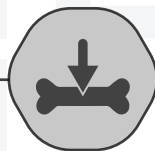


# DOGBONE MOUNT INSERTS

#TL100109



INSTALLATION  
INSTRUCTIONS





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Notes:

These instructions were written for a North American specification MkVII GTI and Golf R. Other models, like the Audi A3, are similar.

When disassembling the car, be sure to keep all fasteners so they can be reused. It is recommended that you get some kind of compartmented tray to organize the fasteners, such as a fishing tackle box or several large ice cube trays. Fasteners that are not reused for reinstallation are noted in the instructions. All directions used in this manual (right, left, front, etc.) are based on if you were sitting in the drivers seat of the car.

These instructions assume that you have basic mechanical skills and several varieties of the tools in order to install the kit. If you have any questions about the install, feel free to contact your APR representative.



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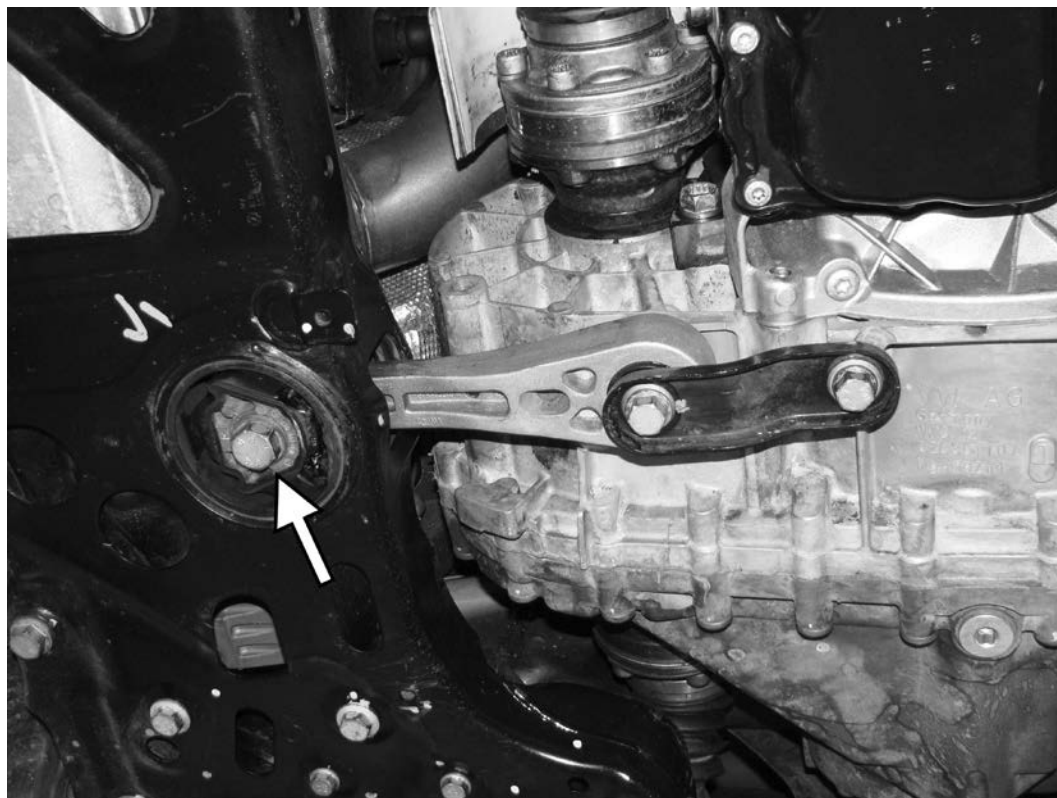
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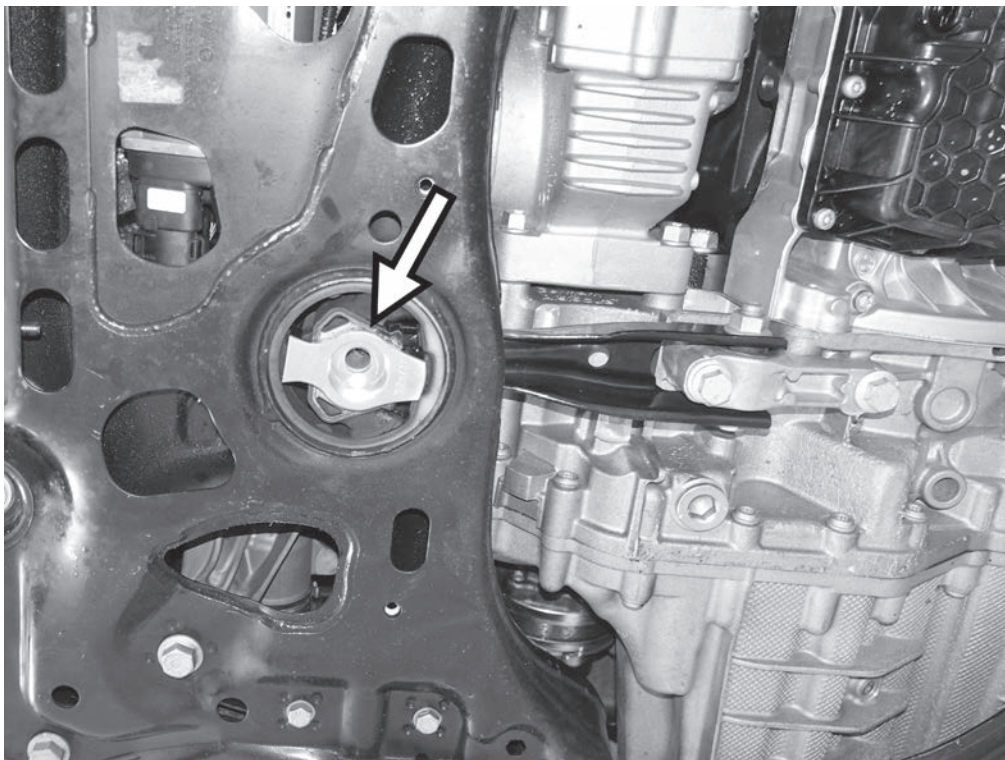


