

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

## **PARTS INCLUDED:**

| Item | Quantity | Description                |
|------|----------|----------------------------|
| 1    | 2        | Assembled Z1 Traction 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)
- Assorted Metric Sockets/Wrenches
- Torque Wrench
- Channel Lock Pliers

## **SAFETY REQUIREMENTS:**

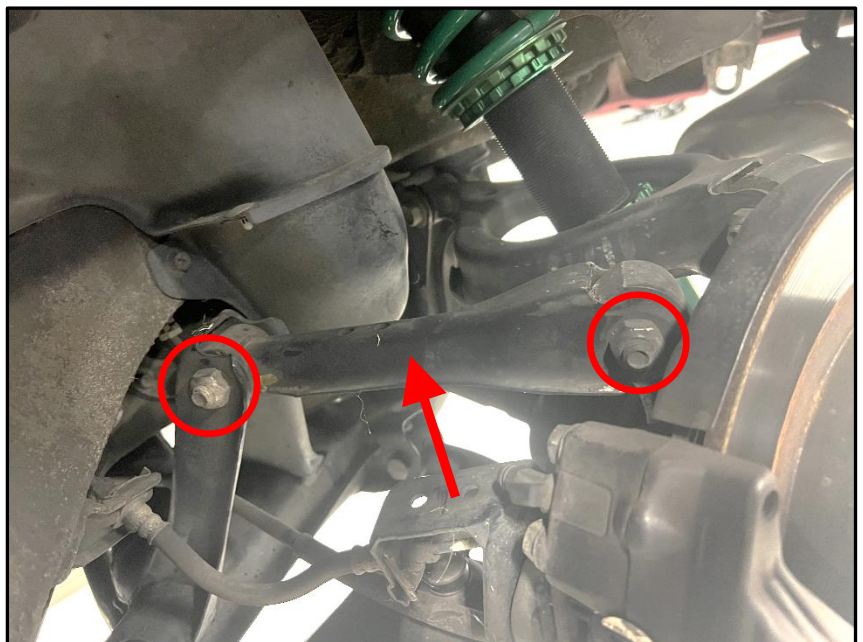
- Always wear safety glasses and any necessary protective garments. If using any fluids, chemicals, or solvents, a respirator is recommended.
- Always turn the ignition to the OFF position and disconnect the NEGATIVE battery terminal.
- Always use properly rated jack stands when working under your vehicle.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

## **BEFORE YOU BEGIN:**

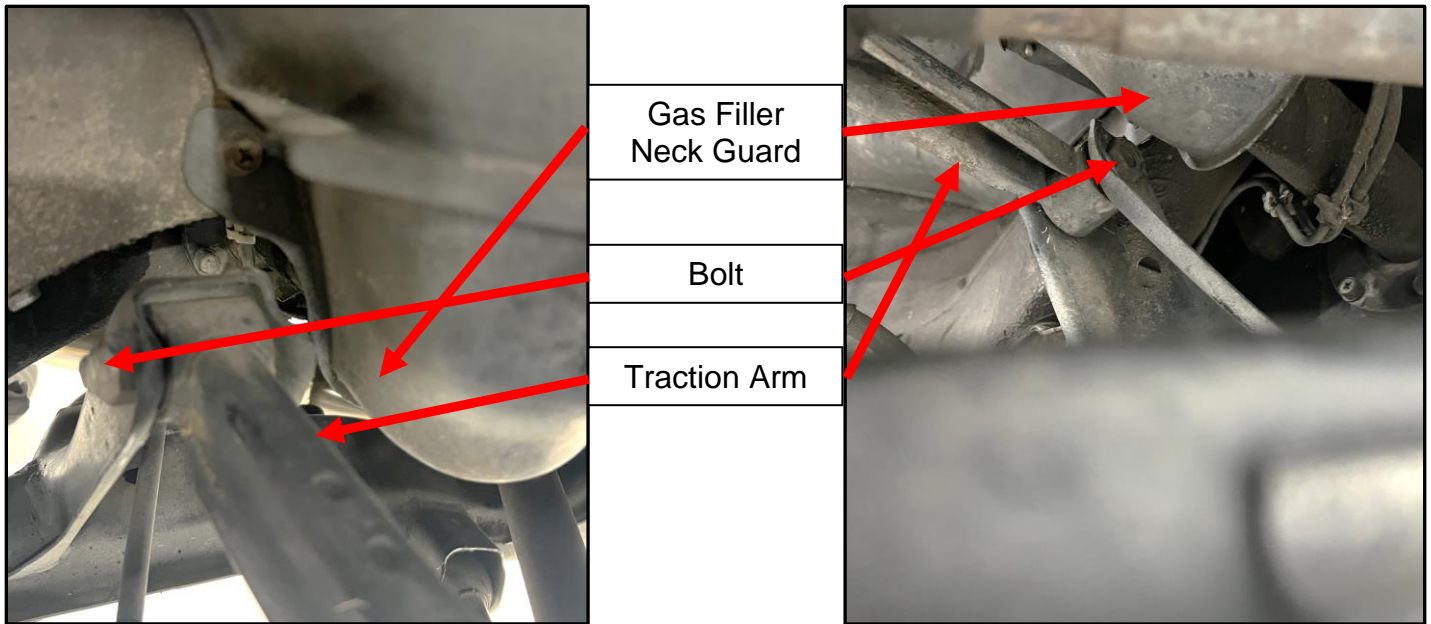
Remove contents from the Z1 Motorsports Z32 Traction Arms and verify that ALL necessary hardware is present.

