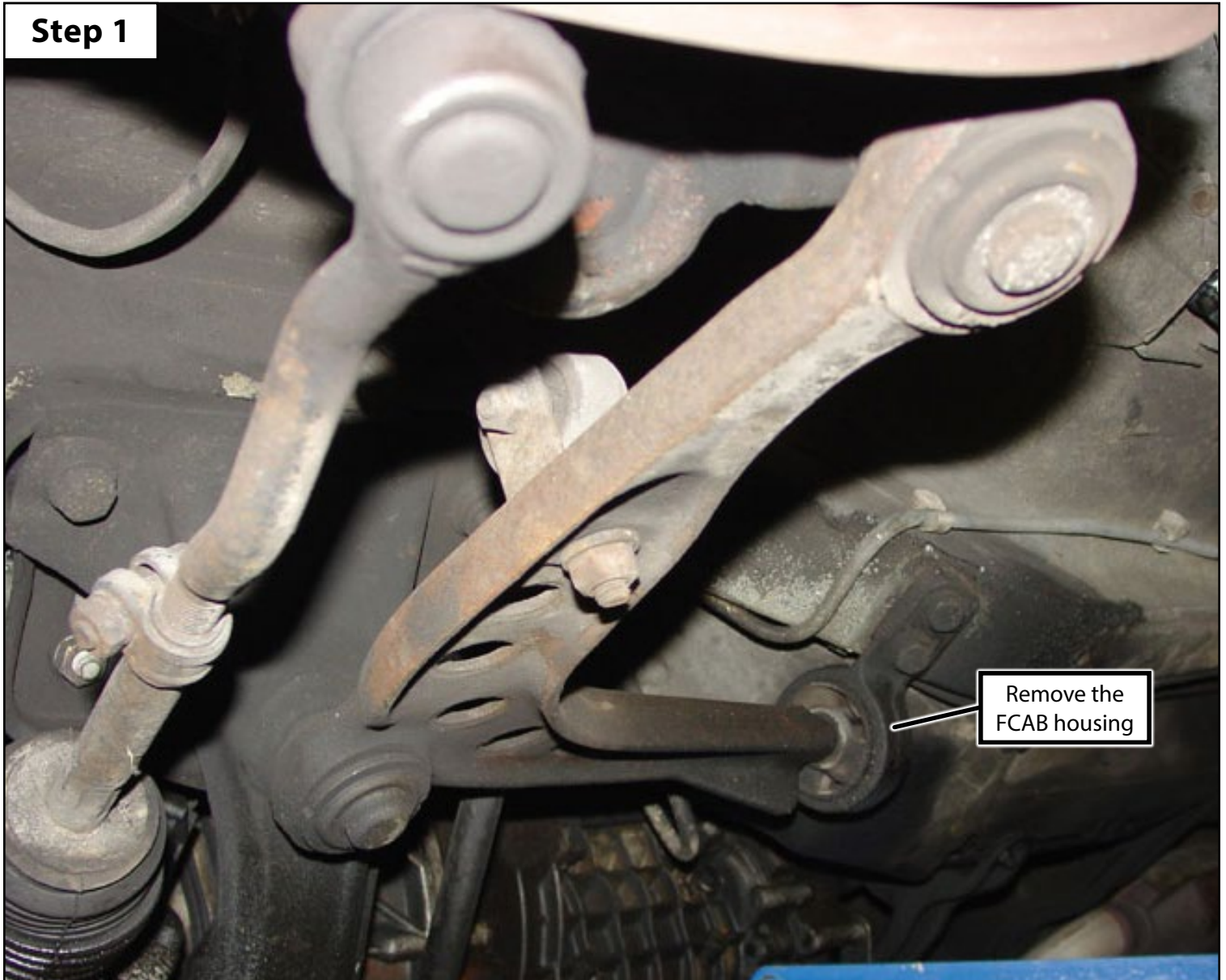
**CENTERED POLY:**



**OFFSET POLY:**



### Step 1



## Section 2: Centered Poly Bushing Installation Guidelines

- It's very important to orient the bushings into the FCAB housings as shown in **Fig. 1a** and **Fig. 1b** below.
- Each housing should be stamped with an "L" or "R" to indicate which side they belong on, we've highlighted that stamping in **GREEN** below.
- Push the poly bushing into the FCAB housing until the flange bottoms out (**Fig. 1c**).
- Apply a liberal coating of the included grease to the inside bore of the bushing (**Fig. 1c**).
- Push the sleeve into the poly bushing until it bottoms out (**Fig. 1c**).
  - **NOTE:** The flange on the insert matches the counter bore on the flanged end of the poly bushing.



