



BMW E46M Poly FCAB Upgrade



These installation instructions have been broken up into several sections:

Section 1: The Bushings

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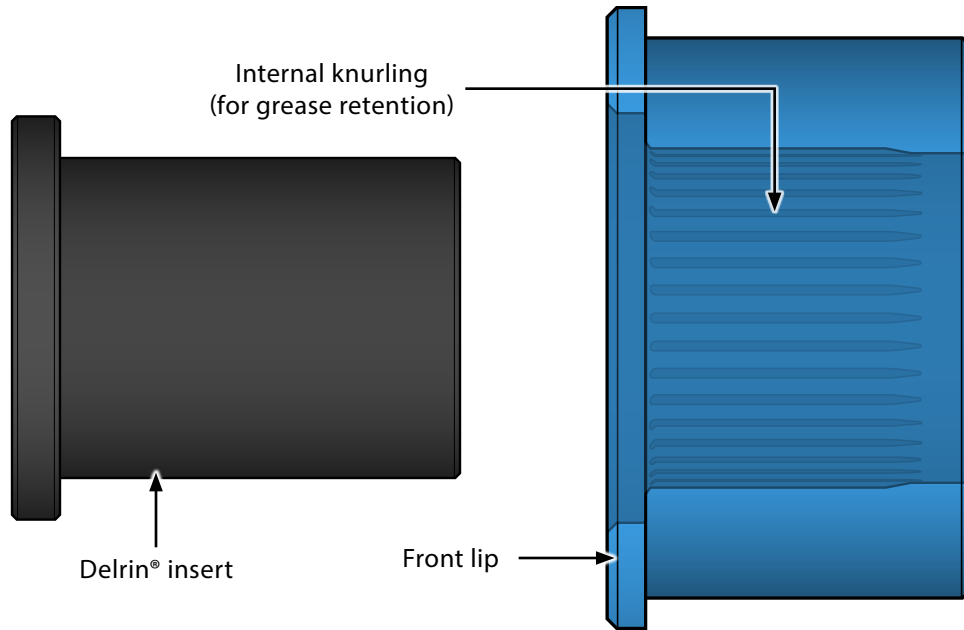
Section 2: The Control Arm Brackets

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Proper service and repair procedures are vital to the safe, reliable operation of all motor vehicles as well as the personal safety of those performing the repairs. Standard safety procedures and precautions (including use of safety goggles and proper tools and equipment) should be followed at all times to eliminate the possibility of personal injury or improper service which could damage the vehicle or compromise its safety.

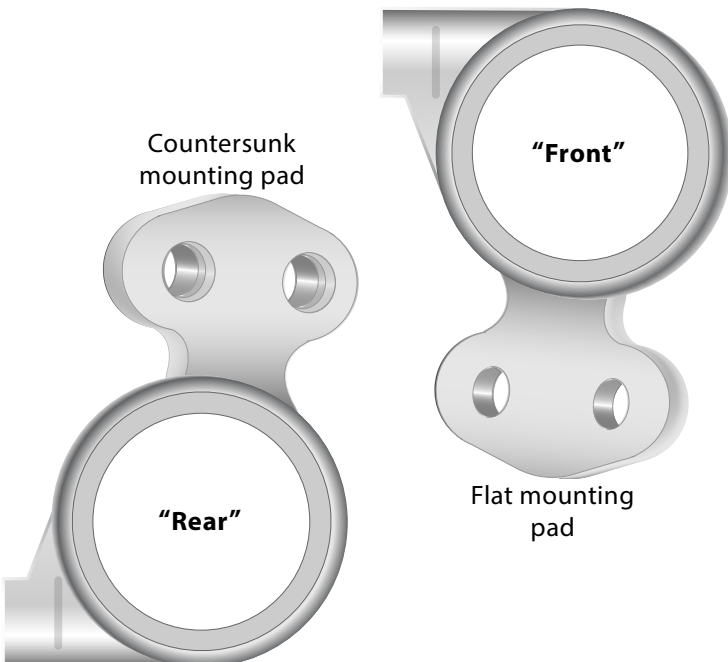
Section 1: Introduction

- The LH and RH bushings are the same, and the front of each bushing has a lip that is a larger diameter than the body. On the vehicle, this side of the bushing will face towards the front of the car.
- Looking at the side view, you can see the larger diameter lip on the front side, the knurling around the circumference, and the grease fitting on the rear.

