

# Z1 350Z/G35 REAR TRACTION ARMS INSTALLATION MANUAL



This Installation Manual is intended for the following models:

2003-2008	Nissan 350Z
2003-2007	Infiniti G35 (Coupe)
2003-2006	Infiniti G35 (Sedan)

## 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 350Z/G35 Rear Traction Arms, consult with a Professional Mechanic, or contact Z1 Motorsports for more information.

## **PARTS INCLUDED:**

Item	Quantity	Description
1	1	Loctite
Street Version Traction Arms		
2	2	Preassembled Traction Arm with Urethane Bushings
Race Version Traction Arms		
3	2	Preassembled Traction Arm with Solid Heim Bushings
4	4	Spacer

## **TOOLS REQUIRED:**

- Hydraulic Jack
- (2) 2-Ton (or greater) Jack Stands
- Ratchet
- Ratchet Extension(s)
- Assorted Metric Wrenches
- Assorted Metric Sockets
- Torque Wrench
- Adjustable Wrench

## **SAFETY REQUIREMENTS:**

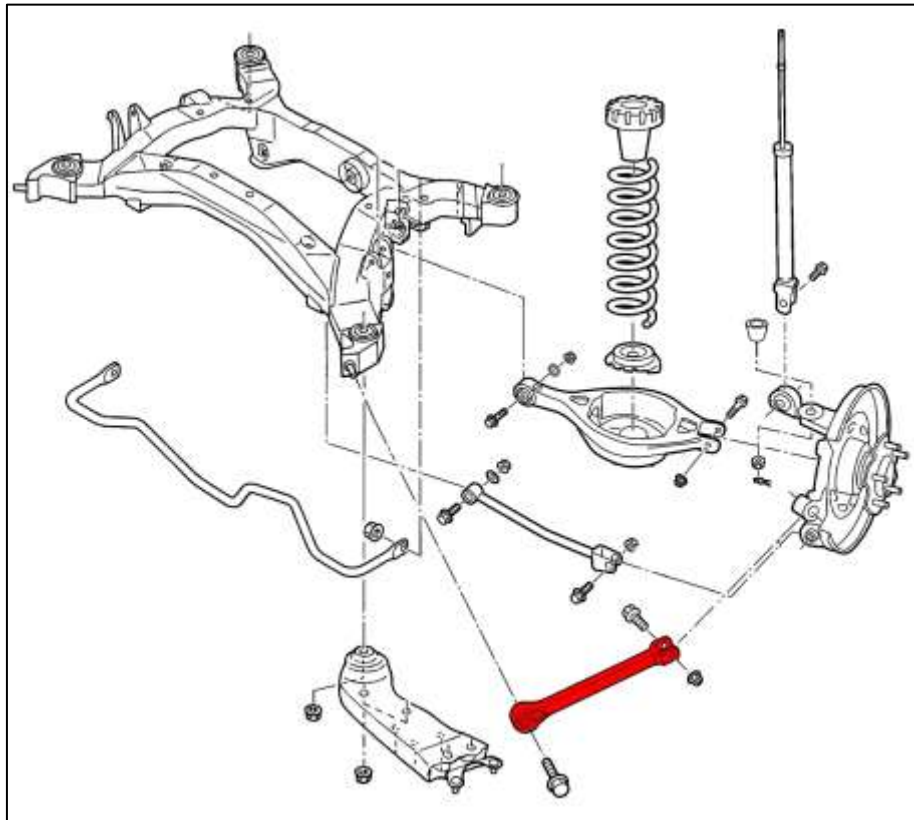
- Always wear safety glasses and any necessary protective garments. If using any fluids, chemicals, or solvents, a respirator is recommended.
- Always turn the ignition to the OFF position and disconnect the NEGATIVE battery terminal.
- Always use properly rated jack stands when working under your vehicle.
- 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 350Z/G35 Rear Traction Arms and verify that ALL necessary hardware is present.

