



## ***BD Adjustable Track Bar***

**Ford Model F250,F350,F450,F550-4WD**

**2005-2013**

**Ford Model F450,F550 – 2WD**

**2005-2013**

**P/N# 1032110**

**PLEASE READ ALL INSTRUCTIONS BEFORE INSTALLATION**

## **KIT CONTENTS:**

Please check to make sure that you have all the parts listed in this kit **before** you start the disassembly of your truck.

<b>Kit # 1032110</b>			
<b>1303101-BC</b>	<b>1303100-BC</b>	<b>1303103-BC</b>	
			
<i>Trackbar, Passenger's Side (Left Hand Thread)</i>	<i>Trackbar, Driver's Side</i>	<i>Threaded Connector</i>	
<b>Qty: 1</b>	<b>Qty: 1</b>	<b>Qty: 1</b>	
<b>1303102</b>	<b>1303105</b>	<b>1303104-01</b>	<b>1303104</b>
			
<i>Jam Nut 1 1/4NF</i>	<i>Jam Nut 1 1/4NF (Left Hand Thread -Arrow)</i>	<i>Bushing</i>	<i>Polyurethane Bushing Set</i>
<b>Qty: 1</b>	<b>Qty: 1</b>	<b>Qty: 1</b>	<b>Qty: 1</b>

## Welcome

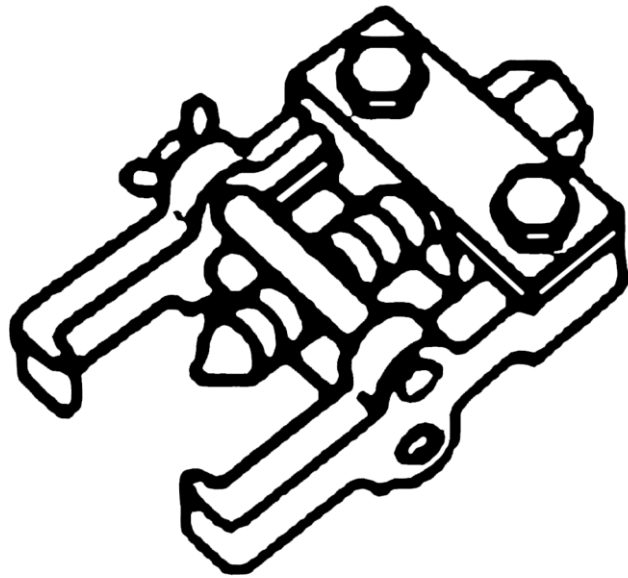
Thank you for purchasing a BD Adjustable Ford track bar. This manual is divided into removal and installation sections to assist you with your adjustable track bar kit.

This product is a replacement for the factory track bar. If the securing mounts have any signs of wear they should be fixed before installing the track bar. You will be reusing the factory hardware, if these bolts/nuts or ball joints show any signs of wear, replace them.

Installation should occur on a vehicle properly secured to prevent rolling.

## Required Tools

- Arbor Press
- Steering Arm Remover Tool  
(Ford P/N# 211-003)  
(OTC P/N# 7311A)
- Torque Wrench (up to 406 ft/lbs)
- Jack Stands
- Ratchet / Wrench
- 24 & 30mm Socket
- Impact wrench