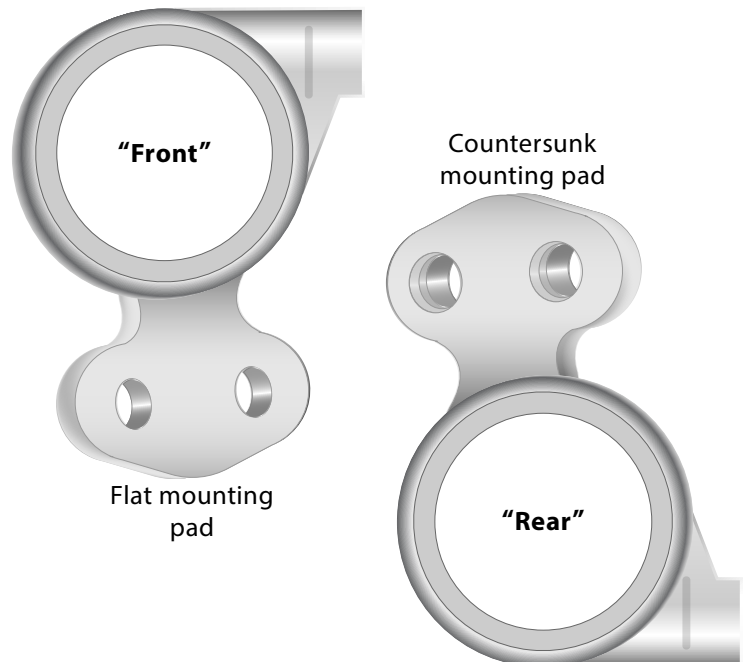


- LH and RH brackets are different and are generally marked with an "L" or an "R", in many cases as a letter at the end of the part number.
- To determine the "front" and "rear" positions, lay them flat on a table. Note the mounting pad on the bracket. The flat side faces downward when installed, and the side with the counter sunk holes faces upward, fitting over the locating dowels on the body.

LH (Left) Control Arm Bracket:

