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Billet Aluminum Body Mount Installation Instructions For 67 to 69 Camaro/firebird & 68 to 74 Nova

Installation Instructions:

Disclaimer: All parts should be installed by a certified mechanic if you choose to install them your self you do so at your own risk.

The vehicle should be on a level surface before you start.

1. Leave the vehicle on the ground and un-bolt the driver's side and passenger side rear bolts (you will probably need to apply penetrating fluid to the bolts to remove them) see diagram below.
2. Once the bolts are out there should be enough room to slip the top mount in the frame. Once the top mount is in place, install the lower interlocking mount and then screw in the supplied bolts (loosely).
3. Remove the bolts at the mid and front position (see diagram for details).
4. Use a floor jack and place a 4"X4"X12" piece of wood on the jack and centre it under the strongest part of the body near the front of the vehicle then gently raise the vehicle taking care not to bend the body until there is enough room to remove the old mounts. Then slip the mid upper mount in place followed by the front upper mount.
5. Once the mid and front upper mounts are in place gently lower the vehicle back down until there is no more gaps between the body, mount and frame.
6. Install the lower mid interlocking mount on both sides and then screw in the supplied bolts and washers loosely.
7. Install the front upper interlocking mounts and supplied bolts and hardware.
8. Insure that the fenders still line up with the body as rubber mounts compress and distort over time.
9. Torque the bolts to the specs in the below noted diagram.
10. Finally enjoy your new ride.

