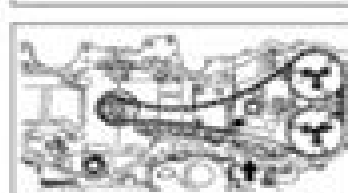
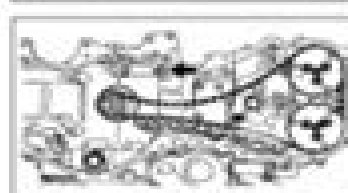


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Part Name	Part Name	Part Name
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2. Timing chain guide (sub-assembly)	2. Timing chain guide (sub-assembly)	2. Timing chain guide (sub-assembly)
3. Timing chain guide (sub-assembly)	3. Timing chain guide (sub-assembly)	3. Timing chain guide (sub-assembly)
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1. Replacement kit
2. Replacement kit



27. Removal of the chain sub-assembly
(1) Insert the SST to the timing chain sub-assembly.
SST: SST-40000
(2) Using SST and by turning the crankshaft, remove the timing chain sub-assembly from the engine block.
(3) Remove the timing chain sub-assembly from the engine block.



(4) Push up the chain tensioner stopper as shown in the figure, and insert a piece of metal wire (approx. 1 mm (0.039 in.) in dia.) into the hole of the chain tensioner SST No. 2 and stopper plate to secure the plunger.

(5) Remove the two bolts to remove the chain tensioner SST No. 2.
(6) Remove the chain tensioner stopper.

(7) Remove the O-ring from cylinder block (Bolt 2 side).

(8) Remove the bolt, and remove the chain tensioner stopper No. 1.
(9) Remove the chain SST-40000.

Caution

- Under the condition that the chain SST-40000 is detached, the valve heads contact each other and valve stem may bend. Do not turn the exhaust camshaft (it is the outside of rings of camshaft) in range where it can be turned lightly by hand.
- At this time, No. 1 piston and No. 4 piston is in vicinity of TDC. If the intake camshaft (it is turned, the valve and the piston may contact and valve stem may bend. Do not turn the intake camshaft).

Reference

Organize disassembled parts by their installation positions.

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John Haynes



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Subaru Owners Workshop Manual John Harold Haynes,1980 **Subaru Automotive Repair Manual** Mike Stubblefield,John Harold Haynes,1997-01-01 1 6L 1 8L **Haynes Subaru 1100, 1300, 1400, 1600 Manual, No. 237** John Haynes,1965-06-01 Haynes offers the best coverage for cars trucks vans SUVs and motorcycles on the market today Each manual contains easy to follow step by step instructions linked to hundreds of photographs and illustrations Included in every manual troubleshooting section to help identify specific problems tips that give valuable short cuts to make the job easier and eliminate the need for special tools notes cautions and warnings for the home mechanic color spark plug diagnosis and an easy to use index Subaru 1600 & 1800 1980 thru 1994 John Haynes,1998-08-27 There is a Haynes manual for most popular domestic and import cars trucks and motorcycles By conducting complete tear downs and rebuilds the Haynes staff has discovered all the problems owners will find in rebuilding or repairing their vehicle Documenting the process in hundreds of illustrations and clear step by step instructions makes every expert tip easy to follow From simple maintenance to trouble shooting and complete engine rebuilds it s easy with Haynes *Chilton's Subaru Legacy and Forester 2000-09 Repair Manual* Robert Phillip Maddox,Chilton,2012 Covers U S and Canadian models of Legacy 2000 through 2009 and Forester 2000 through 2008 Includes Legacy Outback and Baja models Does not include information specific to six cylinder and diesel engine models 2013 Subaru BRZ Owner Manual Compatible with OEM Owners Manual, Factory Glovebox Book Helming,2013-03-07 **Subaru Owners Workshop Manual** Larry Holt,John Harold Haynes,1990 **Subaru, 1985-92** ,1992 Total Car Care is the most complete step by step automotive repair manual you ll ever use All repair procedures are supported by detailed specifications exploded views and photographs From the simplest repair procedure to the most complex trust Chilton s Total Car Care to give you everything you need to do the job Save time and money by doing it yourself with the confidence only a Chilton Repair Manual can provide **Mini Owner's Workshop Manual** John Harold Haynes,1971 Subaru Legacy Automotive Repair Manual Mike Stubblefield,Robert Phillip Maddox,John Harold Haynes,1998 Subaru Impreza Service Manual ,1999 **Subaru Liberty Automotive Repair Manual** Tim Imhoff,John Harold Haynes,1999 Liberty models including Liberty Outback 2 2L 2 5 L engines including turbo Subaru Legacy & Forester 2000 Through 2006 Haynes Editorial Staff,Robert Maddox,John Harold Haynes,2007-02-01 Haynes manuals are written specifically for the do it yourselfer yet are complete enough to be used by professional mechanics Since 1960 Haynes has produced manuals written from hands on experience based on a vehicle teardown with hundreds of photos and illustrations making Haynes the world leader in automotive repair information Grubby McDirty and Kevin O'Clean ,1994 **Chilton's Subaru Legacy & Forester 2000-07** Anonimo,2006-09-12 Total Car Care is the most complete step by step automotive repair manual you ll ever use All repair procedures are supported by detailed specifications exploded views and photographs From the simplest repair procedure to the most complex trust Chilton s Total Car Care to give you everything

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darf ich essen gesund weil smarter tipp nährwerte diese waffeln haben nicht nur wenig kohlenhydrate sondern auch viel eiweiß im gepäck gut für starke muskeln

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backen gesamt du lebst ketogen und vermisst es mal so richtig fluffige waffeln zu essen dann sind diese leckeren low carb waffeln ohne zucker und fast ohne kohlenhydrate genau das richtige für dich

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