



**DON'T FORGET**  
These instructions can be found in color and expandable at QA1.net

Technical Support Line: (952) 985-5675 Email: sales@QA1.net

### INSTALLATION INSTRUCTIONS

QA1 P/N 5263, '67-'81 GM F-BODY & '68-'74 X-Body Solid Body Bushing Set

### TOOLS AND SUPPLIES REQUIRED

- Floor Jack
- Wood Blocks
- Ratchet & Socket Set
- Torque Wrench

### PRE-INSTALLATION NOTES-

Ensure all six body bushings (including two slightly smaller diameters for the frame/radiator support position) and hardware are on hand before beginning installation. Hardware listing on page 3.

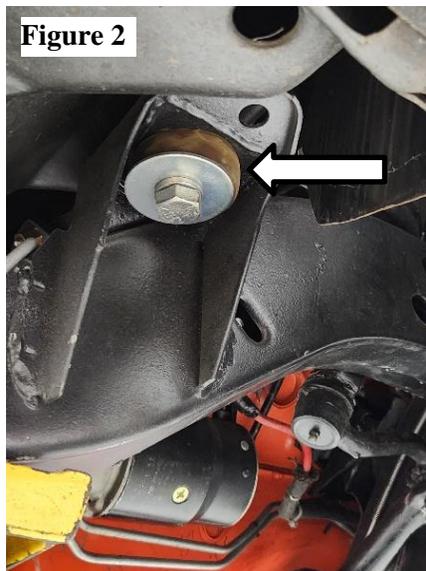


### INSTALLATION-

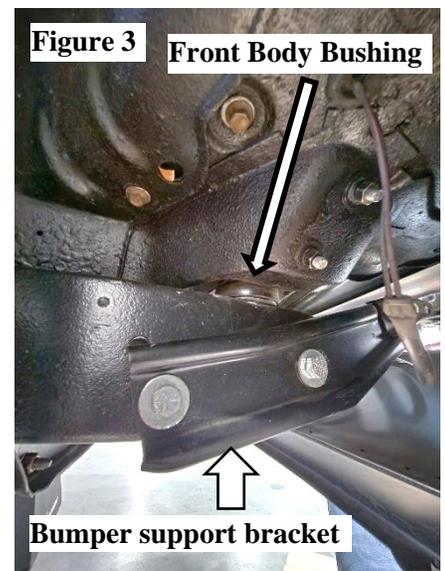
1. Beginning on the driver or passenger side, loosen the three body mounts but do not fully remove the bolts. The body mount locations are at the rear of the front subframe (**Figure 1**), near the front of the doors (**Figure 2**), and at the frame/radiator support. (**Figure 3**)
2. On the opposite side of the vehicle, remove all three body mounting bolts.



