



INSTALLATION INSTRUCTIONS

Progress Technology Anti-Sway Bar 1991-94

Sentra Front

61.1509

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	1	10mm x 1.25 x 30mm SHCS	4
U-bracket	2	3/8-16 x 2.00 bolt	2
Bushing	2	3/8-16 x 1.75 bolt	2
Grease tube	1	3/8-16 x 1.00 bolt	2
Male rod end, 3/8"	2	3/8 flat washer	10
Female rod end, 3/8"	2	3/8-16 nylock nut	6
Jam nut, 3/8-24	2	Cup washer	2
Rod end spacers	10	Spacer plate	2
U-bracket	2		

****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 SYSTEM MAY NEED MODIFICATIONS DEPENDING ON THE SYSTEM YOU HAVE INSTALLED. 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 rear wheels.
2. Jack up the front of the vehicle until the tires do not touch the ground. Place jack stands under the lower control arms to load the suspension during installation. Lower vehicle onto jack stands. Make sure vehicle is secured. Remove the wheels and tires from the vehicle.
3. Separate the exhaust in front of the catalytic converter. Remove the OEM endlinks. Remove the pivot bushing brackets from the chassis and remove the OEM anti-swaybar. Note how the swaybar is mounted. The Progress bar will be attached in the same location.



Endlink assembly

Figure 1

4. Assemble the rod end attachment links as shown in figure one. 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 to the lower control arm. Use the 3/8-16 x 2.00 bolt in the top rod end.



Hump goes over exhaust

Figure 2

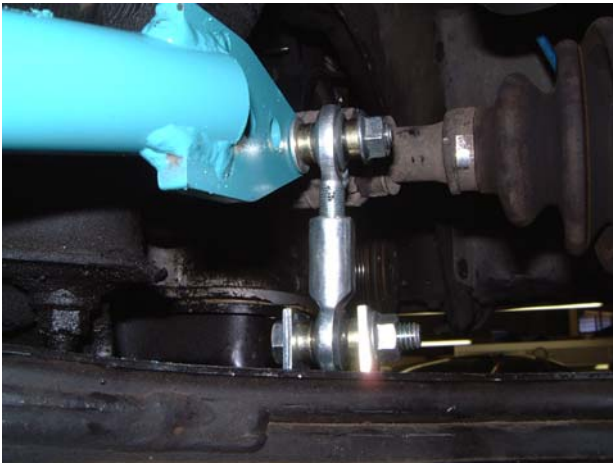


Use backing plate

Figure 3

5. Heavily grease the swaybar pivot bushings where the Progress anti-swaybar slides through using the grease provided.

6. Install the greased pivot bushings onto the anti-swaybar. Make sure the ends (moment arms) of the bar are mounted **over** the lower control arm. Use the supplied brackets, socket head bolts, and backing plates to mount the swaybar.



Endlink attached to the bar

Figure 4



Bar set at softest setting

Figure 5

7. Attach the endlinks to the swaybar as shown. (Fig. 4) Reference (fig. 5) for which hole to attach to. 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. Due to the differences in ride heights an extra rod end spacer next to the bar maybe needed to achieve the proper angel of the endlink.

8. 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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