



INSTALL INSTRUCTIONS:

Torsion Bar Adjuster Key
 SKU: 110-902[68-76]
 (Old SKU: TBA-XXX)



PARTS LIST FOR SKU: 110-902[68-76] (Old SKU: TBK-XXX)

QUANTITY	PART #	DESCRIPTION
2	Vehicle Specific	Torsion Bar Adjuster Key

WARNING

Please read this entire instruction sheet before beginning installation. Proper installation of these components requires a qualified mechanic. Always wear safety glasses when using power tools, and take appropriate precautions when working under a vehicle. If these instructions are not properly followed you may jeopardize your, and your passenger's safety, and severe frame, suspension or tire damage may also result from improper installation.

TECH NOTES

- It is necessary to raise the vehicle to perform installation of these products. A hoist or installation bay is recommended. Always ensure the truck is properly supported before attempting installation as serious injury could occur.

REQUIREMENTS

- N/A

INSTALLATION

1. On level ground, measure the height of the front fender well from the ground, write it down and use for later reference. Always work on a properly supported vehicle. Lift the front of the vehicle off of the ground by the frame so the front tires and suspension fully drooped down.
2. Remove torsion bar adjusting screw. Using a torsion bar tool, load torsion bar and remove adjuster nut, then unload torsion bar and remove tool. Slide torsion bar forward into lower control arm. If bar seems lodged, use a punch and hammer to loosen through the hole in the back of the torsion bar cross member. This will allow the adjuster to fall out. Repeat this to the other side.
3. Reinstall the new adjuster key in the reverse order.
4. Tighten the adjuster bolt while the truck is still off the ground.
5. Do not tighten the adjuster bolt to raise the height of the vehicle while the vehicle is on the ground and the front suspension is holding its own weight. This will cause the adjuster bolt excess stress and will most likely strip the threads.
6. Set the vehicle on the ground and back out the adjuster bolt to lower the vehicle to the desired ride height. You must drive the vehicle forward and backward a couple of times to allow the suspension to settle into place. Level the truck side to side by measuring from the top of the tire up to the lip of the fender well.
7. Do not set the ride height too high for the given application, adverse effects will occur. Do not exceed a height increase of 2" over the initial ride height measured in step 1
8. Raising the height of the vehicle will cause premature wear of the pitman and idler arms, therefore it is recommended to also install the Cognito Motorsports Pitman and Idler Arm Support Kit.
9. Using the factory upper control arms, you can also expect marginal alignment settings and accelerated wear of the upper ball joints because of the increased ball joint angle after raising the height of the front of the truck.
10. For this reason, it is also recommended to use the Cognito Upper Control Arm Kit and either longer aftermarket shocks, or the Cognito shock extension brackets.
11. Front end alignment to factory settings and headlight adjustment are required at this time.