

Z1 Z32 TOE ARMS INSTALLATION MANUAL



This Installation Manual is intended for the following models:

1990-1996	Nissan 300ZX
1989-1998	Nissan 240SX/180SX (S13)

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 Z32 Toe Arms, consult with a Professional Mechanic or contact Z1 Motorsports for more information.

PARTS INCLUDED:

Item	Quantity	Description
1	2	Assembled Z1 Toe Arms
2	2	M12 x 65mm Bolt
3	2	M12 Flange Nut
4	1	Red Loctite

TOOLS REQUIRED:

- Hydraulic Jack
- (2) 2-Ton (or greater) Jack Stands
- Ratchet
- Ratchet Extension(s)
- 14mm Socket/Wrench
- 15mm Socket/Wrench
- Torque Wrench
- Channel Lock Pliers

SAFETY REQUIREMENTS:

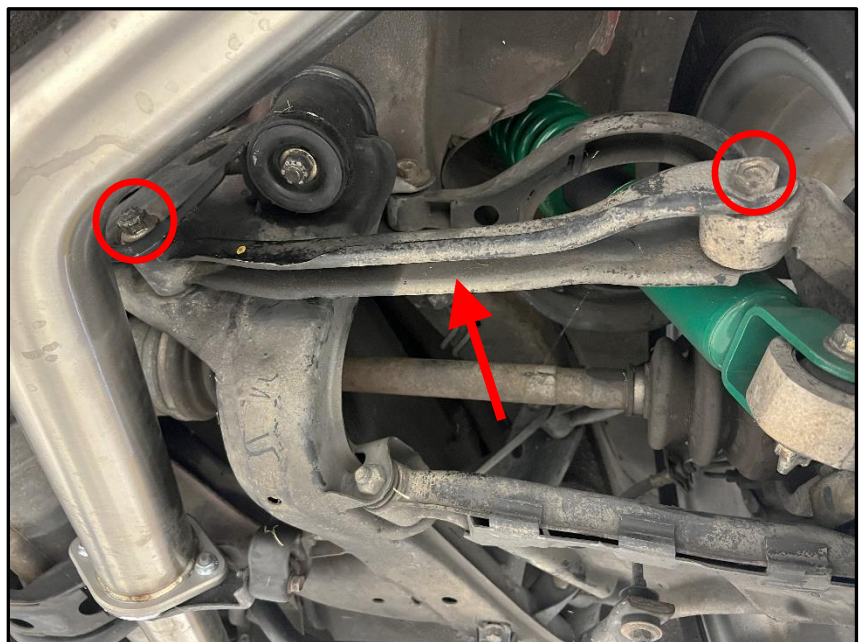
- Always wear safety glasses and any necessary protective garments. If using any fluids, chemicals, or solvents, a respirator is recommended.
- Always turn the ignition to the OFF position and disconnect the NEGATIVE battery terminal.
- Always use properly rated jack stands when working under your vehicle.
- 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 Z32 Toe Arms and verify that ALL necessary hardware is present.

PROCEDURE:

1. Place the transmission in Park position (or in Reverse gear if equipped with a manual transmission). Apply the parking brake.
2. Release tension to rear lug nuts but DO NOT remove the wheels.
3. Locate proper jacking points on vehicle's chassis (refer to vehicle's Owner Manual). Raise and support vehicle using jack & jack stands.
4. Remove rear lug nuts and wheels.
5. On each side of the vehicle, remove the nuts and bolts securing the rear toe arm to the vehicle (toe arm and hardware shown at right).
6. Once the hardware is removed, remove the toe arm from the vehicle.
7. Locate Z1 Toe Arm. Thread each end completely inside body.



8. Set Z1 toe arm next to OEM toe arm and adjust the length of the Z1 arm to match the OEM arm.

Note: Ensure exposed threads at each end does not exceed 15mm.

Note: Ensure there is an equal amount of exposed threads on each end.