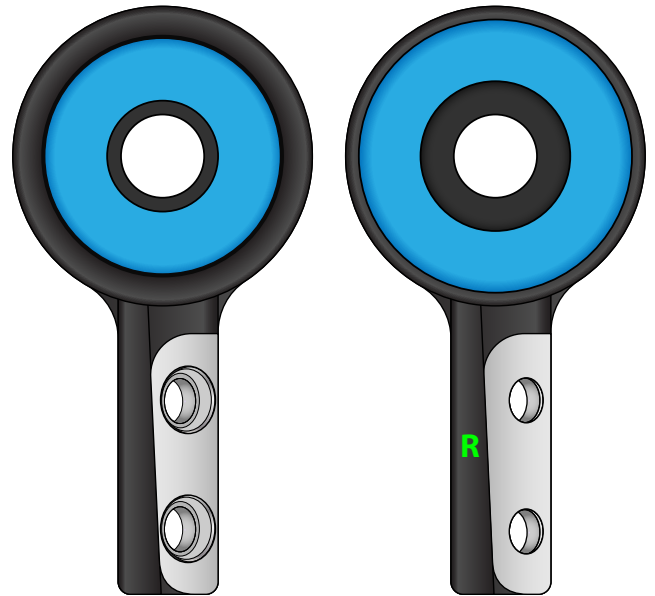
**If you are installing CENTERED poly bushings:**

- Please skip ahead to [Page 5](#) for reassembly.