**Figure 1**



**Figure 2**



**Figure 3**

**Front Body Bushing**

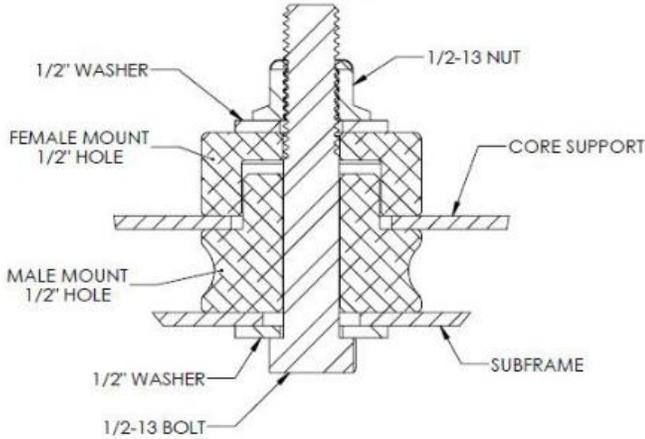
**Bumper support bracket**

**NOTE:**

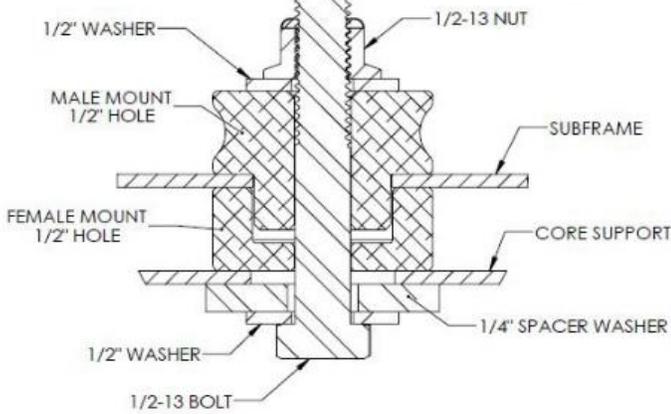
The only common mount among all applications is the rear mount. The front core support mounts (#1) have three configurations, and the center firewall mounts (#2) have two configurations depending on the application. **Early 1976 Firebirds had the front core support bushing (#1) below the frame the same as 70-75. Late 1976 Firebirds were above the frame the same as 77-81.**

**#1 FRONT CORE SUPPORT MOUNT**

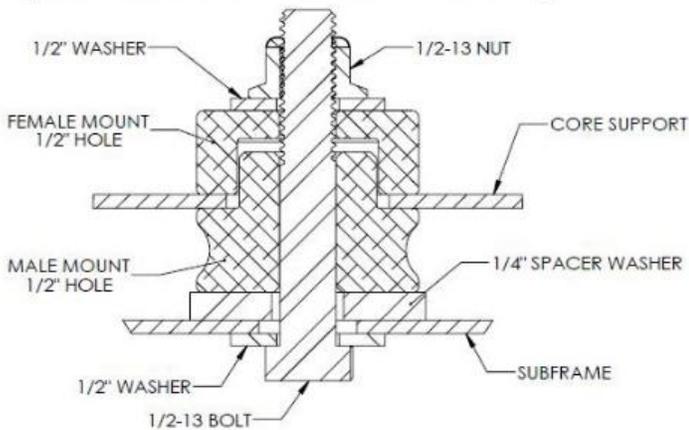
**67-81 CAMARO, 67-69 FIREBIRD  
68-72 NOVA**



**70-76 FIREBIRD  
(CORE SUPPORT BELOW SUBFRAME)**

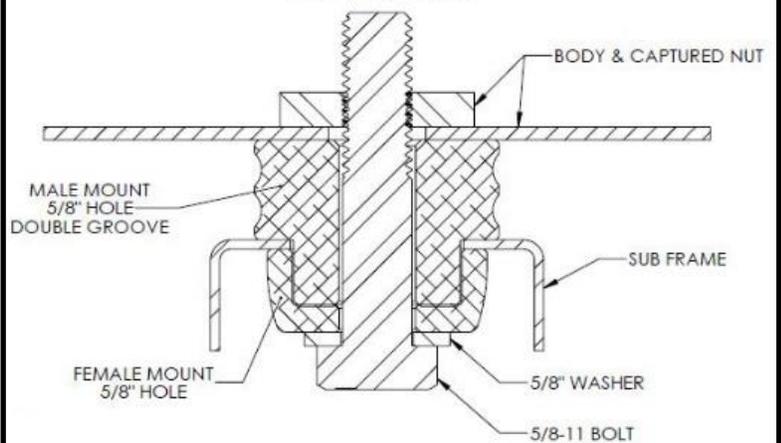


**76-81 FIREBIRD  
(CORE SUPPORT ABOVE SUBFRAME)**

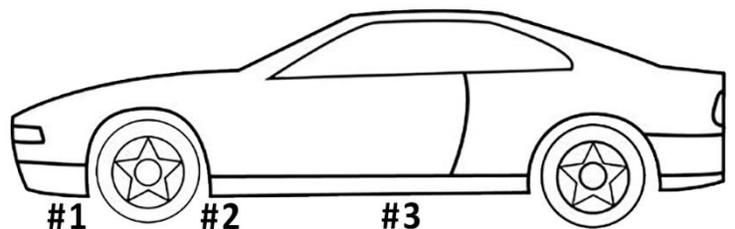
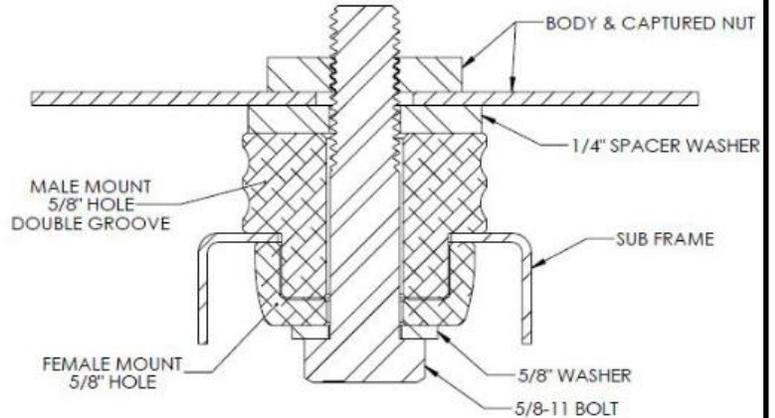