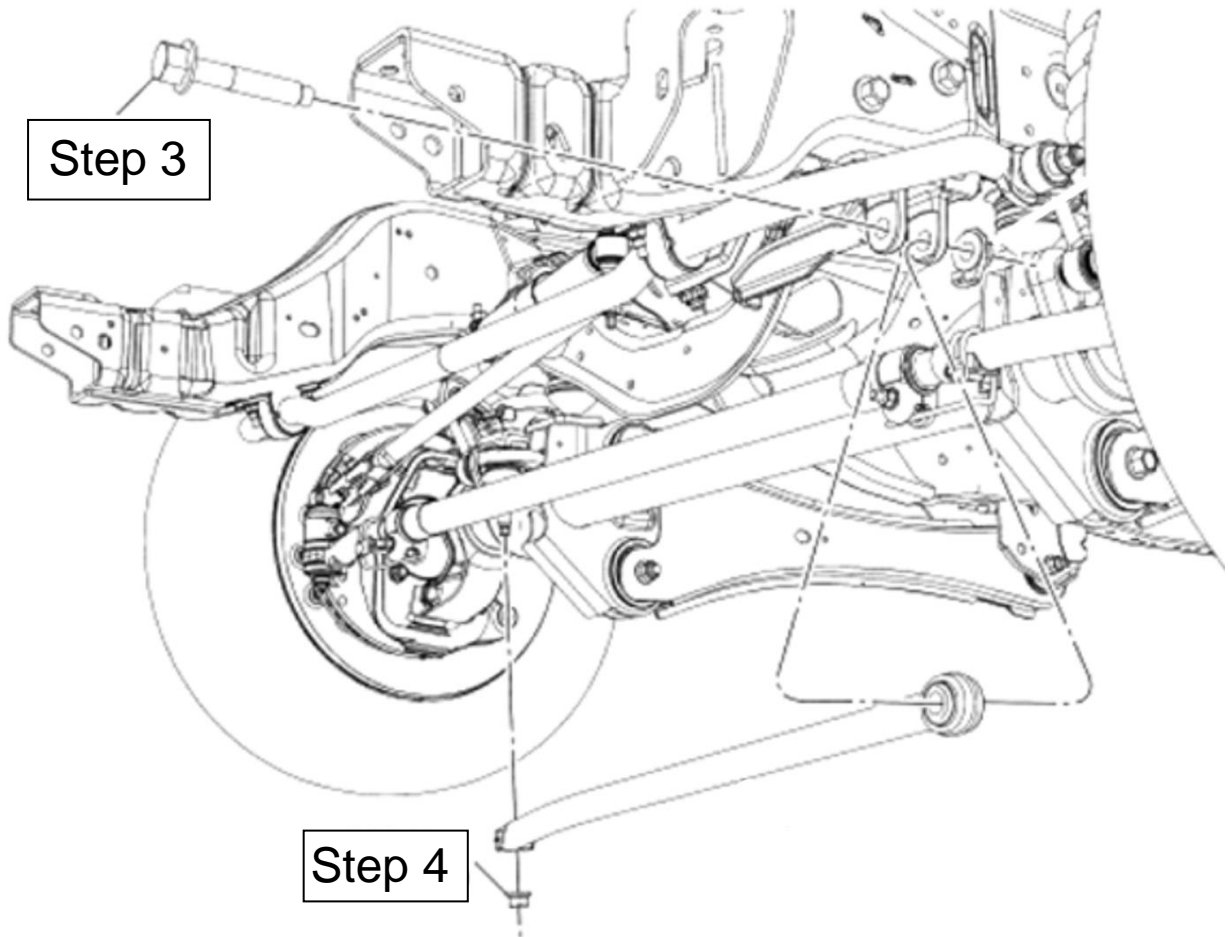
*Steering Arm Remover (Ford P/N# 211-003)*



