



## INSTALLATION INSTRUCTIONS

Progress Technology [Anti-Sway Bar](#)

Nissan 350 Z(Front) # 61.1542

**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

<u>Item</u>	<u>Quantity</u>
Anti-roll bar 35mm Tubular	1
Pivot bushing	2
Instruction Sheet	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.

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. Remove stock (OEM) sway bar and brackets. Maintain brackets and all hardware for installation of your Progress bar. Leave end link attached to the lower control arm.
2. Bend the hook tab on the end link so that it is flat, this will allow you to adjust the position of the end link on the sway bar.
3. Locate the polyurethane pivot 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 bushings (in the hole). Open the bushings and snap them over the new Anti-roll Bar, as positioned on the stock bar.
4. Tighten the mounting bolts to factory specs.



Passenger side shown with end link set in middle position

5. Attach the end link to the sway bar and tighten. *THIS IS AN ADJUSTABLE SWAY BAR. THE HOLE TOWARD THE FRONT OF THE VEHICLE IS THE FIRMEST SETTING. CHARACTERISTICS IN HANDLING HAVE BEEN ALTERED, USE EXTREME CAUTION DURING DRIVING.*
6. Install wheels and tires. Lower front of car onto ground, and roll car back and forth to settle suspension.
7. Installation is complete. Check assembly periodically for tightness.