



INSTALLATION INSTRUCTIONS

Progress Technology [Anti-Sway Bar](#)
1988-91 Honda Civic (Front) # 61.1002

NOTE: Progress Technology products should only be installed by a qualified licensed mechanic experienced in the installation and removal of suspension components. Please read instructions from start to finish and verify the parts in the parts list before beginning installation.

Parts List

Item	Quantity	Item	Quantity
Anti-roll bar (22mm)	1	Cup washer	8
U Bracket	2	M8-1.25 X 25	2
Pivot bushing	2	5/16-18 X 1.00	2
Backing plate (Small Holes)	2	5/16-18 X 1.25	4
Spacer plate (Big holes)	2	5/16-18 Nylock nut	6
Spacer tube	2	5/16 washer (Big)	4
3/8-16X4.50 HHCS	2	5/16 washer (Small)	6
3/8-16 Nylock nut	2	Grommet	8
Instruction Sheet	1		



Drop the exhaust and shifter linkage (Fig. 1)

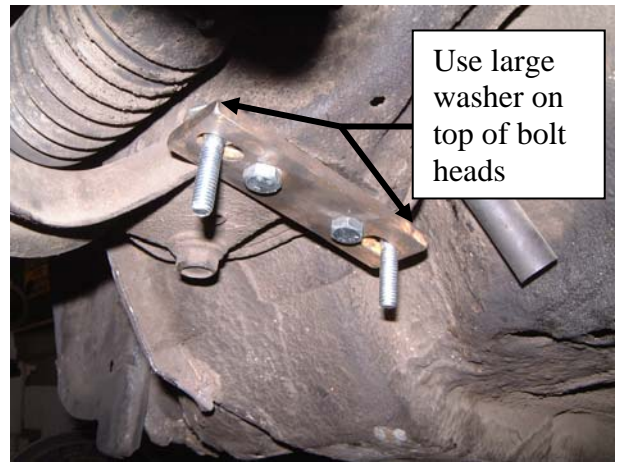


Drill out slotted mounting holes (Fig. 2)

1. Park vehicle on a smooth, level, asphalt or concrete surface. Block rear wheels. Jack up front end of car and support with jackstands. Remove front wheels and tires. Separate the exhaust in front of the catalytic converter and remove shifter linkage from the transmission as figure one shows. Remove (OEM) sway bar and brackets and end links.
2. Locate the stock mounting holes. Use a 5/16 drill bit to make a hole in the center of the slotted mounting hole as shown in figure 2.



Passenger sides mount (Fig. 3)

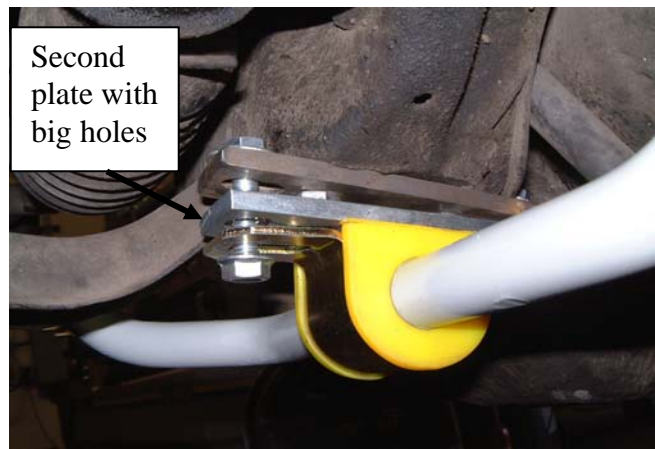


Mounting bolts thru back plate (Fig. 4)

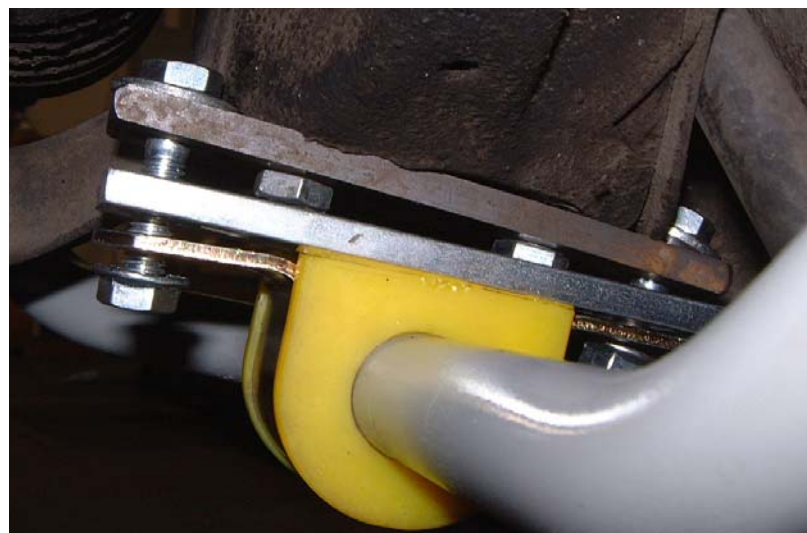
- Using the hardware provided, fasten the backing plate to the chassis. Do not use washers on the head side of the bolt. Figure three shows the backing plate installed using the stock threaded hole and a thru bolt pointing up with a washer and a nut on top of the sub-frame lip. Next, place the 5/16 bolts thru the bracket with washers on top, (figure four).