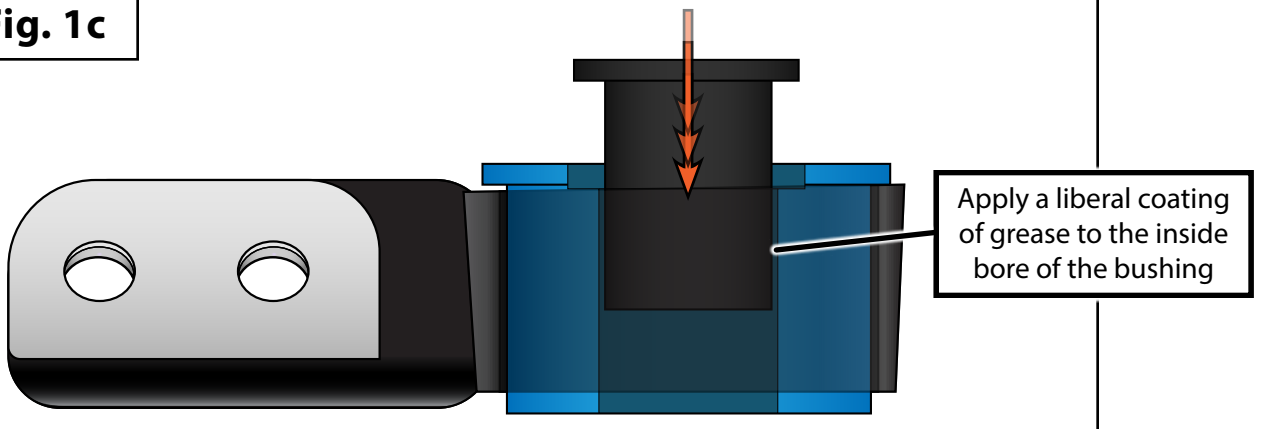
**Fig. 1a**



**Fig. 1b**

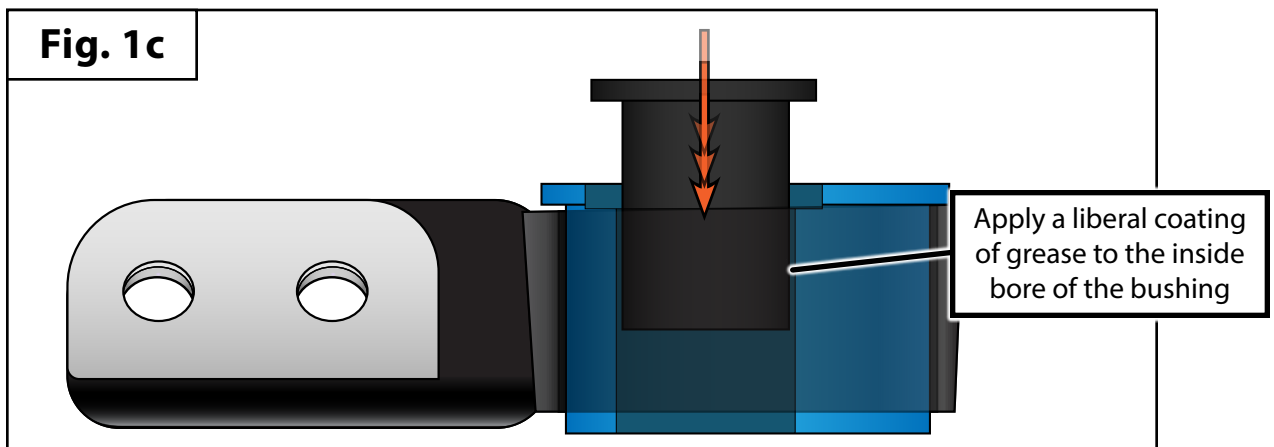
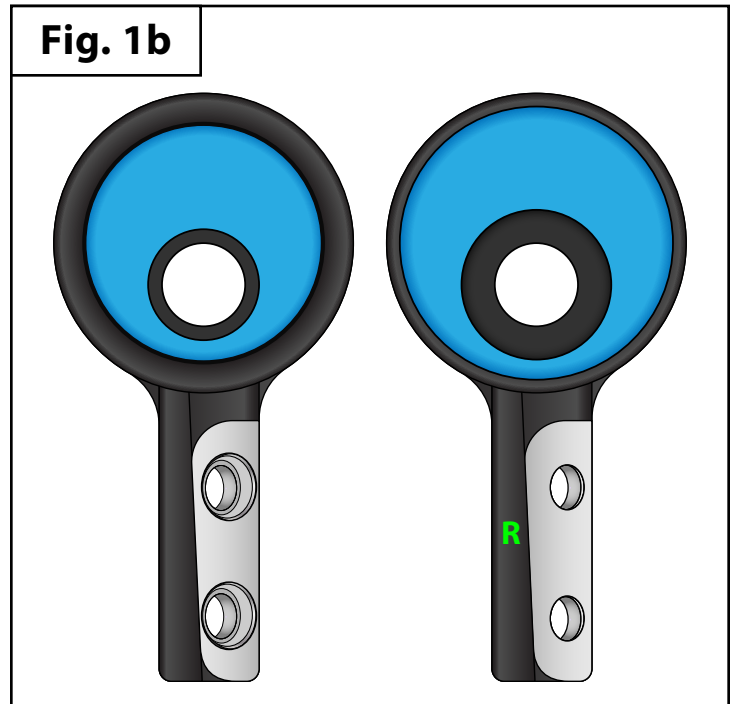
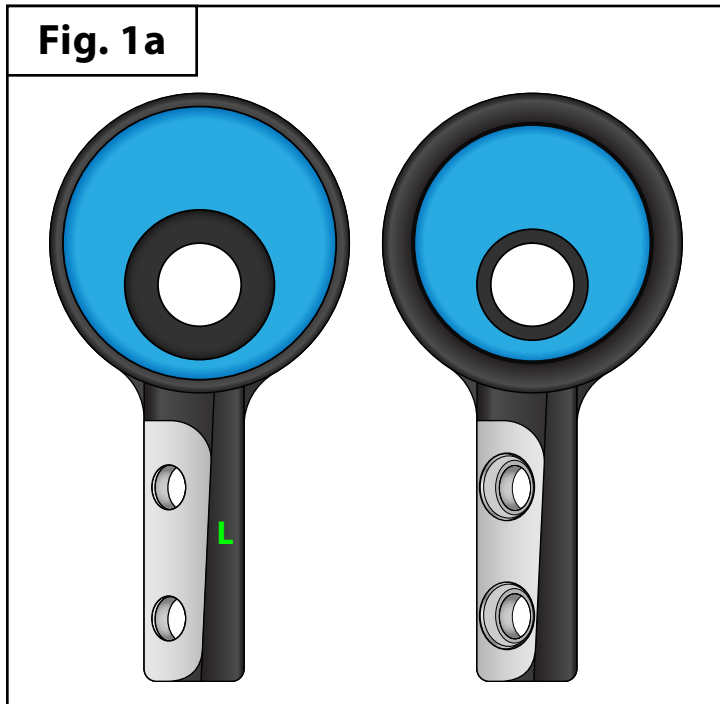


