


**FITTING INSTRUCTIONS**
**12AR & 12AS Front Lower Wishbone Bushes**
**Front - 12AR Contains:**

- 2 x 12AP Bushes
- 2 x Inner Tubes
- 2 x Outer Tubes

**Rear - 12AS Contains**

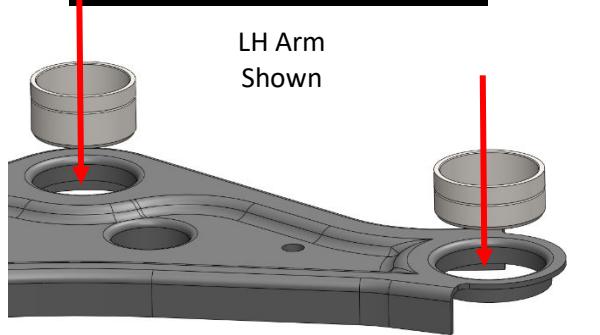
- 2 x 12AQ Bushes
- 2 x Inner Tubes
- 2 x 12AN Outer Tubes

**Step 1:**

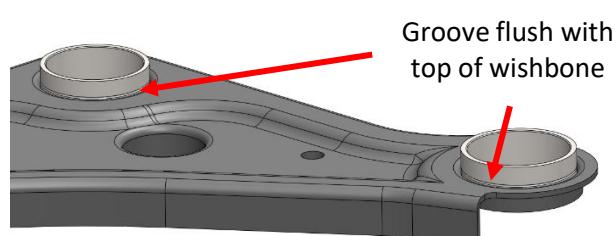
Remove existing bushes.

**Step 2:**

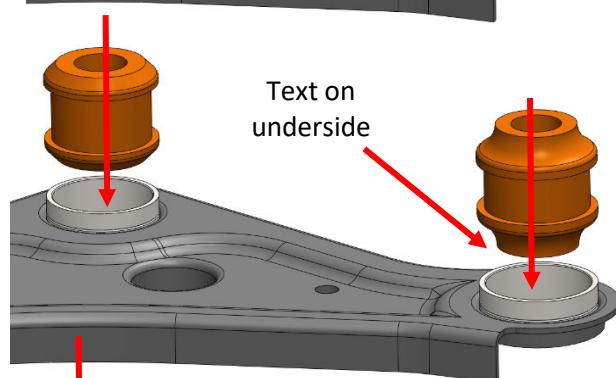
Ensure bores are clean from debris and remove any sharp edges.

**Step 3:**

Align the outer metals with the wishbone bores. The chamfered edges should be facing down leading into the bore.

**Step 4:**

Press the outer metals into the housing until the grooved line is aligned with the top surface of the wishbone.

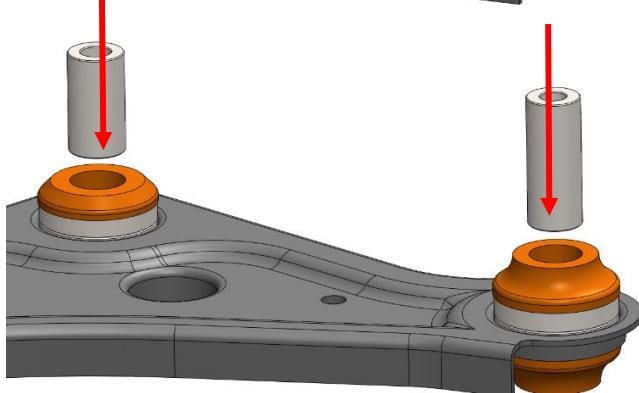
**Step 5:**

Apply washing-up liquid or similar to the leading edges of the bushes, then push the bush into the outer tube until the flanges are fully seated.

**NOTE: 12AS isn't symmetrical.** Text should be on underside of wishbone.

**Step 6:**

Insert the inner tubes until flush with either side of the bushes.

**Step 7:**

Refit to the car and torque to manufacturers settings when at ride height.

**Step 8:**

Repeat for the opposite side.

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 sales@polybush.co.uk