Passenger side end link assembly (Fig. 5)

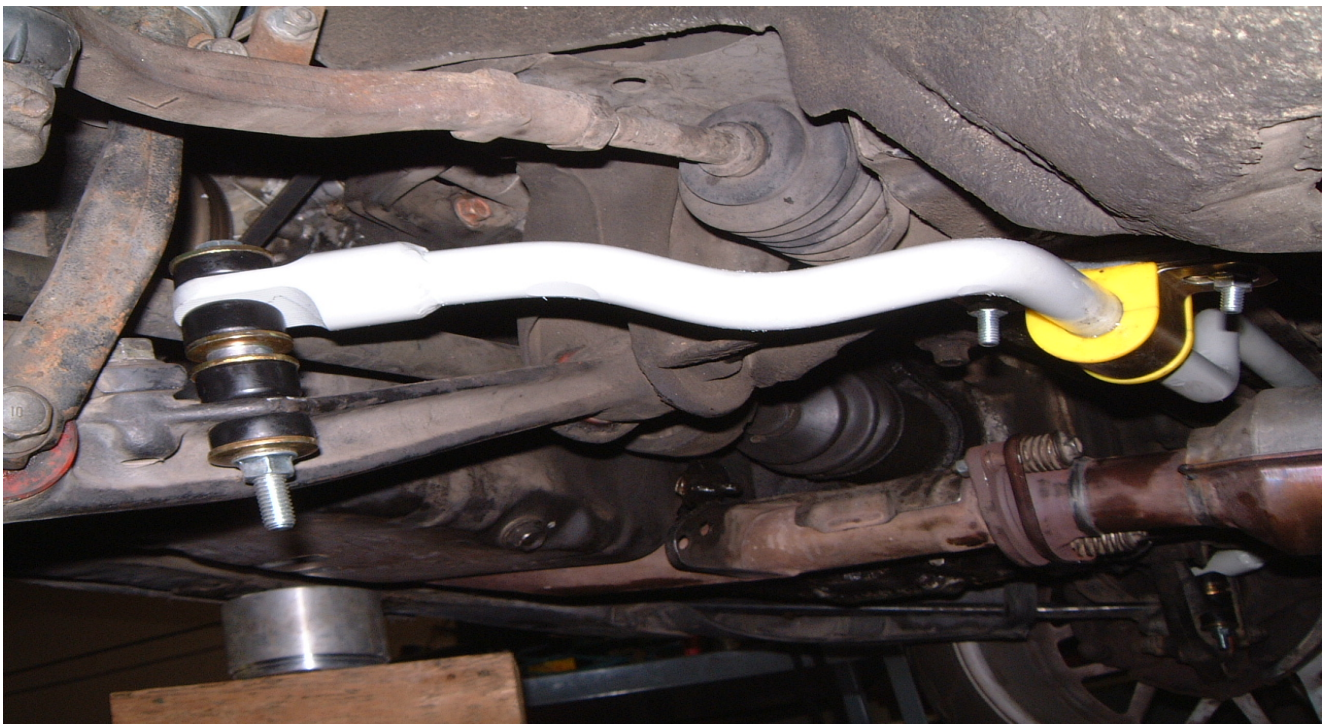


Passenger sides mount (Fig 6)



Install hardware as shown above

4. Attach the bar to the lower control arm as shown in figure five. Do not tighten end link assembly this time.
5. Locate the pivot “D shaped” polyurethane bushings and tube of special grease supplied in the hardware kit. Cut the end off the grease tube and apply the grease to the bore of the polyurethane bushing (in the hole). Open the bushing and snap them over the new Anti-roll Bar. Place the new brackets (supplied) over the pivot bushings. Attach the bar and brackets to the new mounting surface, using the hardware provided. **MAKE SURE TO USE THE SPACER PLATE BETWEEN THE BUSHING BRACKET AND THE BACKING PLATE** (Figure six).
6. Tighten all hardware at this time.



Finished installation view from the driver side.

7. Install wheels and tires. Lower front of car onto ground, and roll car back and forth to settle suspension.
8. Installation is complete. Check assembly periodically for tightness.