



Nissan & Infiniti Performance Specialists

2877 Carrollton Villa- Rica Hwy. Carrollton, GA 30116

770.838.7777 (PHONE) 770.832.9253 (FAX)

www.Z1Motorsports.com

**Z1 Motorsports 370Z/G37
Solid Aluminum Transmission Mount**



© Copyright Z1 Motorsports, Inc. 2012

Parts included:

- | | |
|---|--|
| 1 | Z1 Solid Aluminum Transmission Mount |
| 2 | M10 x 1.25mm Bolts |
| 1 | Z1 Motorsports Solid Aluminum Transmission Mount Installation Manual |
| 2 | Z1 Motorsports "Z1" decals |

Applications:

- | | |
|------|-------------------------|
| '09+ | Nissan 370Z (Z34) |
| '08+ | Infiniti G37 (CV36/V36) |

Note(s):

All models
Excludes
AWD models

Suggested Tools:

Ratchet accessories
Ratchet Wrench/Air Ratchet
Torque Wrench

Metric Sockets
Metric Wrenches
Safety Glasses

WARNING!

Use extreme caution when performing ANY maintenance or performance upgrades to your vehicle. Observe and abide by any Warning or Caution labels on the various components and tools used for servicing your vehicle. If you have any questions regarding the installation or the various components included with the Z1 Motorsports 370Z/G37 Solid Aluminum Transmission Mount, consult with a professional mechanic or contact Z1 Motorsports for more information.



Please note:

This installation manual is intended to be used as a guide with the installation and servicing of the Z1 Motorsports 370Z/G37 Solid Aluminum Transmission Mount ONLY. This manual does not include or offer any suggestions for either removing the exhaust system or any other component not directly related to the transmission mount.

BEFORE YOU BEGIN!

Remove all contents from the Z1 Motorsports 370Z/G37 Solid Aluminum Transmission Mount Kit and verify that ALL necessary components are present.

Removal:

- 1) Apply the Parking Brake
- 2) Properly raise and support the vehicle using jack stands and the proper jacking points on the vehicle's chassis. (Refer to the vehicle's Owner's Manual)
- 3) Raise the vehicle's hood.
- 4) Disconnect the NEGATIVE (-) Battery Terminal from the battery.
- 6) Using either a floor jack, transmission jack or other suitable supporting method, remove the weight of the transmission from the cross member slightly.



