



2304 Spring Ridge Dr. Unit A Spring Grove, IL 60081

Massive Speed System Ford Focus 00-up Energy Suspension Motor Mount Supplement

- These suggestions have been provided to supplement Energy Suspensions Instructions.
- Make sure car is parked on a level surface with the parking brake engaged.
- You need only remove the two bolts on the mount itself. The bracket on the trans should remain attached.
- It is stated that the mounts should be pressed out/in. While this method is undoubtedly the easiest route, they can be installed other wise. Our suggestion is to hold the factory mount solidly in a bench vise and dislodge the factory mounts with a large hammer. A large socket can be utilized as a punch once the mount has been partially removed. Obviously, this is done at your own risk and one should always wear safety glasses.
- When installing the mounts, remove the metal insert from bushing and press in by hand (leave factory piece in vise). Grease should never be used to lubricate. The mount can and will be put in by hand. Reinsert metal pieces into bushing once bushings are located into mount.

Massive = Focus Performance Pros!!! Contact us for ANY Focus need!

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