

Thank You Letter

Many thanks for purchasing this Powerflex Handling Package.

This selection of parts has been put together to give you the perfect combination of value versus performance and based on years of experience, we have selected what we feel are the products that are going to give you the best handling improvements for your vehicle whilst being mindful of cost.

Your Powerflex Handling Package can be fitted to refresh the suspension feel of your vehicle or can be a great accompaniment to other suspension upgrades when preparing a vehicle for track driving.

Below is a listing of the parts included in this kit,

- PFF5-101 - FRONT WISHBONE REAR BUSH x 2
- PFF5-101MS - SUPPORT KIT FOR PFF5-101 x 2
- PFF5-120 - LOWER ENGINE MOUNT LARGE BUSH x 1
- PFR5-1104 - REAR TRAILING ARM FRONT BUSH x 2
- PFR5-115 - REAR SHOCK TOP MOUNTING BUSH x 2

We hope you enjoy the difference Powerflex suspension bushes make to your vehicle.



POWERFLEX®

PART NUMBER

PFF5-101

DESCRIPTION

FRONT LOWER ARM REAR BUSH

INSTALLATION GUIDE

Contents (parts per pack):

2 x Polyurethane A Bushes 2 x Polyurethane C Bushes
2 x Polyurethane B Bushes 1 x PTFE / Silicone Grease

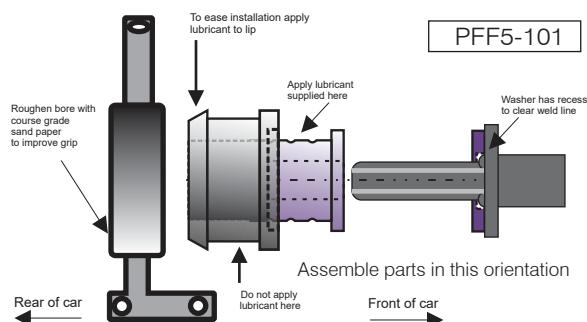
Please read the complete fitting instructions and check package components before fitment. These fitting instructions are to be used as a guide and in conjunction with workshop manual.

It is recommended that:

- all work to be carried out by a licensed technician;
- all safety precautions adhered to;
- wheel alignment to be checked and adjusted as required after any suspension work.
- All fasteners must be tensioned to manufacturer's torque settings.

Fitting Instructions:

1. Remove the front lower arm and rear mounting bracket.
2. Remove the arm from the bush and remove the bush from the bracket, make sure you note which way the bracket faces on the car.
3. Clean any dirt and rust from the arm and bracket. Lightly roughen the bore of the bracket with some emery paper.
4. Apply a light smear of washing up liquid around the tapered lip of the larger polyurethane outer bush. Push the tapered end into the forward facing end of the bracket making sure the lip pops through the back end to hold the bush into position.
5. Slide the washer onto the hexagon pin of the arm with the recess facing the arm to miss the welds, then slide the smaller polyurethane inner bush onto the hexagon of the arm.
6. Apply some of the supplied grease to the outside of the inner bush and to the inside of the outer bush.
7. Fit the bracket and bush back onto the arm and bush, the inner bush will fit into the recess on the larger bush so the washer touches the larger bush.
8. Refit the arm and bracket back onto the car and tension to the manufacturers recommended torque settings.



POWERFLEX®

PART NUMBER

PFF5-101MS

DESCRIPTION

FRONT WISHBONE REAR BUSH SUPPORT KIT

INSTALLATION GUIDE

PFF5-101MS is to provide additional support to PFF5-101

Contents (parts per pack):

2 x Zinc Plated Washers 2 x Shake-proof washers
2 x M14 Mounting Bolts 1 x PTFE/Silicone Grease

Please read the complete fitting instructions and check package components before fitment. These fitting instructions are to be used as a guide and in conjunction with workshop manual.

It is recommended that:

- all work to be carried out by a licensed technician;
- all safety precautions adhered to;
- wheel alignment to be checked and adjusted as required after any suspension work.
- All fasteners must be tensioned to manufacturer's torque settings.



Fitting Instructions:

1. Assuming this upgrade is being carried out as part of fitting PFF5-101, the front wishbone will already have been removed from the vehicle.
2. Secure the wishbone in a vice and tap the centre of the hexagonal pin on the wishbone using an M14 x 2.00 metric tap. Clean away any dirt or corrosion at this point.
3. Re-fit the wishbone and bracket to the subframe of the vehicle, including our PFF5-101 bush.
4. Fit the supplied spring washer to the bolt, followed by the large plated washer. Apply supplied grease to the end of each bush that will contact the large washer.
5. Fit the bolt to the arm using a small amount of thread lock liquid (not supplied) to help secure the assembly.
6. Tighten the bolt to 112NM or 83 ft-lb. Please do not over tighten.

