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### **Kit #810 Firebird 1970-73**

### **Interlocking Subframe Body Mount Bushings --- all 4 locations included**

You will require a floor jack and a 2 x 4 or 4 x 4 piece of wood about 14 inches long to do this install.

We prefer a 4 x 4.

#### **Bushing Parts List:**

- (2) --- 2 ¼ diameter male bushings with 11/16 hole
- (2) --- 2-inch diameter 11/16 hole female bushings
- (2) --- 2-inch diameter male bushings with ½ inch hole – radiator core
- (2) --- 2-inch diameter ½ -inch hole female bushings – radiator core
- (2) --- 2-inch diameter spacers with ½ inch hole – radiator core
- (2) --- 1/2" x 3 x 20 grade 5 bolts
- (2) --- ½ x 20 stove lock nuts
- (4) --- ½ fender flat washers
- (2) --- 5/8 x 3-1/2 bolts
- (2) --- 5/8 flat washers
- (2) --- 5/8 lock washers

The fastest way to change body mount bushings is to leave the vehicle on the ground.

You can start with either side however let's start with passenger side.

1. Loosen the bolts on the driver side. There are 3 bolts per side. One at the radiator core, one at the engine firewall, and one at the end of the stock subframe under the front seats. Do not take them out yet. Just loosen the bolts so the body can tilt slightly on the frame. This way the body will remain indexed.
2. Remove all 3 bolts on the passenger side.
3. Take a floor jack with a piece of wood about 14 inches long and place it along the rocker rail about 10 inches back from the front door jam. The block of wood should be next to the lip or rocker rail seam and clear any fuel or brake lines.



Simply raise the body up with the floor jack until the space between the frame and body allow you to remove the old bushings and install the new.



4. Install the bushing under the seat first. The bushing used is a 2-1/4 diameter male. The 2-1/4 width of the bushing goes between the body and the frame. The step drops down through the frame. See photo.



5. After completing step 4, install the same size bushing at the firewall. Note the bushing drops down from the top.



6. The final bushing on the passenger side is the radiator core support. It is one of the 2 inch diameter male bushings with a 1/2 inch hole. This bushing installs inside the frame with the male portion dropping down through the frame. Use one fender washer with the 1/2 inch bolt supplied in your kit and slide it through the frame as shown. See photo:



7. Install the radiator core spacer supplied in your kit onto the male bushing so it will be sandwiched between the radiator core support and the frame.



8. Next slide the radiator core support up and index on the bushing. (See photo)



9. Install the female portion of the bushings. The bushing indexes on the male bushing and sandwiches the core support. Basically when the assembly is tightened, the bushing halves will lock the frame in position so it cannot slip.



Install another fender washer 1/2 inch hole and nut. Run the nut a little to help support the radiator core but do not tighten. It must be able to allow the radiator core to tilt while installing the other side.



10. Install a 5/8 x 3-1/2-inch bolt, with a 5/8-lock washer and 5/8 flat washer and install at the seat location. Do not tighten yet.



11. Install a 5/8 x 4 bolt with a 5/8-lock washer and 5/8 flat washer and install at the firewall location. Do not tighten yet.



12. Remember **DO NOT TIGHTEN** the bolts, you must have room for the frame to tilt in order to do the other side.

13. Move to the driver side and install the bushing in the same manner.

14. Now you should have the bushing installed but not tight. Next use a thick punch at the firewall and slide it up into the centering hole in the unibody. We do this to both sides. This is where the factory aligned the frames to the unibody on this model car. When you get both sides aligned tighten down the bolts at the firewall, rear of the frame, and finally at the radiator core.



Torque the 5/8 bolts to 100 foot pounds. Torque the radiator core bolts to 70 foot pounds.