Poly Swap Instructions for RMM

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TOOLS:

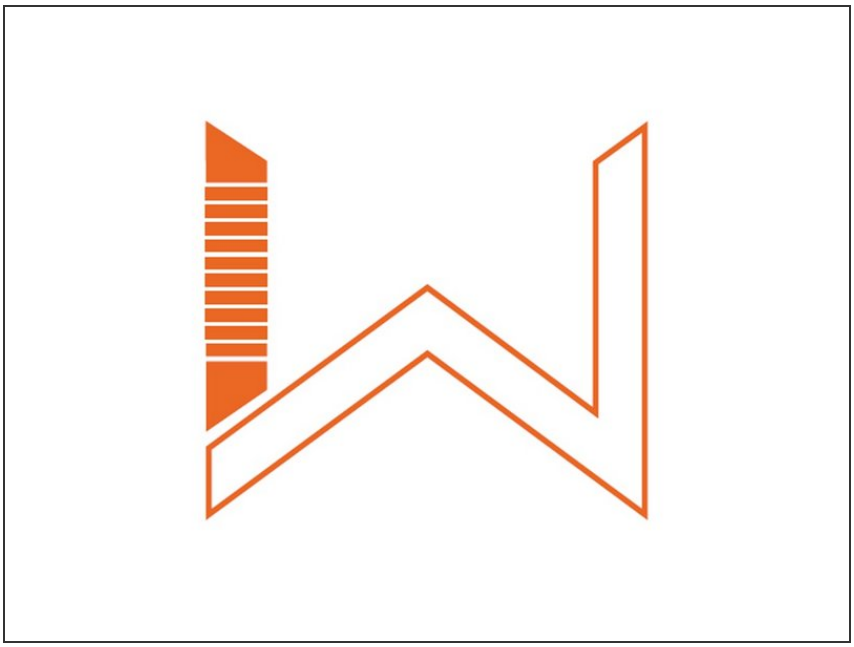
- 90 Degree Pick Tool (1)
- Flat Head Screwdriver - Small (1)
- Arbor Press (1)
- Rubber Mallet (1)

PARTS:

- Poly Bushing (2)
- Stainless Steel Sleeve (1)
- Optional: Stainless Steel Washer (1)

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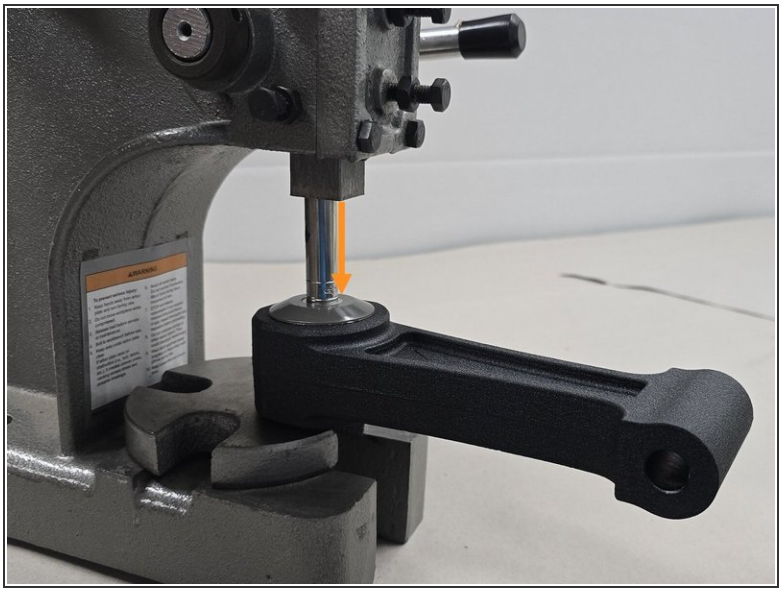
Step 1 — Notes Before You Start

