

# Fitting Instructions

## - BHR75Z

Code: Z270A  
Rev A

### Application:

Holden / Opel Astra Mk4/5 1999-2009 - rear swaybar.  
Always refer to current catalogue for complete application listing.

### Specification:

BHR75Z - 22mm 4 hole adjustable full kit swaybar.

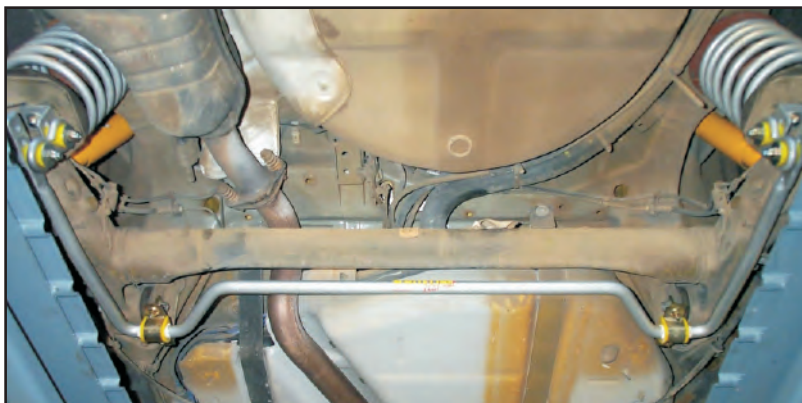
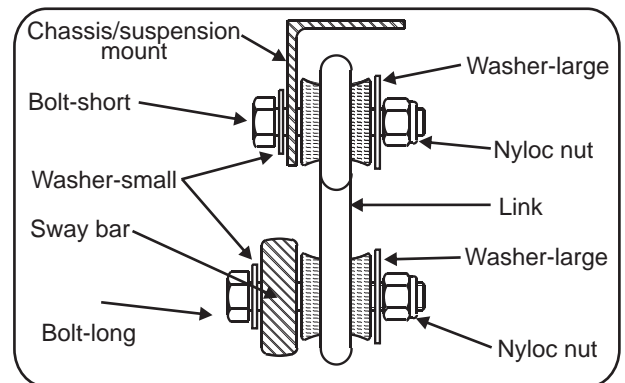
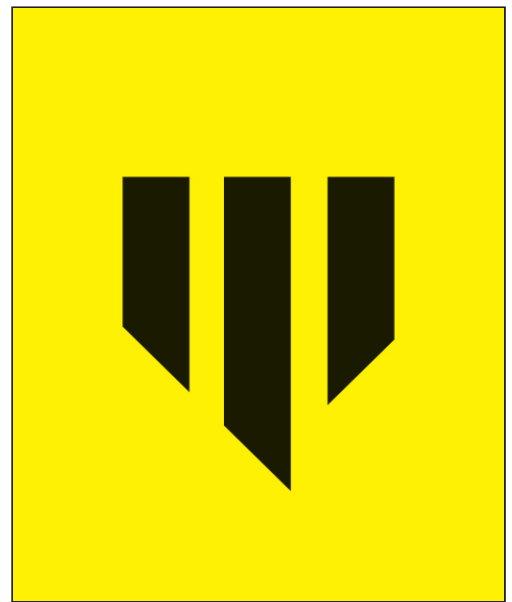
### Contents:

(1)	2 x	D-bushing
(2)	2 x	3/8 inch * 2.75 inch long bolt
(3)	2 x	3/8 inch * 2 inch long bolt
(4)	2 x	3/8 inch * 1.75 inch bolt
(5)	4 x	5/16 inch flange nut
(6)	6 x	3/8 inch nylock nut
(7)	4 x	3/8 * 1-1/4" flat washer - medium
(8)	10 x	3/8 * 7/8" flat washer - small
(9)	2 x	10mm * 48mm washer - large
(10)	2 x	chassis bracket
(11)	2 x	link "L" bracket
(12)	2 x	double eye link
(13)	1 x	grease bag
(14)	2 x	D-bush bracket
(15)	1 x	swaybar

### Fitting Instructions:

Please read complete fitting instructions and check kit components prior to fitment. Whiteline recommends that all work be carried out by a qualified technician.

1. Raise the rear of the car, support on chassis safety stands, and remove wheels.
2. Support hub, disconnect shock absorber bottom mount, lower hub and remove spring.  
*WARNING - Spring compressors may be required to relieve any compression on the spring.*
3. Drill 10mm hole in bump stop lower limiter plate.
4. Fit bolt (2) with washer (9) into hole facing down so only the head of the bolt protrudes at top.
5. Fit bracket (11) to the bottom of the bolt. 2 holes must towards centre of vehicle. Use nut (6) and washer (8), and tighten.
6. Using original bolts and nuts, mount bracket (10) to the inside of the rear swing arm chassis mount.  
*Note: It is recommended to apply thread locking compound.*
7. Refit wheels, and lower the vehicle. Further fitting must be done with the vehicle at normal ride height - drive on ramps can be used.
8. Lubricate D-bushes with grease and fit onto the swaybar.
9. Using nuts (5) and washers (8), mount the swaybar onto chassis mounts (10).
10. Mount link (12) into desired hole in bracket (11) corresponding with setting on swaybar (14).
11. Tighten all mounting hardware.