**#2 FIREWALL MOUNT**

**67-81 CAMARO, 67-75 FIREBIRD &  
68-72 NOVA**

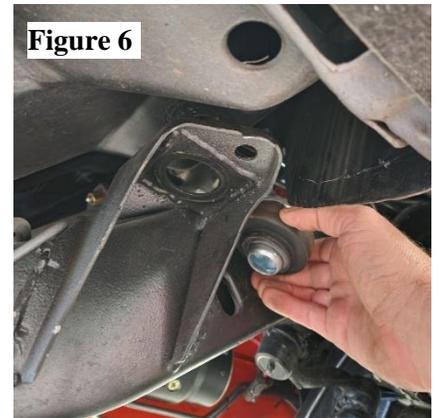
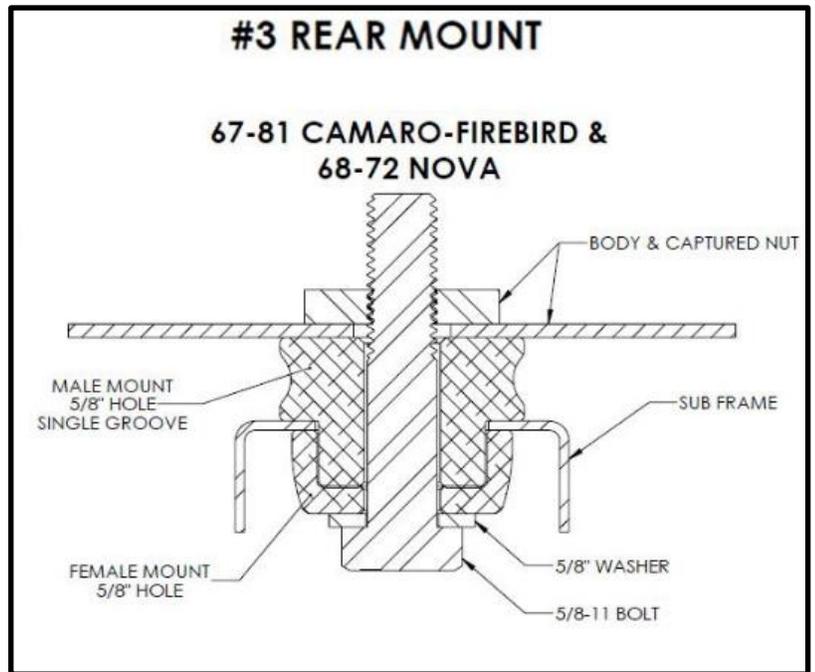