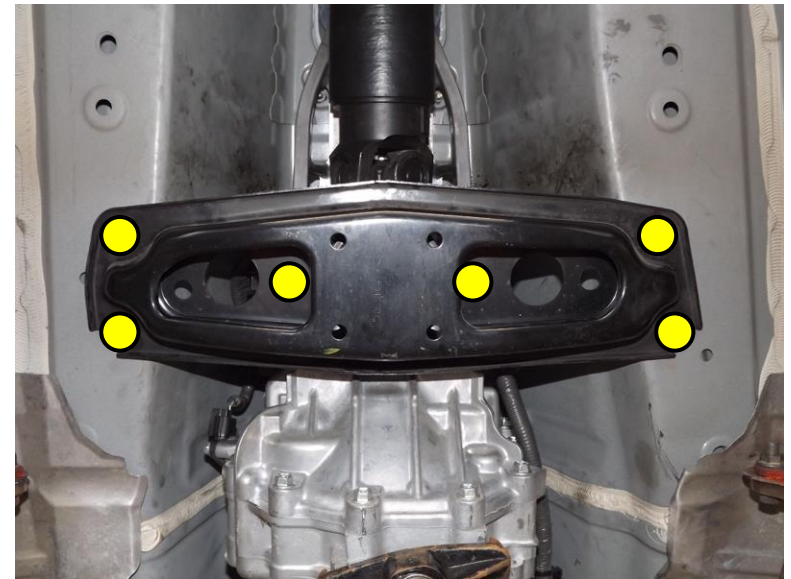
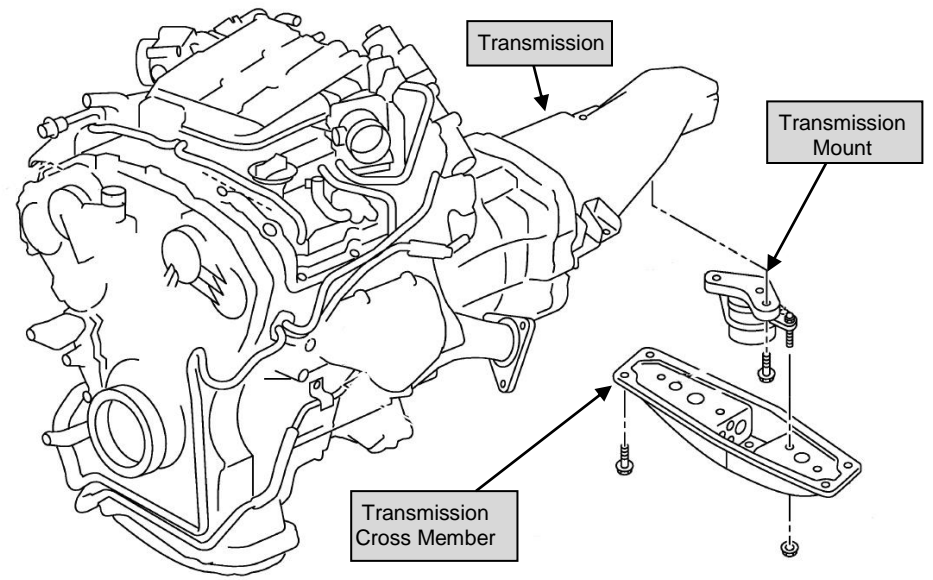
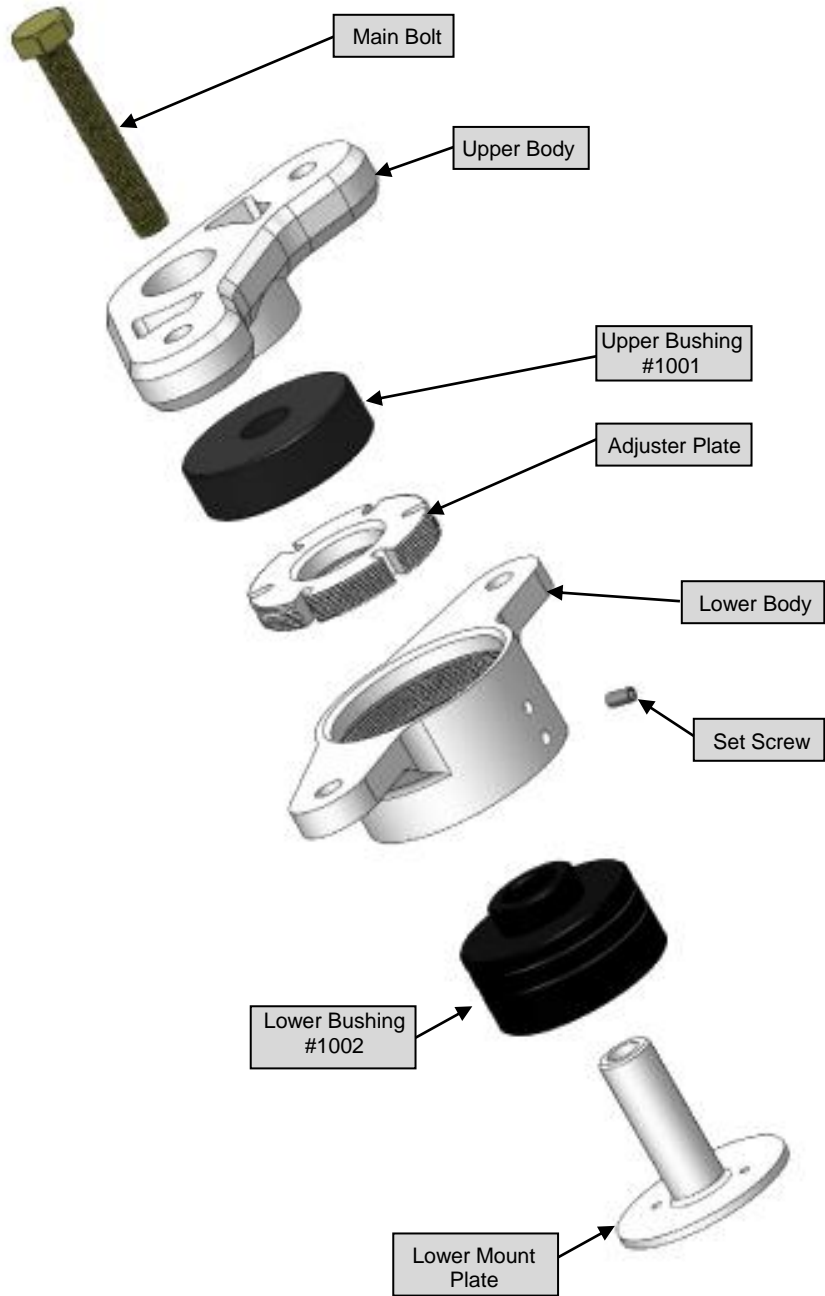
Please note that additional vibrations and noise should be expected following the installation of the Z1 Motorsports 370Z/G37 Solid Aluminum Transmission Mount. The increase in vibrations felt and noise heard is normal. This is the result of the Aluminum Bushings being completely solid and not allowing for ANY noise/vibration insulation .