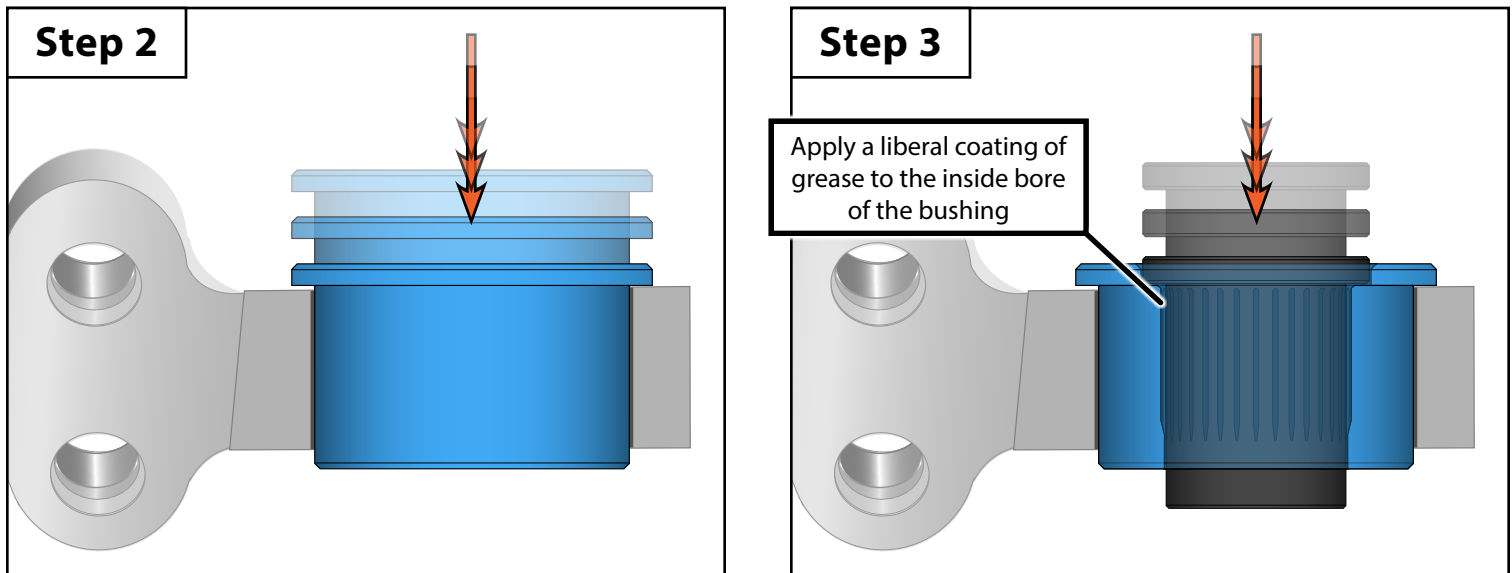
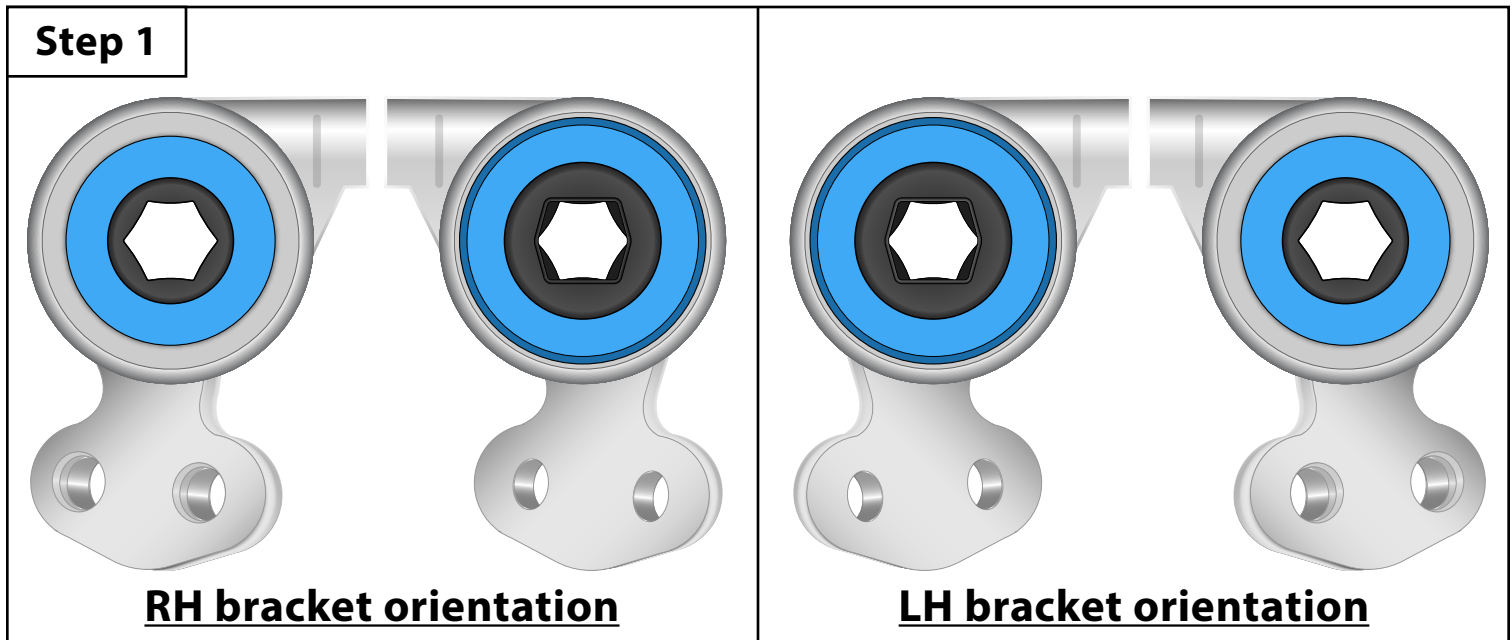


RH (Right) Control Arm Bracket:



Section 2: Installing the Bushings

- Step 1**
- Be sure to properly orient the FCAB housings as shown (**Step 1 Photo**).
- Step 2**
- Push the poly bushing into the FCAB housing until the flange bottoms out (**Step 2 Photo**).
 - There is no need to grease the outside of the bushing.
- Step 3**
- Apply a liberal coating of the included grease to the inside of the poly bushing.
 - Push the Delrin® insert into the poly bushing until it bottoms out (**Step 3 Photo**).
 - **NOTE:** The flange on the insert matches the counter bore on the flanged end of the poly bushing.



Section 2: Installing the Bushings

- Step 4**
- When installing the upgraded brackets onto the control arms, be sure to align the wider edges inside the bearing hex (**Step 4a Photo**) with the wider edges of the hex on the control arm (**Step 4b Photo**).
 - Also be sure that the bracket is installed onto the control arm with the tapered side of the bearing hex facing as shown (**Step 4c Photo**).

