

Z1 300ZX REAR UPPER CONTROL ARMS INSTALLATION MANUAL



This Installation Manual is intended for the following models:

1990-1996

(Z32) 300ZX

PROLOGUE:

Study these instructions completely before proceeding to assembly. The installer must have a thorough knowledge of automotive systems operation, safety, and sound maintenance practices. 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 Rear Upper Control Arms, consult with a Professional Mechanic or contact Z1 Motorsports for more information.

PARTS INCLUDED:

Item	Quantity	Description
1	1	LH, Control Arm, Rear, Upper
2	1	RH, Control Arm, Rear, Upper
3	2	Nut, Flanged, M12, Inner Mount
4	2	Bolt, Flanged, M12, Inner Mount
5	2	Lubricant, Bushing
Note: Track Version FUCA will provide the following:		
6	2	Pre-assembled Solid Heim Joint Assembly
Note: Street Version FUCA will provide the following:		
7	2	Pre-assembled Urethane Bushing Assembly

TOOLS REQUIRED:

- Hydraulic Jack
- (2) 2-Ton Jackstands
- Ratchet w/ Extension(s)
- Assorted 12-21mm Sockets
- Assorted 12-21mm Combo Wrenches
- Torque Wrench
- Adjustable Wrench

SAFETY REQUIREMENTS:

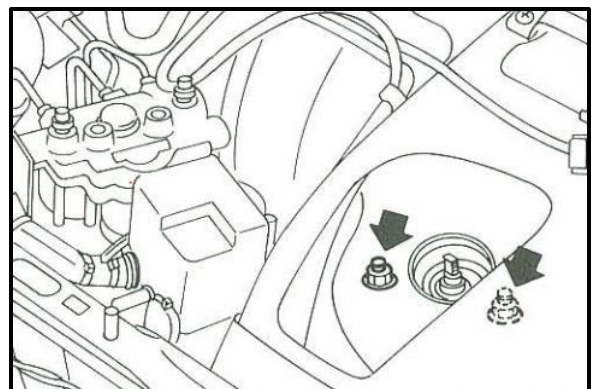
- Always wear safety glasses and any necessary protective garments. If using any fluids, chemicals, or solvents, a respirator is recommended.
- Remove jewelry.
- Always turn the ignition to the OFF position and disconnect/secure the **NEGATIVE** battery terminal.
- Always use properly rated jack stands 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:

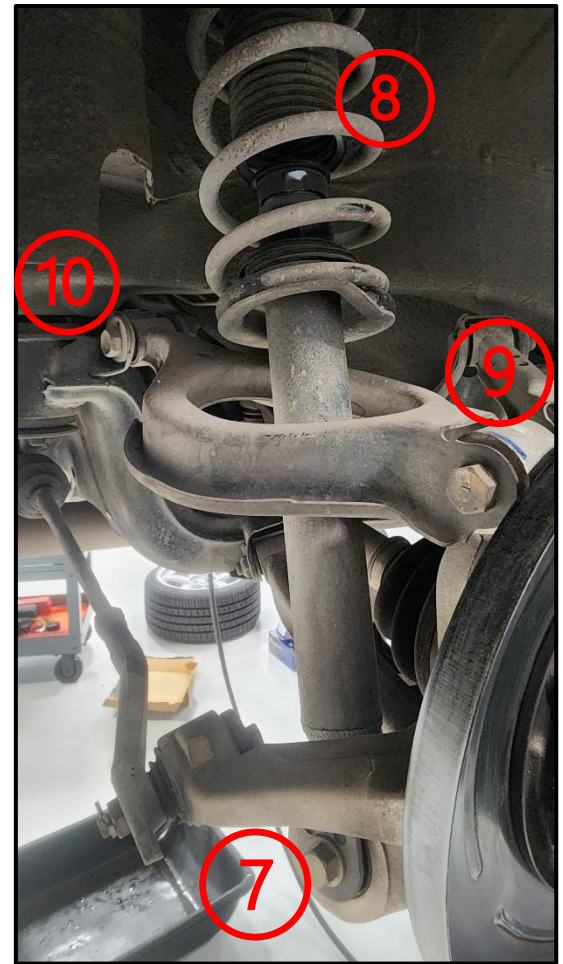
Remove contents from the Z1 Motorsports Rear Upper Control Arm box and verify that **ALL** necessary hardware and parts are present.