**Fig. 1c**



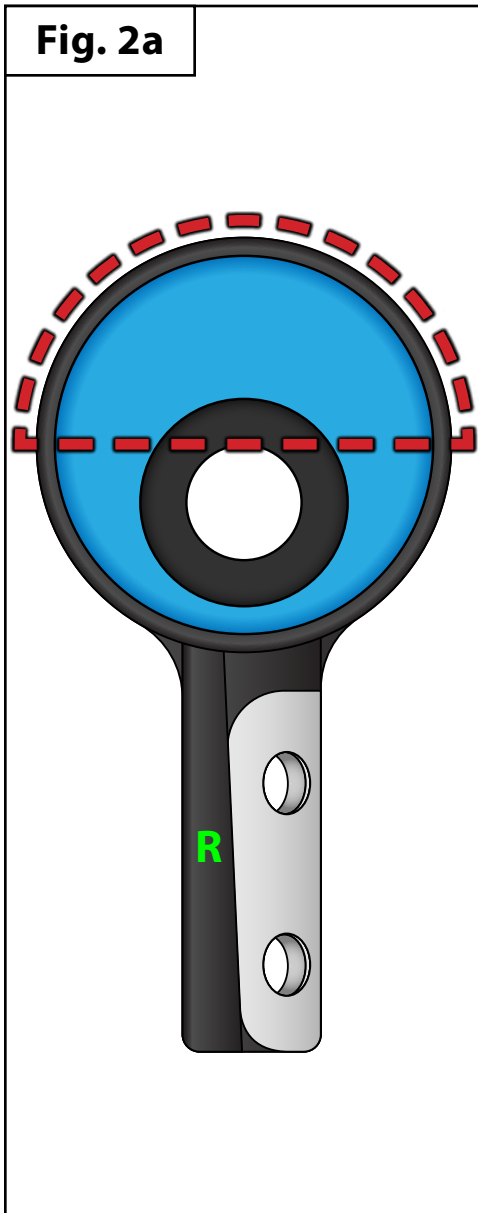
## Section 3: Offset Poly Bushing Installation Guidelines

- It's very important to orient the bushings into the FCAB housings as shown in **Fig. 1a** and **Fig. 1b** below.
- Each housing should be stamped with an "L" or "R" to indicate which side they belong on, we've highlighted that stamping in **GREEN** below.
- Push the poly bushing into the FCAB housing until the flange bottoms out (**Fig. 1c**).
- Apply a liberal coating of the included grease to the inside bore of the bushing (**Fig. 1c**).
- Push the sleeve into the poly bushing until it bottoms out (**Fig. 1c**).
  - **NOTE:** The flange on the insert matches the counter bore on the flanged end of the poly bushing.



