



Because every vehicle is different there isn't one ideal setup that will work for every application. Weight bias, tire choice, driving style and horsepower will dictate which setting works best for you but as a general rule of thumb you may follow the proceeding guidelines:

**Furthest hole:** This is the lightest setting and the recommended starting point for most applications.

**Closest hole:** Use this setting if the car still wants to torque steer or will not leave the line without excessive body roll.

It is also possible to fine tune your sway bar by pre-loading the end links. BMR recommends starting with a neutral setup. This means that both sides are adjusted equally and no pre-load is in the bar. If the car tries to steer right on launch, either lengthen the passenger side end link or shorten the drivers' side end link to compensate. If it tries to steer left at launch, shorten the passengers' side end link or lengthen the drivers' side to compensate.

#### SWAY BAR RATES

Furthest hole (farthest away from main portion of bar) 1612 lbs/in.

Closest hole (closest to main portion of bar)  
2460 lbs/in.

Discover other performance suspension parts on our website.