POMER	FLEX®
PFF60-1001G FROM	TWISHBONE BUSHES ADJUSTABLE
	GUIDE
Contents (parts per pack):	
8 x Polyurethane Bushes 4 x Stainless Steel Sleeves 1 x C45 Spanner4 x Zinc Plated Outer Shells 1 x PTFE/Silicone Grease 4 x Zinc Plated WashersPlease 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: 	Stainless Steel
1. Remove the original bush from the arm.	
2. Clean any dirt or burrs from the bore in the arm. Remove any sharp edges with a rounded file.	Polyurethane Bush
3. Press in the Zinc Plated Outer Shell into the arm from the inside of the arm out, as shown in figure 1.	Front Wishbone
4. Press a top hat bush from either side of the outer shell as shown in figure 1.	
5. Apply the supplied grease to the bore and the mounting faces of each bush.	Outer Shell
6. Fit the Stainless-Steel sleeve into the bushes with the adjustable part on the outside of the arm, shown in figure 1.	Polyurethane Bush
7. Fit the washer to the opposing end of the stainless steel sleeve.	Mild Steel Figure 1 Washer Offset Hole for Adjustable Camber
8. Use the included spanner to rotate the sleeve to provide a range of camber to the wheels see figure 2.	
9. Refit the arm and tension all hardware to manufacturers recommended torque settings.	Camber Degree Increase Figure 2

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