



300ZX Front Upper Control Arm (FUCA) Bushing Replacement Set Installation Manual



PROLOGUE:

Study these instructions completely and thoroughly before proceeding to assemble. Installation can be completed using common tools and automotive procedures. 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 ANY 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 the installation or various components included with the Z1 Motorsports 300ZX FUCA Bushing Replacement Set, consult with a Professional Mechanic or contact Z1 Motorsports for more information.

Parts Included:

| Single Inboard Bushing Set | | |
|----------------------------|----------|-------------------------|
| Item | Quantity | Description |
| 1 | 2 | Bushings (with notches) |
| 2 | 1 | Sleeve |
| 3 | 1 | Energy Suspension Lube |

| Single Outboard Bushing Set | | |
|-----------------------------|----------|----------------------------|
| Item | Quantity | Description |
| 1 | 2 | Bushings (without Notches) |
| 2 | 1 | Sleeve |
| 3 | 1 | Energy Suspension Lube |

Recommended Tools:

- Bench Vise
- 1/2" Extension (min. 6")
- 22mm Socket
- Paint Pen
- Dead-blow Mallet
- 3/8" Extension (6")

Safety Requirements:

- Always wear safety glasses and any necessary protective garments. If using any fluids, chemicals, or solvents, a respirator is recommended.
- Always lift Vehicle on a level and flat surface.
- Always use properly rated jack stands when working under your vehicle.
- Always turn the ignition to the OFF position and disconnect the NEGATIVE battery terminal.
- 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 FUCA Bushing Replacement Set and verify that ALL necessary hardware is present.

Installation:

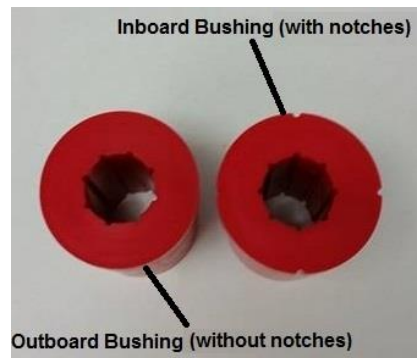
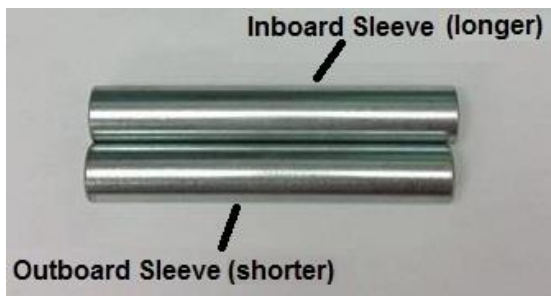
1. Turn off Vehicle's engine and place transmission in Park position (or in Reverse gear if equipped with a manual transmission). Apply Parking Brake and Wheel Chock to backside of rear tire.
2. Raise and support front of vehicle. Locate proper jacking points on vehicle's Chassis (Refer to vehicle's Owner's Manual).
3. Refer to Nissan Factory Service Manual (FSM) for Z1 300ZX FUCA removal procedure.

Note: Label Control Arm location and orientation with paint pen to identify during re-installation

4. Locate contents of the Z1 Motorsports 300ZX FUCA Bushing Replacement Set.

See diagram below and note differences between Inboard and Outboard Bushing sets.

Note: Inboard and Outboard Bushings and Sleeves are not interchangeable.



5. Clamp FUCA End into Bench Vise (as shown).

Note: Wrap End with cloth or similar protective material to prevent damage.

6. Remove Sleeve by placing 3/8 drive extension onto Sleeve and tap through Bushing with Dead Blow Mallet.

7. Loosen Bench Vise, rotate End 180 degrees, and clamp into Bench Vise again.

8. Using a 22mm socket, 1/2 drive extension & Mallet, remove remaining Bushing from End (as shown).

Note: Assure that inside bore of FUCA End is clean and without burrs.



9. Remove End from Bench Vise.

10. Apply a liberal amount of Energy Suspension Lube along inside of each new Bushing.

10. Using a Dead Blow Mallet, install each Bushing into FUCA End.

11. Using a Dead Blow Mallet, install Sleeve through Bushings.

12. Repeat steps 5-11 for other Ends.

13. Refer to Z1 Motorsports 300ZX FUCA Installation Manual for re-installation.

End

Additional Technical Support:

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