

# Team Z Motorsports

## *Tubular Front Control Arm installation instructions*

### Parts Included:

2-Front Lower Control Arms

(Bushings and ball joints already installed)

Optional-Heavy Duty Bolt Kit

**NOTE:** A coilover kit must be used with these front lower control arms

1. Jack up front of vehicle and place firmly on jack stands.
2. Remove front wheels
3. Disconnect front sway bar end links
4. Slightly raise the control arm with a floor jack, putting a little pressure on the strut.
5. Remove ball joint cotter pin and castle nut.



6. Hit the side of the spindle with a hammer to loosen the ball joint. Be careful to not damage anything. A ball joint separator tool may be needed. This tool may cause damage to the ball joint.
7. Slowly lower the jack easing the tension on the coil spring. Some springs will need spring compressors to allow safe removal.



*Front Control Arm Bolt*

8. Once the spring is out you can remove the control arm mounting bolts. And slide the control arm out.



*Rear Control Arm Bolt*

9. Grease the bushing in the control arms. Use a Teflon based or waterproof grease for the best results.



Front Control Arm Bolt



Rear Control Arm bolt

10. Slide the Team Z control arms into the K-member and install bolts.
11. The forward bolt has to be installed from the front. The steering rack may need to be moved out of the way for this. If installed the wrong direction it could rub on the steering rack.
  - a. Loosen the 2 bolts on the steering rack
  - b. Loosen the clamp on the steering shaft
  - c. Slide rack forward to make room
12. Torque the control arm bolts to 148 ft lbs.



13. Slide the ball joint through the spindle and torque nut to 129 ft lbs.  
Reinstall or replace the cotter key through the castle nut.
14. Reinstall front end sway bar lings.
15. Reinstall wheels and torque lug nuts.
16. Have a proper front end alignment done.