1) Securely lift vehicle. If a vehicle lift is not used, secure the vehicle with jack stands.

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2) Underneath the car, remove the one 21mm bolt on the subframe mount holding the stock dogbone mount in place. Remove the stock dogbone mount and bracket from the car by sliding it forward from the slot in the front of the subframe.





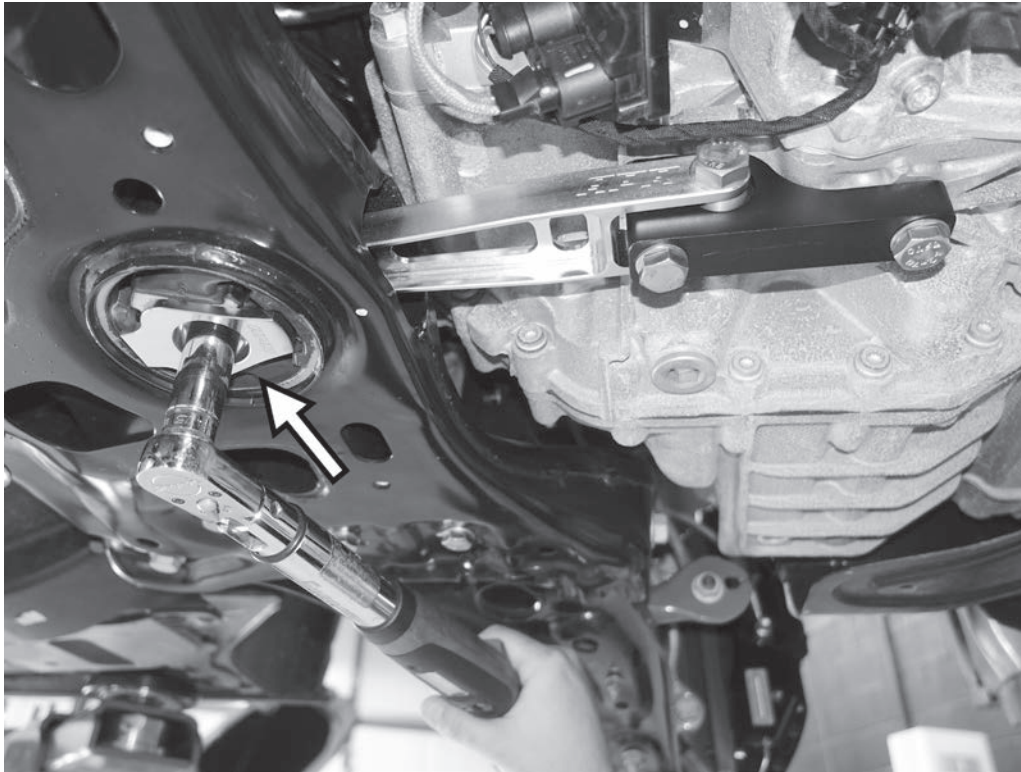
3) Lubricate the APR subframe mount insert with a silicone-based spray or grease. Push the APR insert into the subframe mount as shown, filling in the open gaps in the factory mount.

4) It is highly recommended to replace the factory bolt after each installation. If you have an APR Pendulum Mount, the bolt supplied with it can be reused.

Install the bolt into the subframe mount and through the dogbone mount. It may be necessary to rock the engine/transmission assembly back to get the bolt started. Thread the bolt in all the way by hand, but do not tighten it.







5) If using an APR bolt, torque the rear bolt to 100Nm (74 ft-lb).

If using a factory bolt, torque to 130Nm (95 ft-lb), and then tighten an additional 90°.







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