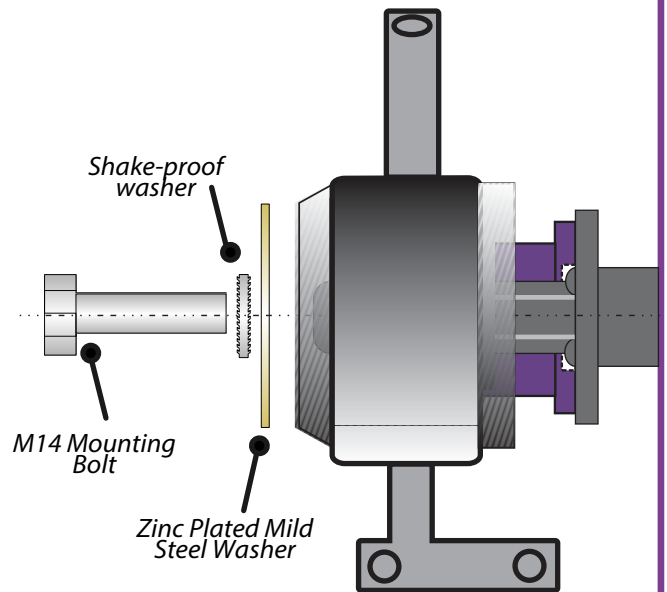


Figure 1



Figure 2



PART NUMBER

PFF5-120

DESCRIPTION

MINI GEN 1 LOWER ENGINE MOUNT LARGE BUSH

INSTALLATION GUIDE

Contents (parts per pack):

- | | |
|---------------------------|----------------------------|
| 1 x Polyurethane A Bush | 1 x Stainless Steel Sleeve |
| 1 x Polyurethane B Bush | 1 x PTFE Silicone Grease |
| 1 x Polyurethane C Insert | |

Please read the complete fitting instructions and check package components before fitment. These fitting instructions are to be used as a guide and in conjunction with workshop manual.

It is recommended that:

- all work to be carried out by a licensed technician;*
- all safety precautions adhered to;*
- wheel alignment to be checked and adjusted as required after any suspension work.*
- All fasteners must be tensioned to manufacturer's torque settings.*



Fitting Instructions:

1. Remove original bush from the arm, clean any dirt and corrosion from the bore in arm.
2. Push the A bush into the bore of the arm. Push the B bush into the bore of the arm, aligning the features on the bush with the A bush until both bushes sit flush with the arm.
3. Apply some of the supplied grease to the bore of the bush and insert the sleeve.
4. Refit the arm to the car using the original bolt and washer, tension all hardware to the manufacturers recommended torque settings.
5. To limit flexibility of the bush, add the supplied polyurethane insert (C) into the B part of the bush.



A Bush



B Bush



C Insert



Sleeve



Insert Fitted



PART NUMBER

PFR5-1104

DESCRIPTION

REAR TRAILING ARM FRONT BUSH

INSTALLATION GUIDE

Contents (parts per pack):

- | | |
|----------------------------|----------------------------|
| 2 x Polyurethane A Bush | 2 x Stainless Steel Sleeve |
| 2 x Polyurethane B Bush | 1 x PTFE Silicone Grease |
| 2 x Aluminium Outer Shells | |

Please read the complete fitting instructions and check package components before fitment. These fitting instructions are to be used as a guide and in conjunction with workshop manual.

It is recommended that:

- all work to be carried out by a licensed technician;
- all safety precautions adhered to;
- wheel alignment to be checked and adjusted as required after any suspension work.
- All fasteners must be tensioned to manufacturer's torque settings.



Fitting Instructions:

1. Remove the original rubber bush and outer shell from the front position of the rear trailing arm support bracket. Clean any dirt or corrosion from the bore in the bracket.
2. Press the outer shell into the bracket from the outside of the car until the larger diameter of the shell is against the bracket.
3. Check the stainless steel sleeve is not in the bush. Press the A part polyurethane bush into the outer shell from the inside of the car. Press the B part polyurethane bush into the shell from the outside of the car.
4. Apply some of the supplied grease to the bore and both ends of the bush and insert the sleeve into the bush. The original pressed steel washer fits against the B part of the bush from the outside of the car.

B Bush
Outside of car
- Fits against original domed washer



A Bush
Inside of car
- Fits against trailing arm spigot