



INSTALLATION INSTRUCTIONS

Progress Technology Anti-Sway Bar

1995-1998 Nissan 240SX S14

61.1503

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
1 3/16" Front bar (30mm)	1	3/8-16 x 2.00 bolt	4
U-bracket	2	3/8-16 x 1.00 bolt	2
Bushing	2	3/8 flat washer	8
Grease tube	1	3/8-16 nylock nut	6
Male rod end, 3/8"	2	Cup washer	2
Female rod end, 3/8"	2	M10 x 1.25 x 30 FHCS	2
Jam nut, 3/8-24	2	M10 x 1.25 nylock nut	2
Rod end spacers	10	Bushing bracket shim	2
U-bracket	2	Lube	1

****This is an adjustable front swaybar. Changing the settings and using this bar will change the handling characteristics of the vehicle. Use caution when driving after installation of any product made to modify performance. ****

Caution: Always use jack stands securely and properly placed when working under a vehicle.

Caution: Exhaust systems can be EXTREMELY hot and may cause injury if touched. Allow the exhaust system to cool down before beginning installation.

1. Park the vehicle on a smooth, level asphalt or concrete surface. Block the rear wheels.
2. Jack up the rear of the vehicle until the tires do not touch the ground. Place jack stands in the manufacturer's specified location. Lower vehicle onto jack stands. Make sure vehicle is secured. Remove the wheels and tires from the vehicle.
3. Remove the pivot bushing brackets from the chassis and remove the OEM anti-swaybar and end link assemblies. Note how the swaybar is mounted. The Progress bar will mount in the same locations with new brackets, spacer, bushings and hardware provided.

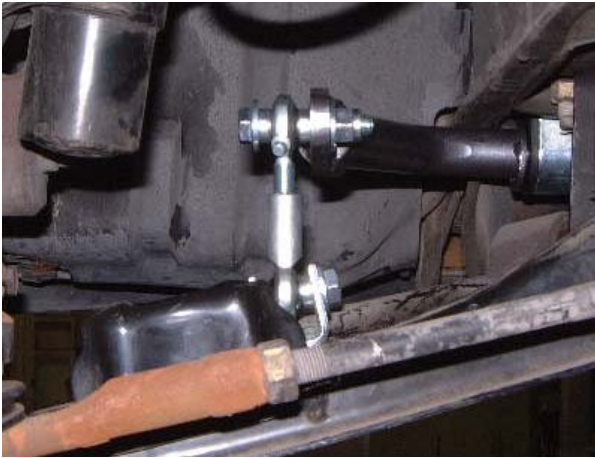


Use a spacer under the rear side of the bushing bracket, between the bracket and the chassis.



New bushing bracket and hardware

5. Assemble the rod end attachment links as shown in the pictures below. Assemble the endlinks into the U-bracket supplied as shown. Make sure you place the 3/8-16 x 1.00 bolt into the U shaped bracket before attaching the endlinks. Put the U-bracket assembly into the small hole on the lower control arm. Use the supplied washers and the nylock nuts. Tighten assembly.



Passenger side shown from the front



Driver side shown from the front

7. Heavily grease the swaybar pivot bushings where the Progress anti-swaybar slides through using the grease provided.
8. Install the greased pivot bushings onto the anti-swaybar. Fasten the center portion of the anti-swaybar in the same location as the factory anti-swaybar. Attach the bar with the new pivot bushings and brackets.
9. Attach the endlinks to the swaybar as shown. You must make sure the endlinks do not bind and the swaybar will not interfere with anything when at full droop or at full compression settings. Lengthen or shorten the endlinks as needed. Note: In many cases due to the way the bar is configured the endlinks will not be the same length.
10. Go over the installation making sure all fasteners are tight and torqued properly. Reinstall tires/wheels and slowly test drive the vehicle making sure the endlinks are the proper length and no binding occurs. Remember you have changed the handling characteristics of the vehicle, use caution.

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