PROCEDURE:

1. Place the transmission in Park position (or in Reverse gear if equipped with a manual transmission). Apply the parking brake.
2. Loosen rear lug nuts but leave snug so you can remove the wheels once off the ground.
3. Raise and support vehicle on jackstands or lift to access rear suspension.
4. Remove rear wheels.
5. Open rear hatch and remove rear trim panels per FSM to access upper shock absorber mounts.
6. Remove (2) shock tower nuts. (see photo to the right)



7. Remove lower shock to knuckle bolt and nut hardware.
8. Remove shock assembly and set to the side.
9. Remove nut and bolt securing the upper control arm to the knuckle.
10. Remove the nut and bolt securing the upper control arm to the inner mount on the cradle and discard hardware.
11. Remove OEM upper control arm.
12. For **Street Versions** only, lubricate the Z1 Rear Upper Control Arm zerk fitting with 2-3 pumps of lithium chassis grease prior to installation.
13. Place Z1 Rear Upper Control Arm next to OEM rear upper control arm.
14. Loosen the two pinch bolts with a 5mm Allen head wrench. (see below photo)



15. Starting with the threads all inward, adjust threads to match OEM arm length, splitting the difference between the two inner mount and adjuster.
16. Once arm length is set, tighten the (2) Allen heads pinch bolts back and forth evenly until 7ftlbs or 84inlbs is achieved.
17. With the zerk pointing down with the head of the pinch bolts, tighten adjuster lock nut to secure adjustment.

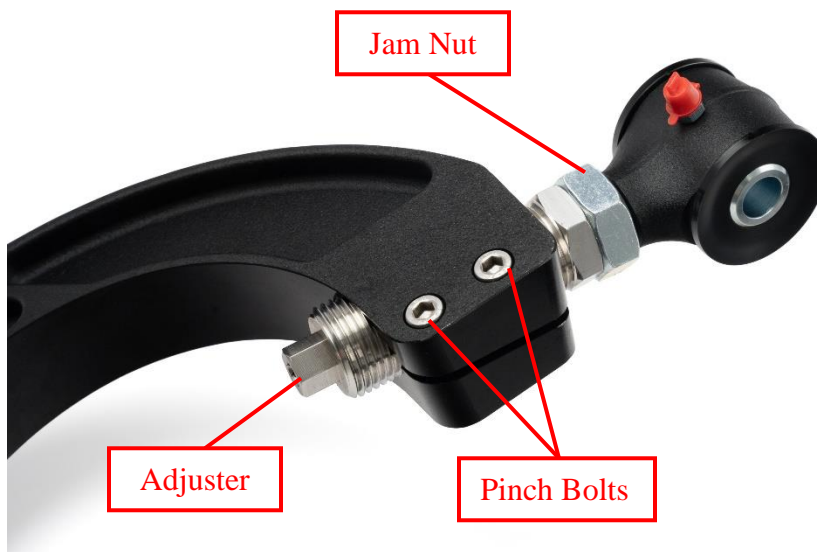
18. Using the provided M12 hardware and previously removed OEM knuckle hardware, install the arm with the opening pointing towards the rear of the car. The provided nut and bolt will replace the factory alignment hardware. The zerk fitting on the inner bushing needs to be pointed down for better access. See photo for installation reference.



Installer Tip: We recommend inspecting the knuckle bushing for serviceability prior to installing Z1 arms. If faulty, remove and replace.



19. Tighten the inner nut and bolt to **65ftlbs**.
20. Tighten the outer nut and bolt to **72ftlbs**.
21. Install strut in reverse order of removal.
22. Repeat steps 5 through 20 for opposite side.
23. Install wheels.
24. Remove and account for tools.
25. Lower vehicle and torque wheel lugs to specification.
26. When you're ready to align your rear suspension, adjust the rear upper control arms as follows:
- Loosen jam nut.
 - Loosen (2) Allen head pinch bolts until sleeve is loose for adjustment.
 - Rotate adjuster to alignment specification with a 12mm wrench or 6mm Allen head wrench.
 - Once alignment is completed, tighten jam nut until secure.
 - Tighten the (2) Allen heads pinch bolts back and forth evenly until 7ftlbs or 84inlbs is achieved.



END

Additional Technical Support:

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

27. Test drive car.