

Z1 300ZX REAR SUBFRAME BUSHINGS INSTALLATION MANUAL



This Installation Manual is intended for the following models:

1990-1996

Nissan 300ZX

PROLOGUE:

Study these instructions completely before proceeding to assembly. The installer must have a thorough knowledge of automotive systems operation. If unfamiliar with any of the concepts outlined in this instruction, we recommend the installation be completed by a qualified professional.

WARNING!

Extreme caution should be taken when performing maintenance or performance upgrades to your vehicle. Please observe and abide by any Warning or Caution labels placed on the various components and tools used when servicing your vehicle. If you have any questions regarding installation or the various components included with the Z1 Motorsports 300ZX Rear Subframe Bushings, consult with a Professional Mechanic, or contact Z1 Motorsports for more information.

PARTS INCLUDED:

Item	Quantity	Description
1	4	Upper Bushing
2	4	Lower Bushing

TOOLS REQUIRED:

- Hydraulic Jack
- (2) 2-Ton (or greater) Jack Stands
- Ratchet
- Ratchet Extension(s)
- Assorted Metric Wrenches
- Assorted Metric Sockets
- Torque Wrench
- Pliers
- Hammer
- Drill
- Sawzall
- Wire Wheels
- Hydraulic Press (Recommended)

SAFETY REQUIREMENTS:

- Always wear safety glasses and any necessary protective garments. If using any fluids, chemicals, or solvents, a respirator is recommended.
- Always turn the ignition to the OFF position and disconnect the NEGATIVE battery terminal.
- Always use properly rated jack stands when working under your vehicle.
- Always keep limbs and parts away from moving drivetrain parts.
- Only operate drivetrain in safe space and well-ventilated areas.

BEFORE YOU BEGIN:

Remove contents from the Z1 Motorsports 300ZX Rear Subframe Bushings and verify that ALL necessary hardware is present.

Placing the Bushings in a Freezer for a few hours before installation can help ease installation when pressing the Bushings in and is highly recommended.

PROCEDURE:

1. Place the transmission in Park position (or in Reverse gear if equipped with a manual transmission). Apply the parking brake.
2. Locate the proper jacking points on the vehicle's chassis (refer to the Vehicle's Owner's Manual). Raise and support the vehicle using a jack and jack stands.
3. Refer to the Factory Service Manual (FSM) to remove the Rear Subframe from the vehicle.
4. Remove the (4) four OE Rear Subframe Bushings, including the metal sleeves. *Figure 1*. There are a few ways to accomplish this:
 - Use a drill bit to create holes around the OE Bushing. Once holes have been drilled, a Sawzall can be carefully used to cut the OE Bushing to the Subframe. Use a Hammer and Punch to knock the OE Bushing out.
 - Use a properly sized Hole Saw to drill the old bushings out, be careful not to damage the surface of the Subframe itself in this process. The bushings will most likely melt with this method and make it more difficult to remove them. The Metal Sleeves will still need to be cut or pressed out.
 - Use a Press to push the Bushings out. This can be difficult due to the size of the Subframe.
 - Use a torch to burn/melt the OE Bushings out. This will make a mess and is dangerous, and the Metal Sleeve will still need to be be cut or pressed out.

