


**FITTING INSTRUCTIONS**
**Rear Track Arm Inner & Outer Bushes (45N & 45M)**
**45M - Outer Bush Contains**

2 x 45M Poly Pieces  
2 x 40AE Inner Tubes

**45N - Inner Bush Contains**

2 x 45N Poly Pieces  
2 x 45P Poly Washers  
2 x 45D Inner Tubes

Outer
Inner


Step 1:  
Remove existing bushes.

Step 2:  
Remove all sharp edges and debris from the bores.

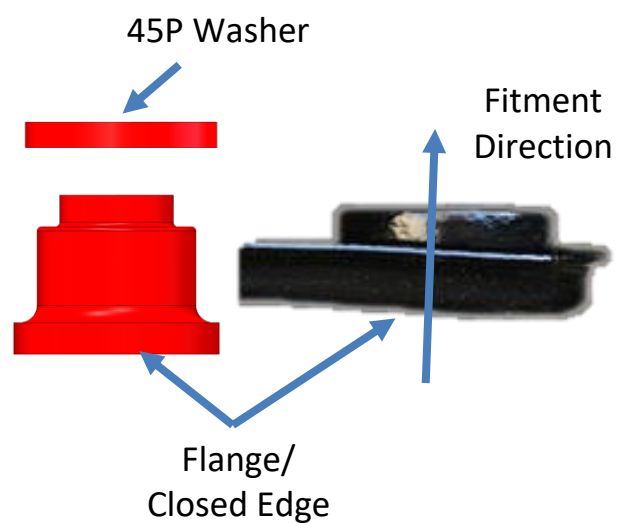
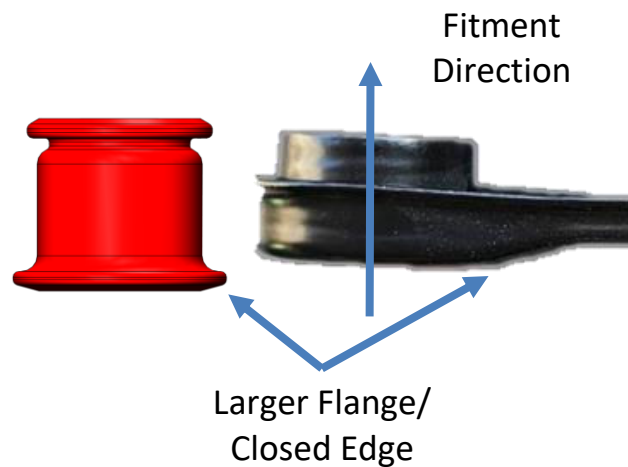
Step 3:  
The 45M fits in the wider of the 2 ends as show in the diagram.  
The larger flange should be towards the closed side of the arm.

Step 4:  
Press in the bush until the flange full seats into the bore and insert the inner tube.

Step 5:  
Push in the 45N bush ensuring the flange is towards the closed side of the arm.

Step 6:  
Place the Poly Washer on the end of the bush and insert the inner tube.

Step 7:  
Refit to the vehicle and tighten to manufactures torque spec when at ride height.



If you have any questions regarding the fitment of these bushes, please give us a ring on 01978 664316 or send us an e-mail on [sales@polybush.co.uk](mailto:sales@polybush.co.uk).