**VEHICLE SHOULD BE SAFELY SECURED BEFORE INSTALLATION.**

**THIS TRACK BAR SHOULD BE INSTALLED AT A SHOP THAT CAN PERFORM A FRONT END ALIGNMENT**

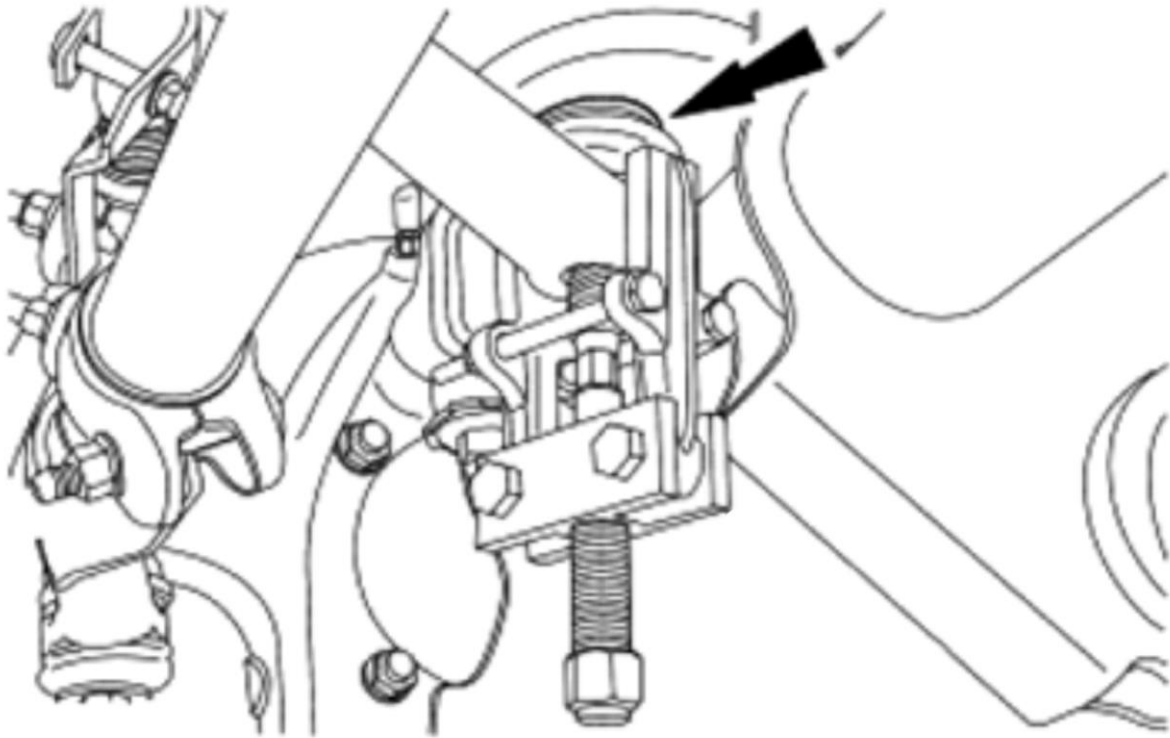
## Removal



1. With the vehicle in Neutral, lift vehicle by supporting the vehicles weight on the front axle to prevent the suspension from shifting when the track bar is removed.
2. Position a jack stand under both sides of the front axle. Lower the vehicle until the front axle is supporting the vehicles weight.
3. Remove the track bar-to-frame nut and bolt to disconnect the driver's side of the track bar (30mm socket).

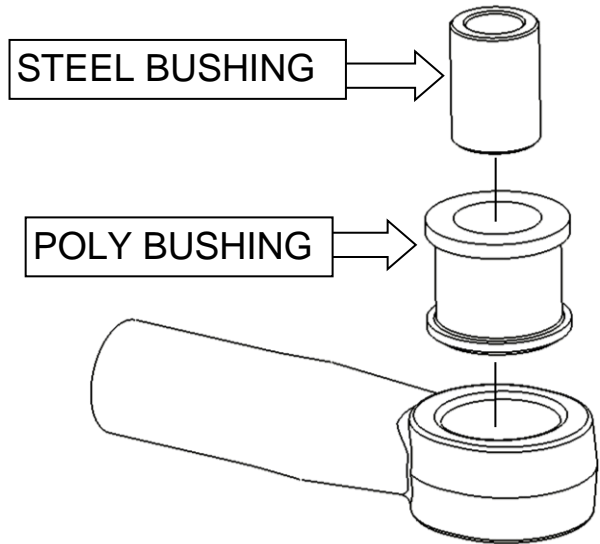
4. Remove nut from P/S track bar. Then using a steering arm remover (Ford P/N# 211-003) disconnect the track bar from the passenger side and remove from the vehicle. (24mm socket)