Benefits of the Z1 Motorsports Solid Aluminum Transmission Mount over other, replacement non-OEM transmission mounts:

- 100% Solid Aluminum transmission mount. This will allow for complete transfer of torque to the rear wheels and no loss of energy through drivetrain movement.
- Uses 6061-T6 Aluminum construction shaves 1.05 lbs from overall vehicle weight.
- No servicing or maintenance required.
- Re-buildable design allows for interchanging of the Energy Suspension Urethane Bushings from the Z1 370Z/G37 Urethane Transmission Mount.
- Will fit both the Automatic and Manual Transmissions.

Notes:

Z1 Motorsports 370Z/G37 Urethane Transmission Mount Bushing replacement instructions:

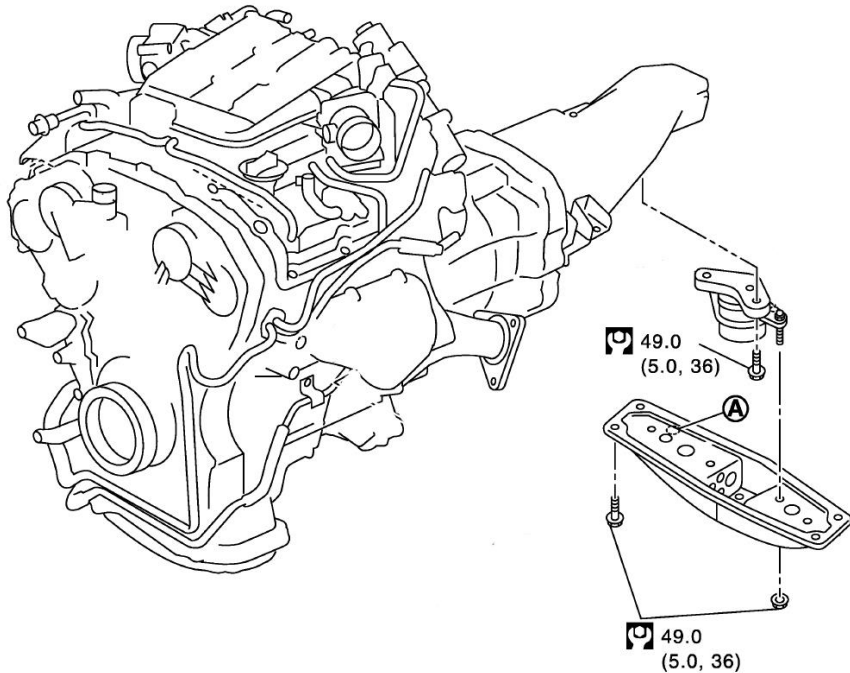


- 7) Referring to the images above, remove the Four (4) 14mm Bolts securing the Transmission Cross Member to the Chassis. **DO NOT DISCARD BOLTS!**
- 8) Note the orientation of the OEM Transmission Mount. Remove the two (2) 14mm nuts securing the Transmission Cross Member to the OEM Transmission Mount. **THESE WILL NOT BE REUSED!**
- 9) Now that the OEM Transmission Mount has been exposed, remove the two (2) 14mm bolts securing the mount to the transmission itself. **DO NOT DISCARD BOLTS!** These two bolts are LONGER than the four previously removed securing the Transmission cross member to the chassis.

Installation:

- 1) Once the OEM Transmission Mount has been removed, installation of the Z1 Motorsports 370Z/G37 Solid Aluminum Transmission Mount is reverse order of the Removal instructions.
- 2) Orient the Transmission Mount the same as the OEM mount. Using the two removed M14 bolts, attach the Z1 Motorsports Transmission mount to the transmission. Torque the bolts to 36 ft/lbs.
- 3) Using the four (4) factory bolts, reattach the Transmission Cross Member to the chassis. Do not tighten the bolts fully at this time. Be sure to pay attention to the Directional Arrow on the bracket. The arrow should be pointing towards the front of the vehicle once installed.
- 4) Align the holes on the Transmission Cross Member with the holes on the Z1 370Z/G37 Solid Aluminum Transmission Mount's lower body. Twist the lower body by hand if necessary.
- 5) Once aligned, install the two supplied M10 bolts (found in the hardware kit). Hand tighten ONLY!
- 6) Torque both the supplied M10 bolts and the four (4) Transmission Cross Member bolts to 36 ft/lbs.

This completes the installation of the Z1 Motorsports 370Z/G37 Solid Aluminum Transmission Mount. Remove the vehicle from the jack stands and perform a final test drive after installation. Enjoy!



Servicing & Adjustment Instructions:

Disassembly:

Each of the Z1 Aluminum Transmission Bushings are threaded. You will need to firmly grasp or secure the lower body before disassembly.

- 1) Use a suitable tool to grasp the Lower Aluminum Bushing, unscrew it from the Main Bolt. A punch can also be used to break the bushing free and to start loosening it.
- 2) Once the Lower bushings has been removed, you should be able to take a hammer and lightly tap end of the Main Bolt to remove the inner assembly from the transmission mount's lower body.

Height Adjustment:

If you are adjusting the ride height of the transmission mount, and NOT replacing the solid aluminum bushings with the urethane Energy Suspension Bushings, simply remove the Allen head set screw from the body and unscrew the Adjuster Plate to the desired location. Replace the bushings.

Assembly:

If you are switching from the Z1 Motorsports 370Z/G37 Solid Aluminum Transmission Mount to the Z1 Motorsports 370Z/G37 Urethane Transmission Mount, please follow below reassembly instructions:

- 1) Remove the two Z1 Aluminum Transmission Mount bushings.
- 2) Using two new Energy Suspension Urethane Bushings, orient the bushings so that the #1002 bushing is ON TOP (UPPER) and the #1001 bushing is on bottom (LOWER).
- 3) Insert the Lower Mount Plate into the Lower Bushing.
- 4) Insert the High Collar Lock Washer into the #1001 bushing.
- 5) Place the Upper Mount Plate on top of the Upper Bushing.
- 6) Re-insert the Main Bolt into the assembly and hand tighten.
- 7) While securing the lower mount plate, torque the Main Bolt to 35 ft/lbs.