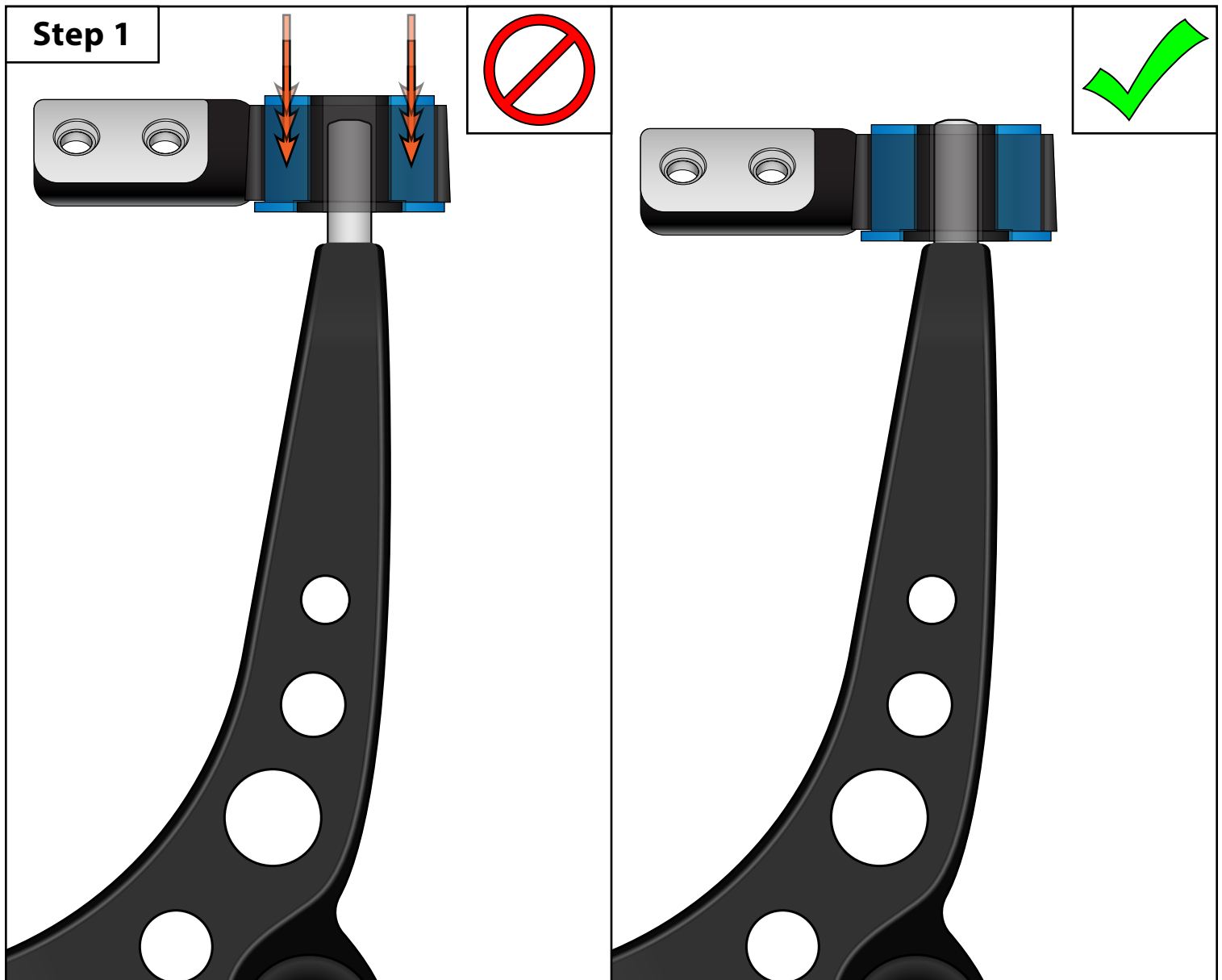
## Section 3: Offset Poly Bushing Installation Guidelines

- If you're installing offset bushings, it's a good idea to lock them in place with the supplied roll pins. This will prevent the bushings from rotating inside the housing and upsetting the alignment.
- Ensure that the bushing is fully seated, then clamp the bracket in a bench vise. There is no set position where this hole needs to be drilled, it can be anywhere in the 180° span shown below in **RED** (Fig. 1a).
- Drill through the housing and into the bushing approximately 22mm using a #12 drill bit. **The end result here is a bore through both the bracket and the bushing, totaling 22mm (7/8") in depth**, any longer and we risk puncturing through the center bore of the bushing. Insert a suitable tool (zip tie, allen key, etc) into the bore to check the depth as you drill (Fig. 1b).
- Tap the roll pin into the bore with a hammer until it is flush with outside of the control arm bracket (Fig. 1c).
- Please proceed to the next page for reassembly.



## Section 4: Reassembly

- Step 1**
- Install the FCAB housings onto the lower control arms (**Step 1 photo**). The center sleeve inside the bushing should bottom out against the control arm.
    - NOTE:** This can usually be done by hand. If you have trouble getting the bushing to slide over the control arm try giving the FCAB a few hits with a soft-face hammer such as a rubber mallet or deadblow hammer to help get things situated. There's no need to swing for the fences here, be careful to not damage the bushings or any nearby components.
    - NOTE:** You may need to fine-tune the position of the bushing on the control arm later on once you start to bolt everything into place.





## Section 4: Reassembly

- Step 2**
- Thread the FCAB bolts into place by hand, then torque them to 46 Nm (**Step 2 photo**).
    - NOTE:** The photo below shows a 1995 M3 which comes stock with offset poly bushings. These offset bushings can be installed as an upgrade on other E30 & E36 vehicles for increased caster. **If you are installing offset bushings it's important to orient the offset toward the FCAB housing bolts.**
  - Reinstall the wheels and torque them to specification.
  - Perform a 4-wheel alignment.