## **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 traction arm to the vehicle (traction arm and hardware shown at right).

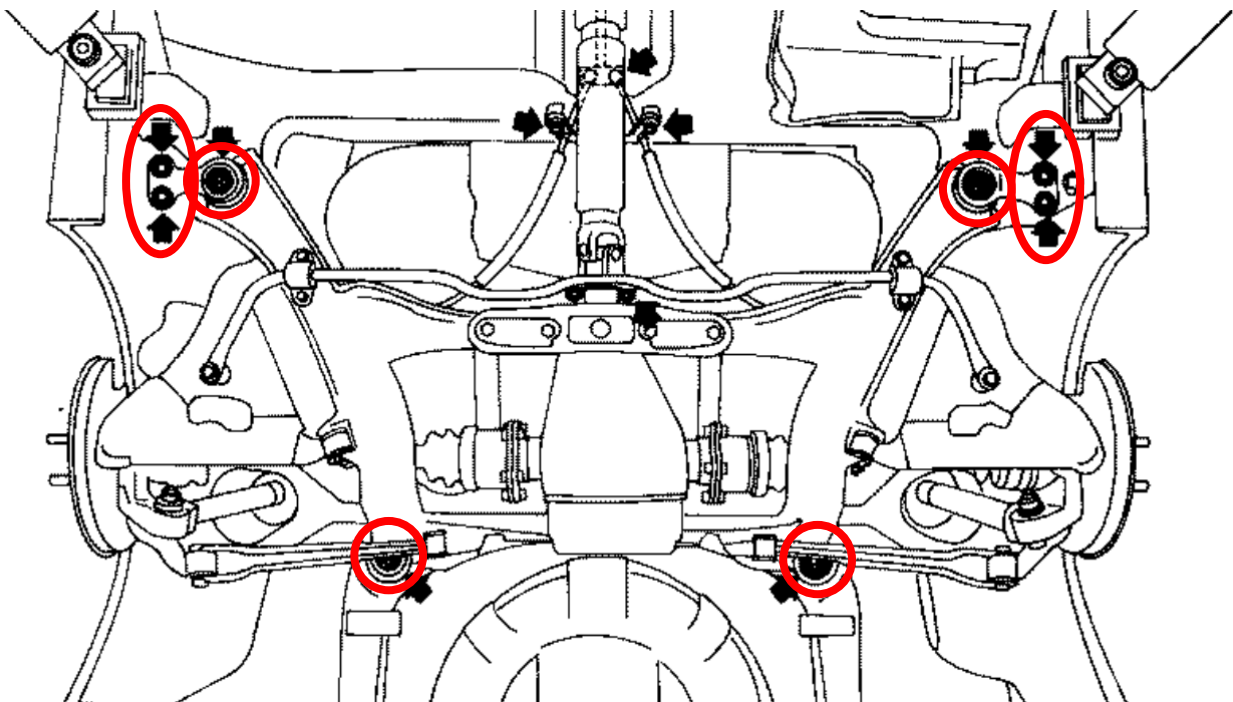


6. On Z32 vehicles, the bolt securing the driver's side traction arm to the subframe cannot be removed easily as the gas filler neck guard interferes and prevents you from being able to remove it (see images below).



