



POLY PERFORMANCE MFG. 870 INDUSTRIAL WAY, SAN LUIS OBISPO, CA (805) 242-0397

## PPM-8053 JK FRONT UPPER CONTROL ARMS

Version 3.0

### GENERAL NOTES:

- These instructions are also available on our website; [www.synergysuspension.com](http://www.synergysuspension.com). Check the website before you begin for any updated instructions and additional photos for your reference.
  - The installation of these control arms will allow you to correctly align the front axle after a suspension lift kit is installed.
  - These control arms feature a double adjuster sleeve which allows you to adjust the length of the arm without removing the arm from the vehicle.
1. The control arms come assembled to the shortest length. Make any length adjustments by only turning the adjuster sleeve so there is equal thread on the flex joint and adjuster sleeve. Make sure the grease zerk on the flex joint is aligned with the pinch bolt on the control arm.
  2. We recommend that you preset the length of the upper control arms. Start the upper control arms at the factory length of 18.75". For 3-4.5" of lift, we recommend a lower control arm length of 23.25" measured from the center to center of the bushings. Adjust the upper arms to get the correct amount of castor, usually 4-6 degrees.
  3. Remove the existing upper control arms. If you are just replacing the upper control arms, they can be replaced one at a time with the vehicle sitting on level ground, without removing the tires & wheels or any other suspension part. The exhaust on the passenger side frame mount prevents the bolt from being removed in one piece. You will have to cut the head of the bolt off to remove the bolt. A sawzall or grinder with a cut off wheel works well. A new factory bolt is provided, reuse the factory nut.
  4. Install the new control arms with the flex joint at the frame end and the adjustable end at the axle end. Position the arm with the pinch bolt and the grease zerk in the flex joint on the bottom of the control arm. Reuse the factory mounting bolts.
  5. Tighten the control arm bolts to 90 ft.-lbs., however make sure the vehicle is at ride height before tightening the bushing end of the control arms. Once final length adjustments are made, tighten the pinch bolt to 80 ft-lbs. Put a wrench on the adjuster sleeve at this time and try to move the adjuster. Make sure pinch bolt has adequately clamped onto the shank of the control arm yoke so that the adjuster is not movable. If movable, increase torque on pinch bolt but do not exceed 90 ft-lbs.
  6. Grease the flex joints using extreme pressure moly based grease.