## **PROCEDURE:**

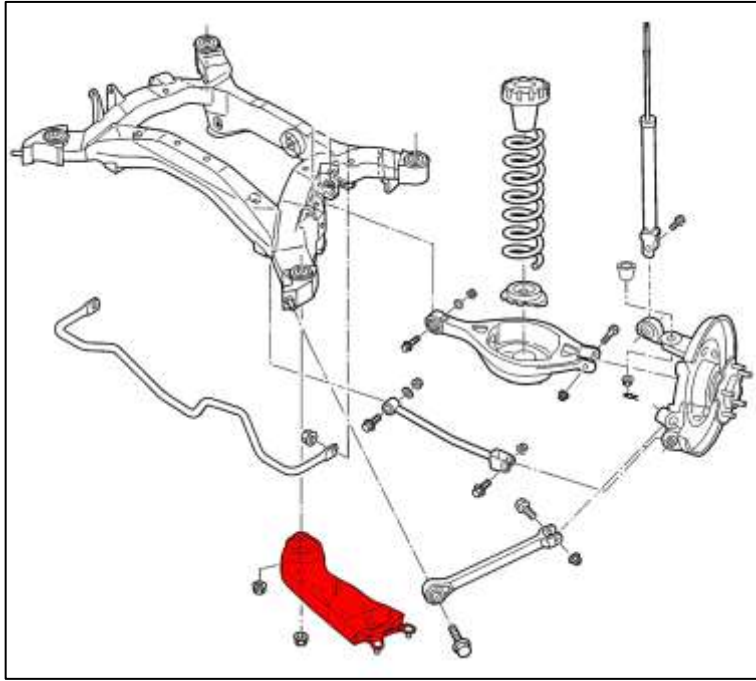
1. Place the transmission in Park position (or in Reverse gear if equipped with a manual transmission). Apply the parking brake.
2. Break loose the lug nuts on the rear wheels but do not remove.
3. Locate the proper jacking points on the vehicle's chassis (refer to the Vehicle's Owner's Manual). Raise and support the vehicle using a jack and jack stands.
4. Remove the rear wheels and lug nuts from the vehicle.
5. Locate the OE Traction Arms on each side of the vehicle. Remove the nut and bolt that secures the Traction Arm to the Knuckle. Retain this hardware. *Figure 1.*
6. Remove the Bolt that secures the OE Traction Arm to the Subframe. Retain this hardware. *Figure 1.*



*Figure 1*

7. Remove the OE Traction Arms from the vehicle.

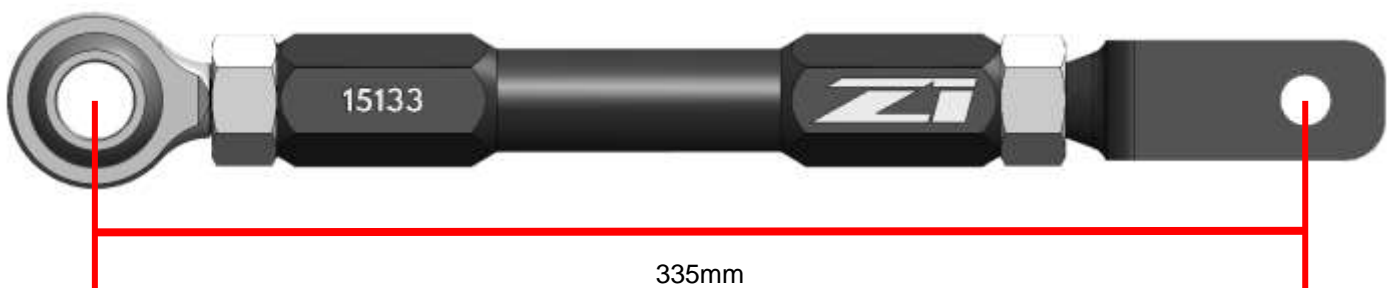
**NOTE:** On Sedan Models, the Rear Main Stay may need to be removed to provide clearance to allow the Traction Arm to be removed. *Figure 2.*



*Figure 2*

8. Locate the Z1 Traction Arms. Thread each end of the arms inside of the body of the Traction Arm.
9. Set the Z1 Traction Arms next to the OE Traction Arms. Adjust the Ends to match the overall length of the OE Arms, it should be ~335mm from the Eye-to-Eye. *Figure 3.*

**NOTE:** Ensure that the exposed threads on each end do not exceed 15mm. Make sure when adjusting one End that the other does not get adjusted at the same time.

