



TMS Performance Front Control Arm Bushing

Thank you for purchasing the TMS Performance FCAB. This is proudly produced in the USA with parts from all over the world. Professional installation is not required, but recommended.

Please familiarize yourself with these directions completely, as they apply to your kit.

Installation of this kit requires access to the underside of the vehicle. Working on jackstands for this installation is very difficult, but can be done. Doing this job on a lift is recommended.

Parts list for kit: TMS Performance FCAB aluminum housings
Urethane inserts for FCAB housings

Intall Time: 45 minutes



Directions:

Step 1. Start by removing the lower reinforcement panel (for E46 M3s). Remove the bolts holding the lollipop to the chassis, allowing the control arm to hang.



Step 2. Using a bushing removal tool, remove the factory lollipop and bushing from the factory control arm.





Step 3. Clean the end of the control arm from any debris with sandpaper or scotchbright.



Step 4. Push out the factory bushing from the factory FCAB mount. Note that the E46 M3 lollipops have a small “bump”. It is VERY important that the TMS FCAB housing is pressed in from the OTHER side of this bump.





Step 4. (continued)

TMS FCAB housing pressed into factory lollipop. Note orientation of “bump” on factory casting.



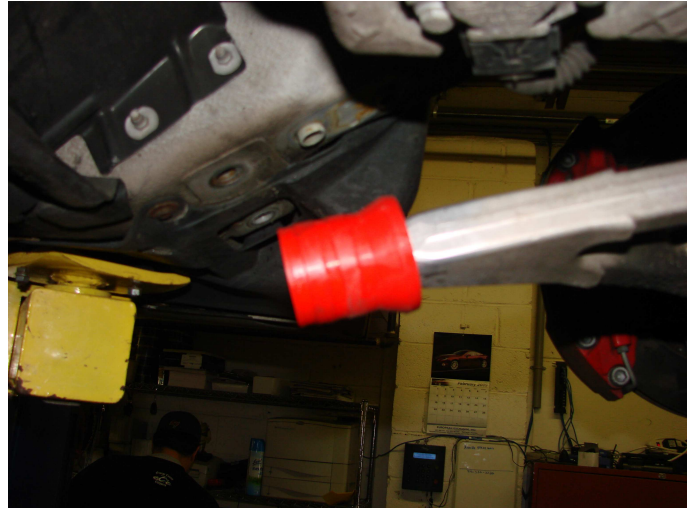
Step 5. Spray some windex on end of the control arm and inside the supplied urethane bushing. Using a deadblow hammer, pound bushing onto end of control arm until flush.





Step 5. (continued)

Urethane bushing installed on end of control arm. Urethane bushing end is FLUSH with end of control arm.



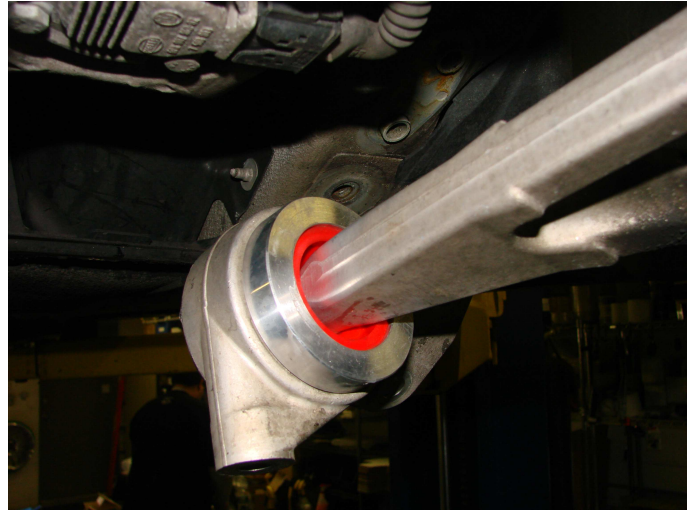
Step 6. Lubricate the outside of the urethane bushing as well as the inside of the FCAB housing. Start to push (and twist) the FCAB housing assembly onto the urethane bushing. You can use the deadblow hammer to get it started.





Step 7. Once completely on, the bushing will be complete stop inside of the FCAB housing. Note that there is a small lip inside of the FCAB housing which the urethane bushing will sit inside.

The FCAB housing should turn freely once completely installed.



Step 8. Reattach factory lollipops to chassis. Reinstall factory reinforcement plate. Test drive.