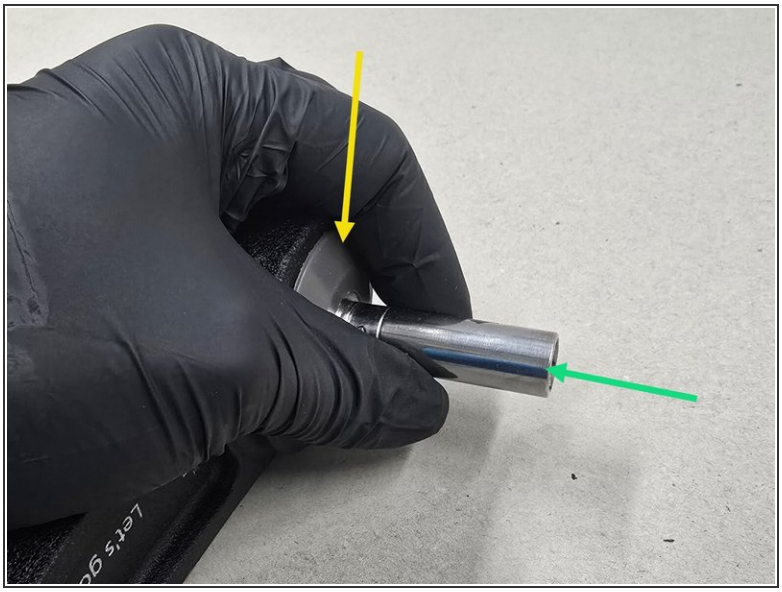


- Poly can be removed and reinstalled in various ways. These instructions show it done with the tools we found to be the easiest
- The Rear Motor Mount (RMM) will need to be removed from the car for this process. See our RMM install instructions for that
  - 10th Gen Civic
  - 11th Gen Civic, Street
  - 11th Gen Civic, Race

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Step 2 — Remove Steel Insert



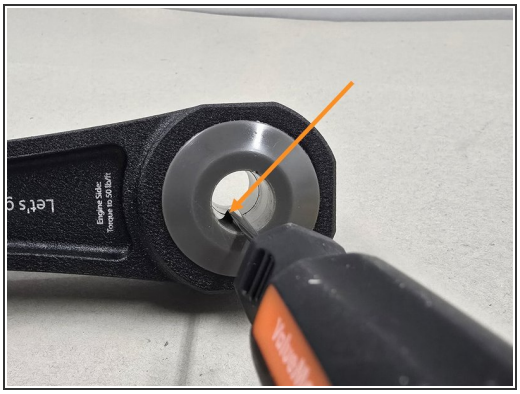


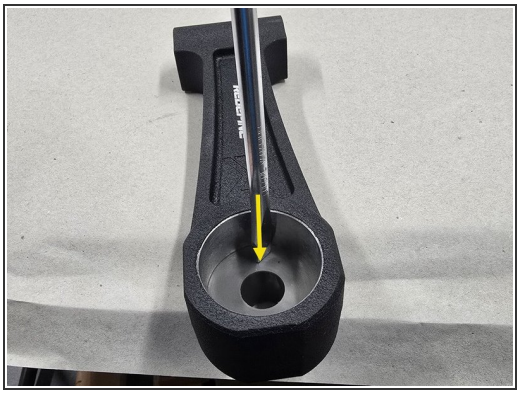
- These options are presented in order from most preferred to least
- Option 1: Place a 7/16” deep socket over the steel insert and use an arbor press to press the old steel insert out
  - This can also be done using a vice
- Option 2: Use various tools
  - Use one hand to hold the RMM and a 7/16" deep socket as shown
  - Use a hammer or dead blow to tap the socket until the sleeve is all the way out

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Step 3 — Remove Poly Pucks







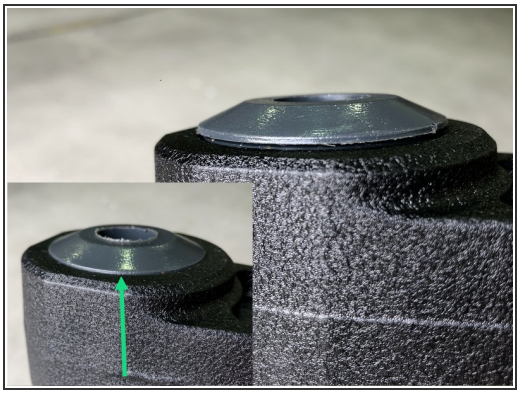
- Take a 90-degree pick and insert it in the seam between the 2 poly pucks then push 1 poly puck out of the mount
- With a flat head screwdriver, press the other piece of poly out