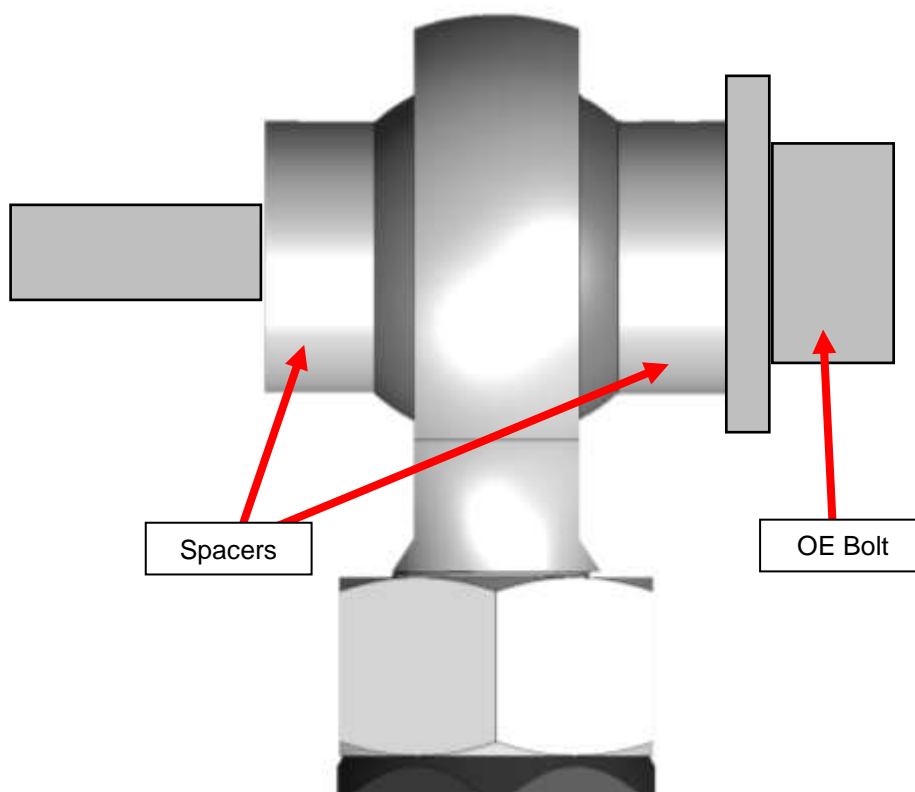


*Figure 3*

10. Once length is set, apply the included Loctite to the threads closest to the center of the Traction Arm. Thread the Jam Nut over the Thread Locker and tighten against the center of the Traction Arm. This may be easier once the Traction arm is on the vehicle.
11. Position the Traction Arms into the vehicle. Race and Street Versions have different install procedures:

**RACE VERSION:**

- a. Place (1) one Spacer onto the stud of the Subframe
- b. Install the Solid Heim Joint onto the Stud of the Subframe.
- c. Hold another Spacer up against the Solid Heim Joint and secure the end with the OE Bolt removed in *Step 6. Figure 4.*
- d. Position the other end of the Traction Arm to the Knuckle and secure with the OE Hardware removed in *Step 5. Figure 4.*



*Figure 4*

### **STREET VERSION:**

- a. Position the Urethane Bushing End onto the stud of the Subframe with the Serviceable Grease Fitting facing **DOWNWARDS**.
- b. Reinstall the OE Bolt removed in *Step 6* to the subframe.
- c. Position the other end of the Traction Arm to the Knuckle and secure with the OE Hardware removed in *Step 5*.
- d. Add Grease to the Urethane Bushings through the fittings. We recommend using a Sythentic Water-Resistant Grease like [Energy Suspension Formula 5 Prelube](#). Add more grease every 5000 miles to increase product life.

12. Torque the bolt on the Subframe Side to **54 ft-lbs**.

13. Torque the bolt on the Knuckle Side to **65 ft-lbs**.

14. Reinstall the Rear Wheels and Lug Nuts.

15. Safely remove the vehicle from jack stands.

16. Torque Log Nuts.

17. Perform a simple alignment check. Adjust Traction Arms as necessary.

18. Have your vehicle professionally aligned. Make sure the Jam Nuts are retightened after alignment.

**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