7. To remove this bolt there are two options:

- a. Cut the bolt with a body saw or reciprocating saw (Sawzall). This will require a new bolt to be used when installing the new arm.
- b. Drop the subframe a few inches to provide enough clearance to remove the bolt.
  - i. To drop the subframe, first remove the axle-back exhaust components.
  - ii. Depending on what driveshaft you have, you may also need to disconnect the driveshaft from the rear differential input.
  - iii. Place a jack securely under the rear differential.
  - iv. Remove the nuts securing the subframe to the chassis (circled below).



- v. Slowly and carefully lower the jack under the rear differential to lower the subframe, only lower enough to slide the traction arm bolt out.
- vi. Remove the traction arm mounting bolt.
- vii. Repeat previous steps in reverse order to reinstall subframe and components.



8. Once the hardware is removed, remove the traction arm from the vehicle.
9. Locate Z1 Traction Arm. Thread each end completely inside body.
10. Set Z1 Traction arm next to OEM traction 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.

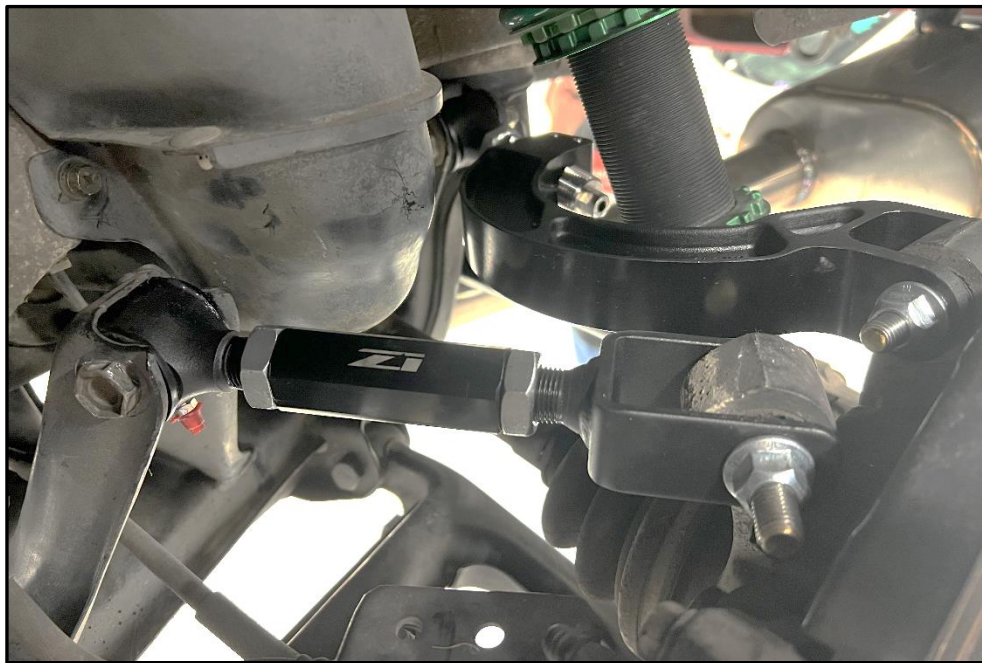
Note: Ensure there is an equal amount of exposed threads on each end.

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

**Pro Tip!**

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

11. 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.
12. Position Z1 traction arms onto vehicle. Install OEM nuts and bolts at the subframe with the driver-side subframe bolt installed in the opposite side of the one it was removed from, so you can remove it later if needed. Install the supplied M12 nut and bolts on the knuckle. Torque nuts to 57-72ft-lbs.



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 Prelube or other synthetic water-resistant marine-grade grease.

13. Install rear wheel and lug nuts.
14. Properly lower vehicle from jack stands.
15. Torque lug nuts to 80ft-lbs.
16. Perform alignment check & adjust traction arms accordingly.
17. Perform a final test drive of vehicle.

**END**

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