

Speedtech **PERFORMANCE**

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Billet Aluminum Body Mounts

For '67 to '81 Camaro/Firebird & '68 to '74 Nova



Installation Instructions

The following instructions are intended for professional installers and are guidelines only. Speedtech Performance assumes NO responsibility for the installation of any of its products. All products must be installed by qualified professionals only

Thank you for purchasing your new Speedtech aluminum solid body bushing kit. Installing this product will require the unbolting of your sub frame. Take all necessary precautions whenever jacking up your vehicle and use safe and sturdy jack stands to support the vehicle whenever it is off the ground. Be sure to take all other safety precautions required to do the job correctly.

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Body Bushing Hardware Kit Checklist

- Body Bushing Instructions -1

Bolts

- Front Radiator Support (2)

1/2 x 3 NF

- Mid and Rear Mount (4)

5/8 x 3 1/2 NC

(Nova has (2) 5/8x 4 NC for the mid mount and (2) 5/8x 3 1/2 NC for the rear mount)

Nylock Nuts

- 1/2" (2)

Washers

- 1/2" Plate (4)
- 5/8" Plate (4)
- 5/8" Lock (4)

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

1. You will notice the mounts have grooves cut into them, this will identify in what position they go. The mount with 1 groove is the front radiator support and the 2 groove mounts are for the firewall and the rear mount positions.

2. Leave the vehicle on the ground and unbolt the driver's side and passenger side rear bolts. (you may need to apply penetrating fluid to the bolts to remove them)

3. Once the bolts are out there should be enough room to slip the top mount in the frame. With the top mount in place, install the interlocking lower mount. Coat the threads of two 5/8 X 3 1/2" bolts with anti seize and loosely thread into the body.

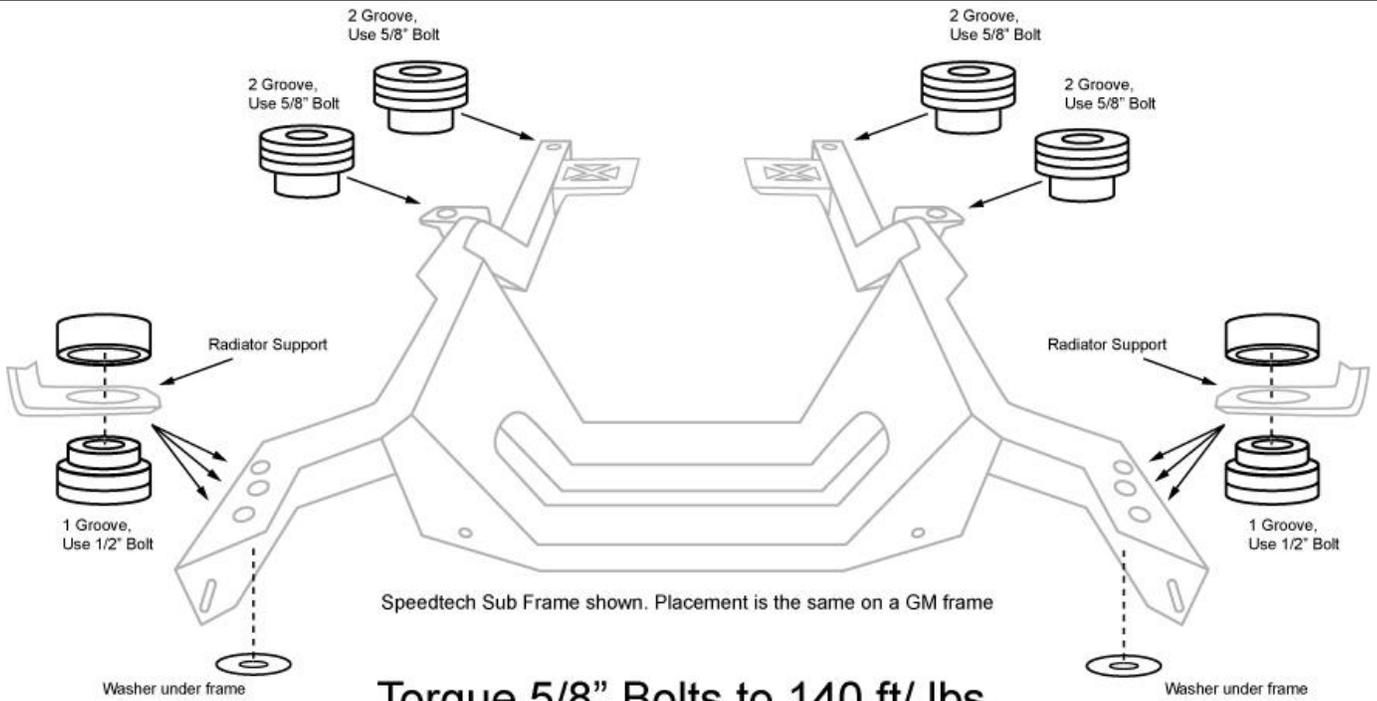
4. Remove the bolts at the mid and front positions. Place a 4"X4"X12" piece of wood on a floor jack and center it under the strongest part of the body near the front of the vehicle. Taking care not to bend the floor pan or body, gently raise the vehicle. This will cause the front of the frame to droop down. When there is enough room, remove the old mounts and 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 longer a gap between the body mount and frame.

6. Install the mid position lower interlocking mount on both sides, apply anti seize to the threads of the remaining 5/8" bolts and loosely thread them in. Install the front lower interlocking mounts with the 1/2 X 3" bolts and hardware in the same fashion.

7. As rubber mounts tend to compress and distort over time, ensure that the hood and fenders line up properly with the body.

8. Cross measure the sub frame to ensure it is straight and square to the body. Take measurements at the F and G positions on the following diagram. There is no guarantee the frame was square when you started so do not skip this important step. When the frame is squared in, torque the bolts to 140 ft lbs.



Torque 5/8" Bolts to 140 ft/ lbs.
 1/2" Bolts to 40 ft/ lbs.



1967-1969 Camaro, 1968-1974 Nova Measurement Guide