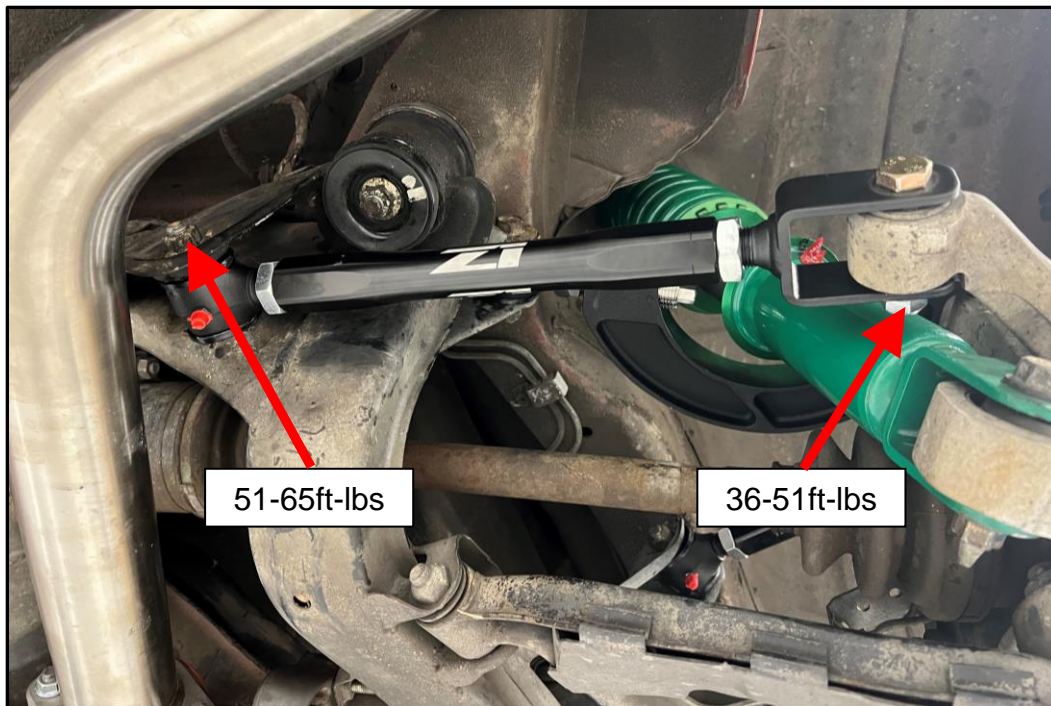
Note: Ensure that ends remain stationary while body is rotated.

Pro Tip!

If you have two long bolts available, slide them through the OEM toe arm and adjust Z1 toe arm so it can slide on the same bolts. This will guarantee the mounting holes are the exact same width.

9. Once length is set, apply red Loctite to exposed threads nearest to the hex arm. Thread jam nut over thread locker and tighten against the hex arm.

10. Position Z1 toe arms onto vehicle. Install OEM nuts and bolts at the subframe and install the supplied M12 nut and bolts on the knuckle. Torque subframe nuts to 51-65ft-lbs and torque knuckle nuts to 36-51ft-lbs (see image below).



Note: If equipped with street version bushings, assure serviceable grease fittings face downwards.

Note: Z1 street version traction arms come equipped with serviceable grease fittings. It is recommended that you add grease after installation and every 5,000 miles to assure long product life. Z1 recommends use of Energy Suspension Formula 5 Pre-lube or other synthetic water-resistant marine-grade grease.

11. Install rear wheel and lug nuts.

12. Properly lower vehicle from jack stands.

13. Torque lug nuts to 80ft-lbs.

14. Perform alignment check & adjust traction arms accordingly.

15. Perform a final test drive of vehicle.

END

Additional Technical Support:

Contact Z1 Motorsports at info@z1motorsports.com

Or call 770-838-7777 between 9am and 6pm ET