**Note:** Use the hex-holding feature to prevent the track bar ball joint from turning while removing the nut.



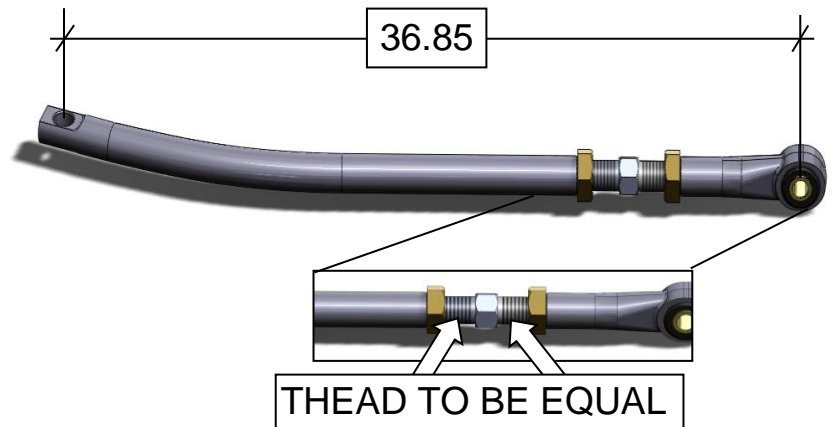
## Installation

1. Lubricate and press in the polyurethane bushing into the driver's side of the trackbar. Then lubricate & insert the steel bushing into the polyurethane bushing to complete the driver's side trackbar assembly.

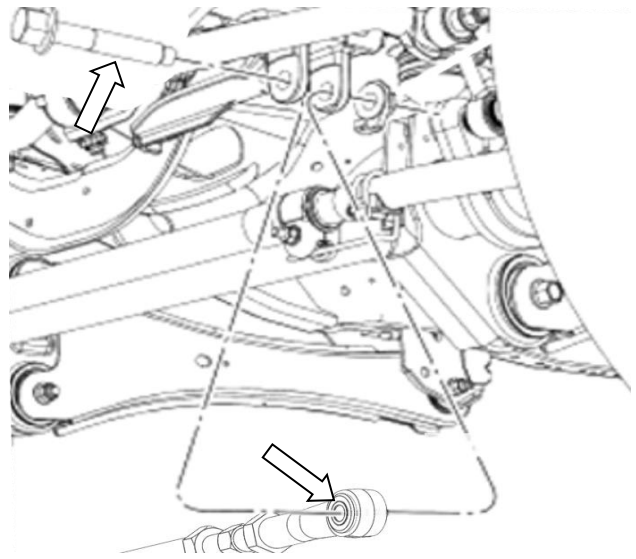


2. With bushing in place connect all track bar pcs.

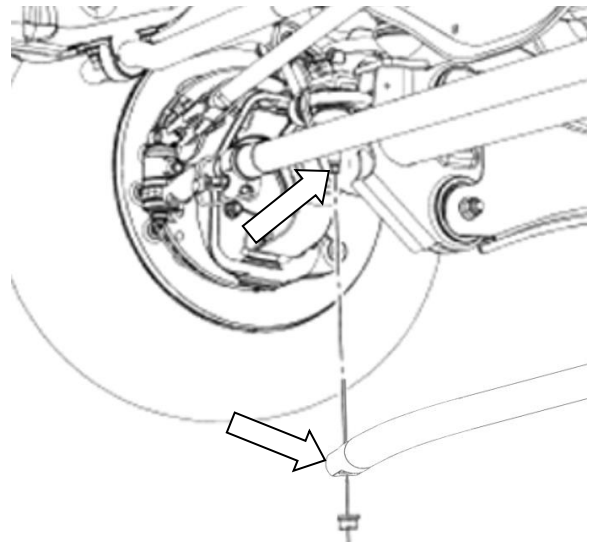
Thread nuts & ends all the way to the bottom. Then adjust from the center out so that the center to center distance of the connections is 36.85" (the same length as the stock bar) also ensure an equal amount of thread is showing on both sides of the connector.