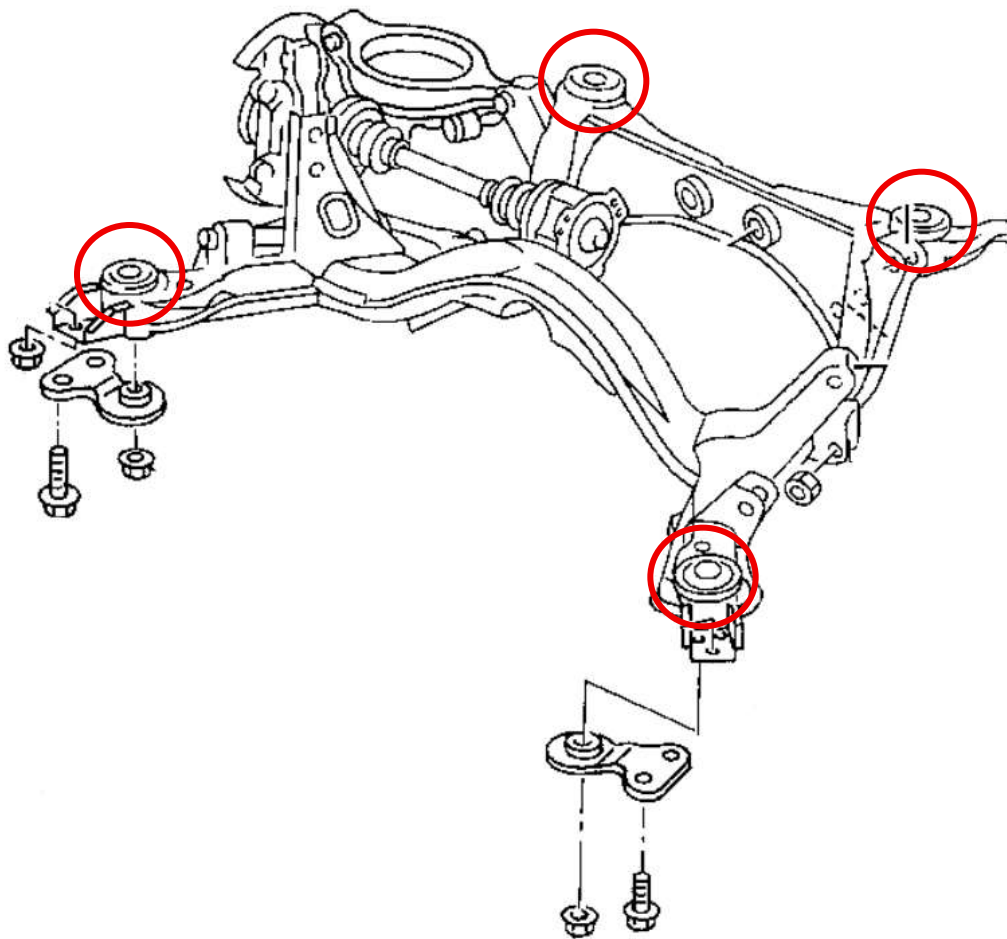


Figure 1

- Once the Rear Subframe Bushings have been removed, clean the bushing mating surface of the Subframe to remove any residue and debris. Wire Wheels can make this process easier. The surface must be clean for the new Bushings to seat properly.
- Use a Hydraulic Press to install the Upper Halves into the top of the Subframe and the Lower Halves into the bottom of the Subframe. Ensure the Bushings are pressed in straight and bottom out on the Subframe. Freezing the Bushings for a few hours prior to installation will make this process easier. *Figure 2.*

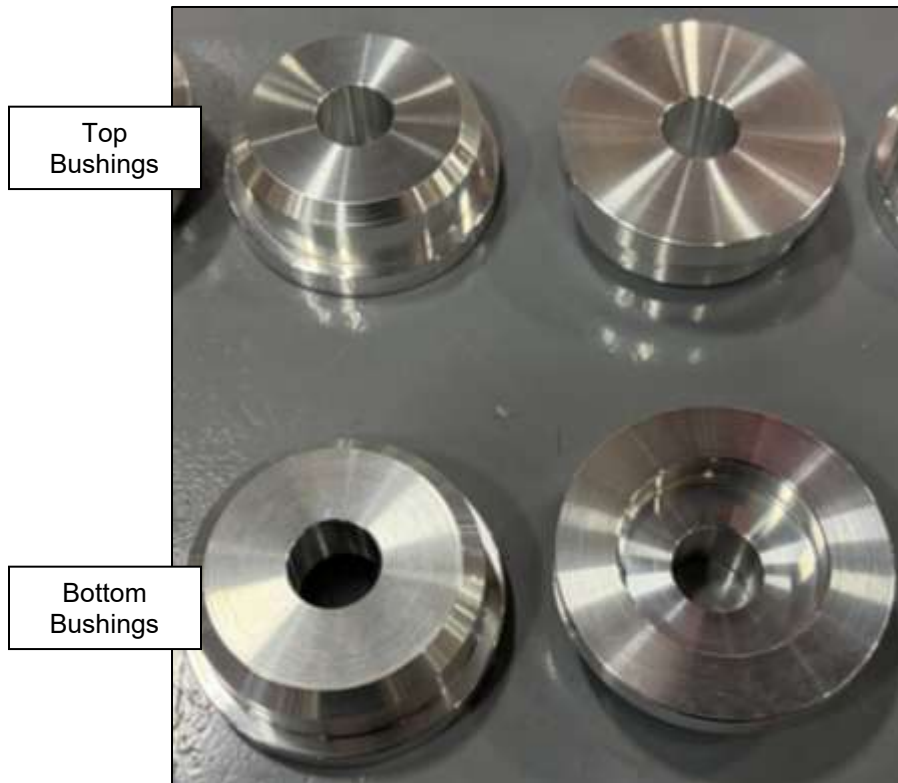


Figure 2

NOTE: If you do not have access to a press, you may have to Hammer the Bushings in. Place a piece of wood over the Bushings to prevent damage when striking and hammer the Bushings into place. You could also use something similar to a [Differential Bushing Removal Tool](#) to install the Bushings.

- With the Bushings installed, the Rear Subframe can be reinstalled into the vehicle. Torque the (4) four Subframe Mounting Nuts to **72-87 ft-lbs.**

END

Additional Technical Support:
Contact Z1 Motorsports at info@z1motorsports.com
Or call 770-838-7777 between 9am and 6pm ET