**76-81 FIREBIRD**



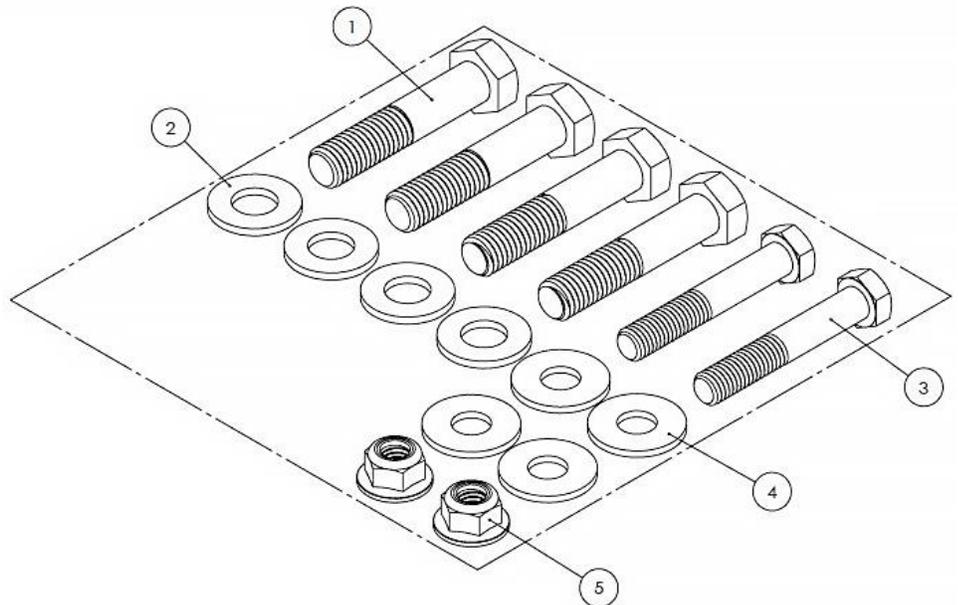
**(#3 Rear Mount Diagram On Next Page)**

3. Remove the front bumper mounting bolts attached to the frame. **(Figure 3)** The front bumper may or may not have additional mounting that will hold it in place during the installation.
4. With all three body mounting bolts removed from one side of the vehicle, use a block of wood (on the same side) between the pinch weld and the frame rail to jack the body up enough to remove the rear body mount. **(Figure 4 & 5)**
5. Remove the middle body bushing and front bushing at the radiator support. **(Figure 6 & 7)**
6. Install one of the larger bushing halves (with 5/8" hole) on the rear and middle positions between the body and the frame in the orientation shown on page 2 for the vehicle being worked on. **(Figure 8)**





7. Lower the body enough to install the bottom side of the rear and middle bushing position. Secure using 5/8" x 3" hardware with one washer on the rear and middle body bushing locations. This hardware should be left loose until all body bushings are installed.
8. Install one smaller diameter body bushing (with 1/2" hole) between the radiator support and frame in the orientation shown for your application on page 2.
9. Install one 1/2" x 3" bolt with two 1/2" washers and one flanged nyloc nut to secure the front body bushing.
10. Fully lower the body and move to the opposite side of the vehicle to complete steps 3-9.
11. With all bushings installed, fully lower the body and torque the middle body bushings to 100 lb. ft.
12. Torque the rear body bushing to 100 lb. ft. and the front body bushings to 40 lb. ft.
13. Inspect all body bushings to ensure they are fully seated.
14. Reinstall the front bumper support bracket to frame bolts and torque to factory spec.
15. Double check all work. It's a basic and overlooked practice that distinguishes the most effective builders from the rest.



BALLOON #	QTY/KIT	DESCRIPTION	2ND DESCRIPTION	QA1 ITEM #	WHERE USED
1	4	BOLT, HEX 5/8-11 X 3.0"	GRADE 5, CLEAR ZINC	9012-342	REAR & BULKHEAD MOUNTS
2	4	WASHER, FLAT 5/8" SAE	.66" ID X 1.32" OD X .095", CLEAR ZINC	9005-257	
3	2	BOLT, HEX 1/2-13 X 3.0"	GRADE 5, CLEAR ZINC	N/A	RADIATOR SUPPORT
4	4	WASHER, FLAT 1/2" USS	.56" ID X 1.38" O.D. X .11", CLEAR ZINC	9005-126	
5	2	NUT, HEX FLANGE NYLOCK 1/2-13	GRADE N5, CLEAR ZINC	9014-539	



READ ALL INSTRUCTIONS CAREFULLY AND THOROUGHLY PRIOR TO STARTING INSTALLATION. PRODUCTS THAT HAVE BEEN INSTALLED ARE NOT ELIGIBLE FOR RETURN. USE THE PROPER JACKING LOCATIONS. DEATH OR SERIOUS INJURY CAN RESULT IF INSTRUCTIONS ARE NOT CORRECTLY FOLLOWED. A GOOD CHASSIS MANUAL, AVAILABLE AT YOUR LOCAL PARTS STORE, MAY ALSO AID IN YOUR INSTALLATION.

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