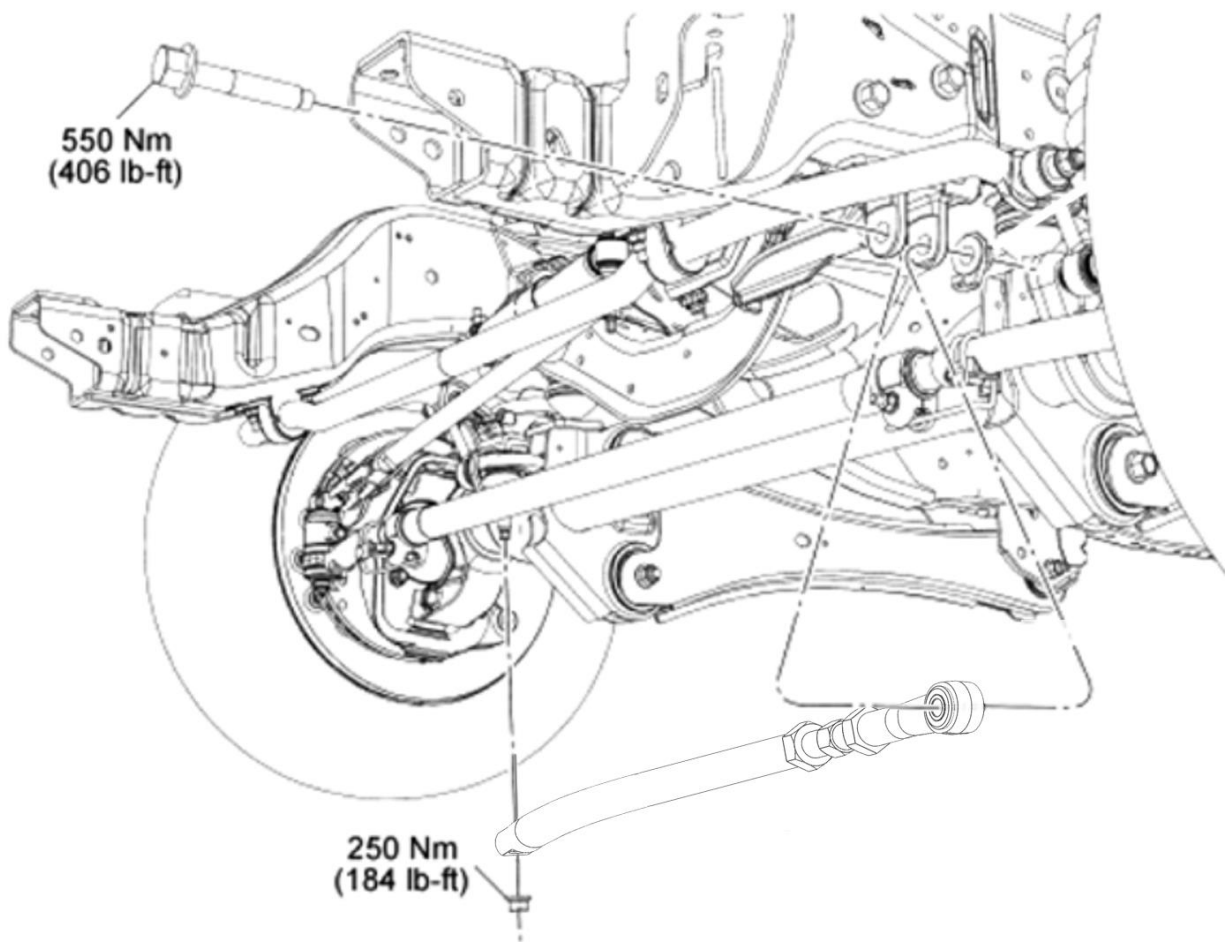


3. Position the driver side of the trackbar into position and install bolt and nut snug.(30mm socket)



4. Position the passenger side of the trackbar onto the ball joint and install the nut snug.(24mm socket)





5. With the vehicle weight still supported by the jack stands, torque the P/S ball joint connection to 184 ft/lbs.

6. With the vehicle weight still supported by the jackstands, torque the D/S frame bolt connection to 406 ft/lbs.

You can now perform an alignment on the front end of the vehicle. Adjust the front axle left and right by turning the threaded connector.

The shorter you make the track bar the more it will pull the front axle towards the driver's side, and vice versa.

Once the alignment is complete tighten the jam nuts to approximately 100 ft/lbs of torque. Do not drive the vehicle without torquing the jam nuts.



**DO NOT DRIVE THE VEHICLE WITHOUT COMPLETING A PROPER ALIGNMENT.**