**Warning:** Please drive carefully while you accustom yourself to the changed vehicle behaviour.

# Installation Guide

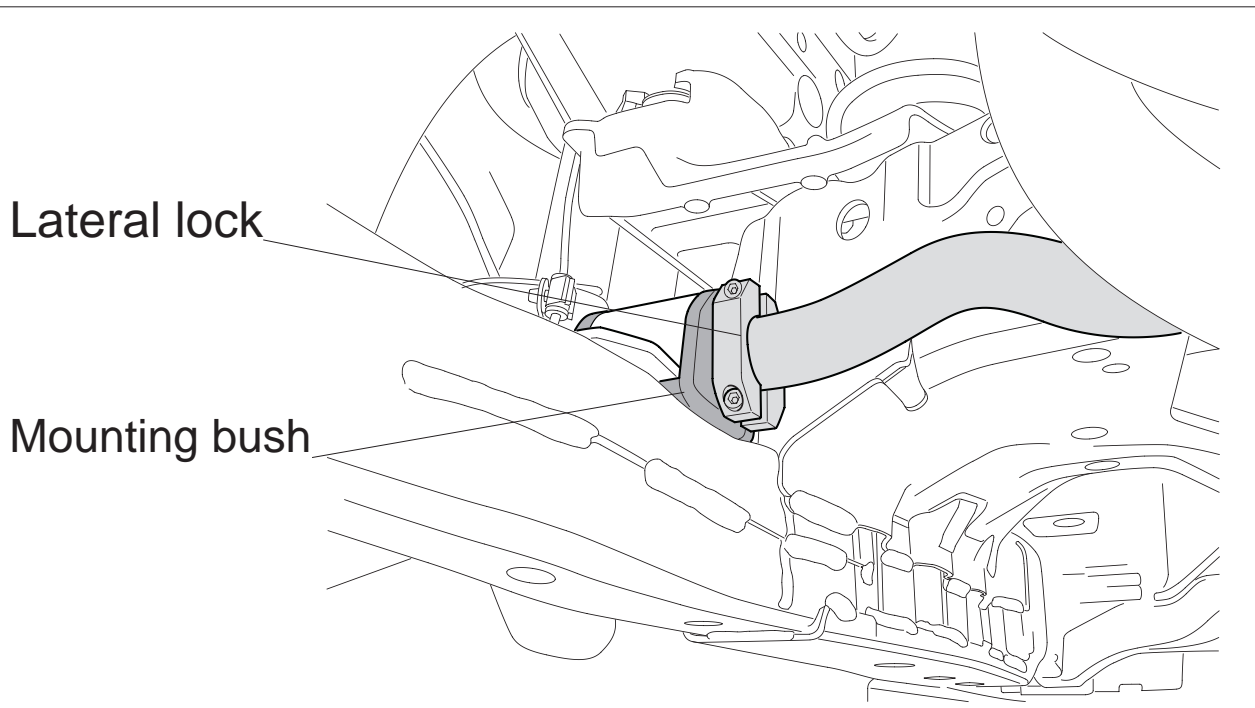
## Alloy Lateral Lock Kit

Z 5160

(Always refer to the current catalogue for complete application listings)

Alloy high performance lateral locks are designed to maintain Swaybar centralization.

1. Once you have your Swaybar in position and central with links attached, attach the lateral locks next to the mounting bush (leave approx 3-4mm gap). This can be either side of the mounting bush but its best to aim for the most accessible area on the Swaybar. If there is little room to physically tighten the lateral locks, it may be best to mark your Swaybar then remove from vehicle then attach the lateral locks prior to fitment.
2. Tighten the lateral lock bolts down evenly and use mild force to secure.  
Note : Please don't over tighten.
3. After test driving the vehicle, recheck Swaybar position and adjust lateral locks if necessary.



N.B: It is recommended that a licenced workshop or trades person carry out the above procedure and that workshop manual and relevant safety procedures are followed in addition to the above.

# GREASE FREE TECHNOLOGY



## Introducing Grease Free Technology Bushings

Bushings supplied in this kit feature not only the latest synthetic elastomer bushing material technology but a high performing PTFE inner lining boasting an extraordinary low coefficient of friction. This inner lining eliminates the need to lubricate the bushing on installation and therefore makes these bushing 'grease free'!

### Superior friction management

- reduces heat build up known to deform or degrade bushing over time
- dramatically reduces high frequency noises (squeaking)
- eliminates the need for maintenance/ greasing



PTFE LINING

## Installation tip

Ensure a clean mating surface when installing these bushings for optimum performance!

## Frequently Asked Questions

### What happens if I do apply grease to the lining?

Don't stress, simply wipe away as much of the lubricant from the surface as possible and install. Adding grease does not further improve the bushings function/ performance nor does traces of lubricant impede the function/ performance.

### Do I need to grease other areas of the bushing?

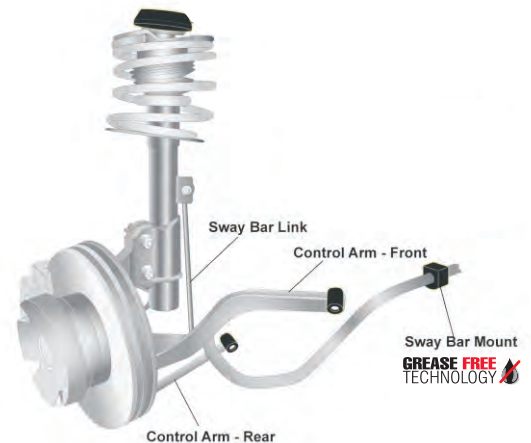
Simply, no! Unless the kit is supplied with a grease packet and lubrication instructions, no other area of the bushing requires lubrication.

### Do these bushings require maintenance?

Significant improvements in grease retention within bushing design has dramatically improved over recent years, however this new grease free technology does away with all lubricants and subsequent or periodical maintenance.

### Is this technology available across the entire range?

For the most up to date offering of grease free technology bushings visit the website!



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