



ENGINE TORQUE ARM INSERT – NM.228856

[R55] MINI Cooper S & non-S Clubman 2008-up

[R56] MINI Cooper S & non-S Hardtop 2008-up

[R57] MINI Cooper S & non-S Convertible 2009-up

PARTS INCLUDED:

[2] NM Urethane Inserts

TOOLS REQUIRED:

[1] Torque Wrench

[1] Jack

[1] Ratchet Wrench

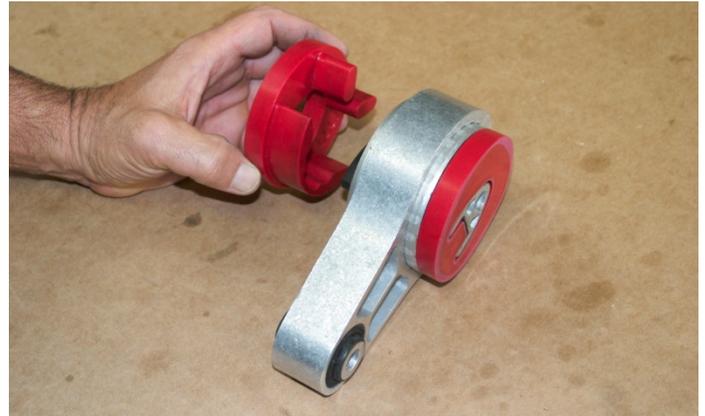
[2] Jack Stands

[1] 16mm Socket

1. Park car on a flat and level surface capable of supporting the vehicle's weight on vehicle jack and jack stands. Using the manufacturer recommended lifting points, raise the front of vehicle and support with jack stands under lifting points. **NEVER WORK ON A VEHICLE SUPPORTED ONLY WITH A JACK!**



2. Underneath the vehicle: Unbolt the [2] 16mm hex bolts to remove the engine torque arm.



3. Install NM Engine Torque Arm Insert into each side of OE torque arm. **NOTE:** Red urethane used for picture clarity.



4. Reinstall torque arm and torque bolts to 80 foot/pounds or 108 nm. Double check installation.

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