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Step 4 — Install New Poly



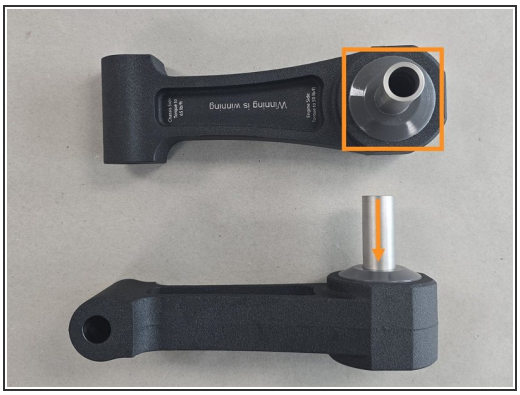


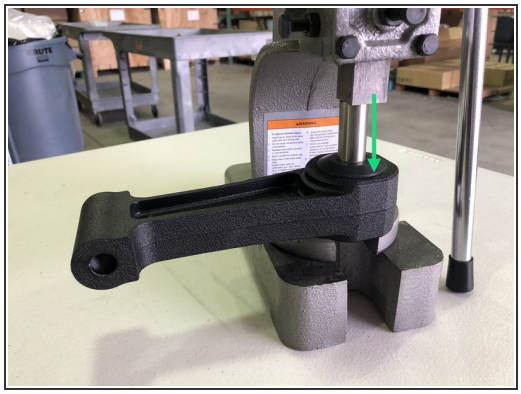


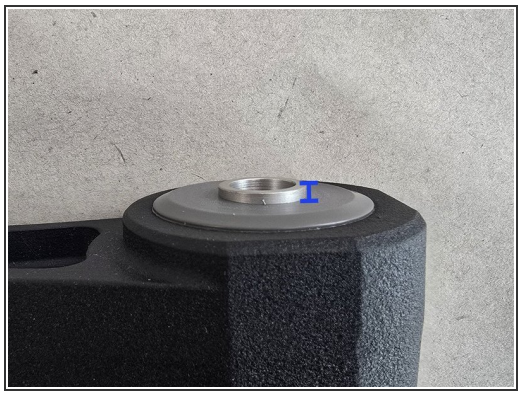
- Insert the **Flat** poly bushing into the "Redefine" side of the RMM as shown
  - ⓘ Some poly kits come with a metal washer. If this is the case then one piece of poly has a flat section the other does not. If your poly kits doesn't have a washer then both poly are the same
  - ⓘ 70 durometer (grey or blue) poly can be inserted by hand or with a press or vice
  - ⓘ 70 durometer poly comes in blue or grey. Black poly is 90 durometer
- Flip the RMM over and insert the remaining poly into the other side as shown
- Press the RMM down hard on a surface on each side until both pieces of poly sit flush in the mount

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Step 5 — Install Steel Insert



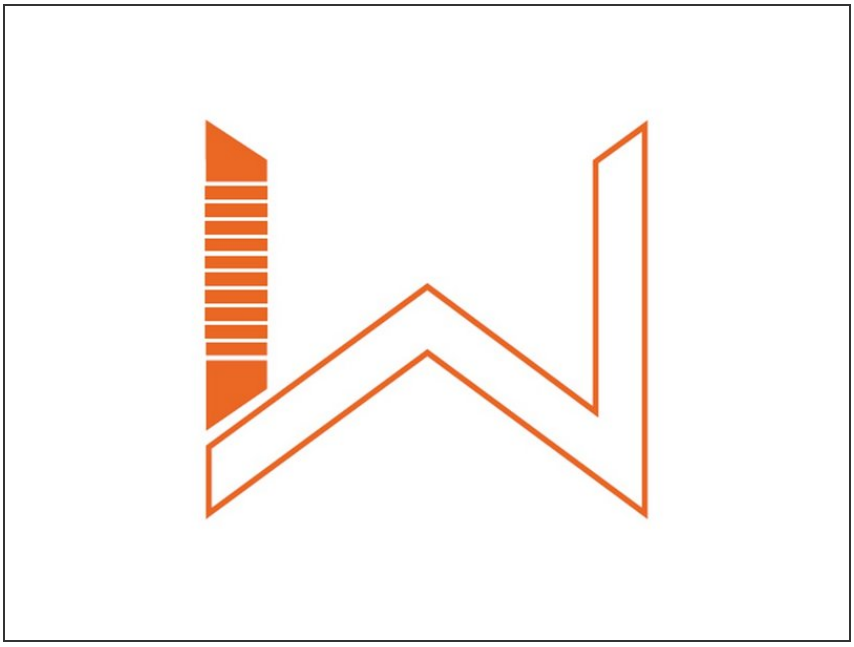




ⓘ The stainless steel sleeve inserts into the RMM body in the orientation shown

- Orient the RMM with the 'Winning is Winning" side up as shown
- By hand insert the steel sleeve into the poly bushing as shown
- Using an arbor press or a rubber hammer insert the steel sleeve until it is flush with the poly
- The steel sleeve should stick out of the flat poly on the other side by about 3mm or 1/8in
  - ⓘ For poly service kits without washer, the sleeve will be about flush on both poly inserts

Step 6 — Finished!



- You've completed installation of new RMM hardware. Reinstall the mount in the car using our installation instructions for that
- Call us at 571-271-0271 with any questions about this process

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