

Installation instructions

For set # 3.3190

1999-04 CHEVY / GMC

K1500 SILVERADO / SIERRA 4WD



1131 VIA CALLEJON, SAN CLEMENTE, CA 92673

© 2005 Energy Suspension. All rights reserved.
May not be reproduced, in any form, or by any means,
without the written consent of Energy Suspension.

It is recommended that if you are unfamiliar with this type of work that you refer to a qualified service center specializing in this type of work. It is also recommended that if you choose to do this work yourself that a factory service manual be obtained for the proper procedures pertaining to removal, replacement and proper torque specifications for your vehicle. This instruction set is intended as a guideline for the safe installation of Energy Suspension's polyurethane bushings, once you have removed the factory components from your vehicle.

Parts list: Energy Suspension recommends that you **read over all the installation instructions** and check all P/N's and quantities in the parts list **before you start**. Call customer service at 949-361-3935 if the parts in your kit do not match this parts list.

- 4 - **3426** (upper bushing) (must reuse shell, inner sleeve and cap washers).
- 2 - **3375** (lower front bushing).
- 2 - **15.10.413.39** (lower front sleeve 1.00"O.D. x .640"I.D. x 2.950"LG).
- 2 - **3376** (lower rear bushing).
- 2 - **15.10.414.39** (lower rear sleeve 1.00"O.D. x .640"I.D. x 3.860"LG).
- 2 - **8319** (lower shock bushing, front casting side).
- 2 - **8320** (lower shock bushing, rear machine side).
- 2 - **15.10.524.39** (lower shock sleeve 1.00"O.D. X .563" I.D. X 1.340"LG).
- 8 - **9.11108** (grease).
- 1 - **17440** (this instruction sheet).

Apply grease to all metal parts that will contact the polyurethane bushings.

DO NOT REMOVE OUTER METAL SHELL FROM UPPER CONTROL ARM.



To remove cap washers on upper control arm, clamp cap washer in vice and wiggle arm back and forth. Inner sleeve is not bonded, use spray lube to help press it out.

LOWER CONTROL ARM SHOCK POSITION



The outer metal shell must be pressed out before installing the new shock bushings. I.D. of control arm is $\varnothing 1.610$ ". Press out shell with something smaller than $\varnothing 1.610$ ".

After inner sleeve has been removed, pry out old bushing. Make sure inside surfaces are free of all old bushing material and sharp edges. Coat urethane bushing, sleeve and shell I.D. with supplied grease. (all surfaces of bushings that contact metal). Inner sleeve and cap washer must be reused.



Lower control arm



There is no outer metal shell to press out. The rubber bushings are bonded to the inner sleeve, but not the control arm. Press the bushing/sleeve out as a unit. Use spray lube to help remove the old rubber bushings from the lower control arms.