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Part#: 124340, 124360

Adjustable Flex Lower Control Arms

Jeep Wrangler TJ

Cherokee XJ

Grand Cherokee ZJ

READ AND UNDERSTAND ALL INSTRUCTIONS AND WARNINGS PRIOR TO INSTALLATION OF SYSTEM AND OPERATION OF VEHICLE.

PARTS LIST

Part #	Qty	Description
A176	2	Front or Rear Adjustable LCA w/ Rubber Bushings
OR		
A210	2	Front or Rear Adjustable LCA
60107	2	90 Degree Zerk Fitting
3537BK	4	Control Arm Bushing
61	2	7/8" x 2 5/8" Sleeve

FRONT INSTALLATION

1. Park the vehicle on a clean, flat surface and block the rear wheels for safety.
 2. Raise the front vehicle and support with jack stands under the frame behind the lower control arm mounts.
 3. Remove the wheels.
 4. Support the axle with a hydraulic jack.
 5.  Optional : Disconnect the track bar from the axle. This will aid in realignment of the control arm bolts by allowing the axle to be centered under the vehicle at all times.
 6. Remove the passenger's side lower control arm from the frame and axle. Retain OE hardware.
 7. If installing the 124360 control arm kit with poly bushings, grease and install the bushings and sleeves in the control arm ends. Install the grease fitting in the arm so it faces forward once installed. Use lithium-based grease only.
 8. Adjust the arms to the desired length. Lengthening the arms will increase caster and reduce the pinion angle.
-  Note: Factory Length is 15-3/4". Be sure that both the driver's and passenger's arms are identical length.
9. Using the OE hardware, install the rubber control arm end in the axle with the bend down for axle mount clearance. The flex end mounts to the frame with the grease fitting up. (Figure 1). Torque flex end hardware to 130 ft-lbs. Leave hardware at the axle loose. It will be tightened with the vehicle at ride height.



Figure 1

10.  Repeat installation procedure on the driver's side.
11. Install the wheels.
12. Lower the vehicle to the ground and bounce the front to settle the suspension.
13. If disconnected, install the track bar to the axle with the OE hardware and tighten to OE specs: 55 ft-lbs.
14. Tighten the control arm axle mount bolts to OE specs: 85 ft-lbs.
15. Check all fasteners for proper torque.
16. Check all fasteners after 500 miles.

REAR INSTALLATION

17. Raise the rear of the vehicle and block the front wheels for safety. Support with jack stands under the frame in front of the rear control arm mounts.
 18. Remove the wheels.
 19. Support the axle with a hydraulic jack.
 20.  Optional : Disconnect the track bar from the axle. This will aid in realignment of the control arm bolts by allowing the axle to be centered under the vehicle at all times.
 21. Remove the passenger's side lower control arm from the frame and axle. Retain OE hardware.
 22. If installing the 124360 control arm kit with poly bushings, grease and install the bushings and sleeves in the control arm ends. Install the grease fitting in the arm so it faces rearward once installed. Use lithium-based grease only.
 23. Adjust the arms to the desired length. Lengthening the arms in the rear will lower the pinion angle.
-  Note: Factory TJ length is 15-3/4". Factory ZJ length is 16-11/16". Be sure that both the driver's and passenger's arms are identical length. Do not adjust the arms longer than 17 5/16" when installing the arms in the rear of a Grand Cherokee ZJ.
24. Follow the same procedure as the front installation.
 25. If disconnected, install the track bar to the axle with the OE hardware and tighten to OE specs: 70 ft-lbs.
 26. Tighten the control arm axle mount bolts to OE specs: 130 ft-lbs.
 27. Check all fasteners for proper torque.
 28. Check all fasteners after 500 miles.

NOTICE TO DEALER/INSTALLER

These instructions, the warning card, and included decals must be given to the owner of this BDS Suspension product.

For questions, technical support and warranty issues relating to this BDS Suspension product, please contact your distributor/installer before contacting BDS Suspension directly.

Sold/Installed by: