

# Front Adjustable Flex Lower Control Arms

Jeep Wrangler JK

Part #: 124332, 124362

Rev. 031314



491 W. Garfield Ave., Coldwater, MI 49036 • Phone: 517-279-2135

Web/live chat: [www.bds-suspension.com](http://www.bds-suspension.com) • E-mail: [tech-bds@ridefox.com](mailto:tech-bds@ridefox.com)

## SAFETY WARNING

BDS Suspension Co. recommends this system be installed by a professional technician. In addition to these instructions, professional knowledge of disassembly/ reassembly procedures and post installation checks must be known.

### 124332 Box Kit

Part #	Qty	Description
A183	1	Front Adjustable LCA w/ Rubber Bushing - DS
A184	1	Front Adjustable LCA w/ Rubber Bushing - PS

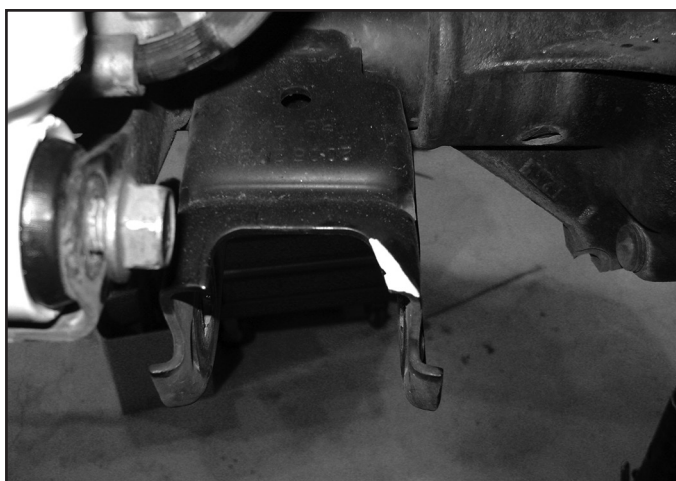
### 124362 Box Kit

Part #	Qty	Description
A201	1	Front Adjustable LCA - DS
A204	1	Front Adjustable LCA - PS
3537BK	4	Polyurethane Bushing
61	2	7/8" x 2 5/8" Sleeve
60107	2	90 deg. Grease Zerk

## FRONT INSTALLATION

1. Park the vehicle on a clean, flat surface and block the rear wheels for safety.
2. Raise the front of the vehicle and support with jack stands under the frame behind the lower control arm mounts.  
*Optional: Remove the wheels. This can be done for easier access to the work area.*
3. Support the axle with a hydraulic floor jack.  
*Optional: Disconnect the track bar from the axle. This will aid in realignment of the control arm bolts by allowing the axle to be centered under the vehicle at all times.*
4. With the axle well supported, remove the lower control arm bolts at the axle and frame. Remove both lower control arms from the vehicle. Save hardware.
5. Using a grinder, remove the material from the control arm mounts as shown for control arm clearance. (Figures 1-2).

**FIGURE 1 - DRIVER SIDE SHOWN**



**FIGURE 2 - PASSENGER SIDE SHOWN**



6. If installing the 124362 control arm kit with poly bushings, grease and install the bushings and sleeves in the control arm ends. Install the grease fitting in the arm so it faces forward once installed. Use lithium-based grease only.

7. Adjust the arms to the desired length. Lengthening the arms will increase caster and reduce the pinion angle. Suggested length for 4-1/2" of lift is 23-3/16".



**Tip**

*Factory Length is 22-5/8". Be sure that both the driver's and passenger's arms are identical length.*

8. Using the OE hardware, install the rubber control arm end in the axle with the bend up and towards the center of the vehicle for maximum tire and ground clearance. The flex end mounts to the frame with the grease fitting up. (Figure 3). Torque flex end hardware to 125 ft-lbs. Leave hardware at the axle loose. It will be tightened with the vehicle at ride height.

**FIGURE 3**



9. If removed, re-install the wheels.
10. Lower the vehicle to the ground and bounce the front to settle the suspension.
11. If disconnected, install the track bar to the axle with the OE hardware and tighten to OE specs: 125 ft-lbs.
12. Tighten the control arm bolts at the axle. Tighten the bolts to 117 ft-lbs for standard bolts or 60 ft-lbs for alignment cam bolts.
13. Tighten the jam nuts.
14. Grease the upper flex end with lithium based grease.
15. Check all hardware after 500 miles.
16. Grease control arm bushings at every regularly scheduled service.