



## INSTALLATION INSTRUCTIONS

Progress Technology [Rear Anti-Sway Bar](#)

2003 – 2007 Honda Accord

Part # 62.1017

**WHO SHOULD INSTALL THIS PRODUCT?** 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

Description	Quantity	Description	Quantity
22mm Sway Bar	1	Lube	1
Bushing	2	1/4 USS Flatwasher	4
U-bracket	2		

1. Park vehicle on a smooth, level asphalt or concrete surface. Block front wheels. Jack up rear end of car and support with jack stands.
2. Remove the nuts that hold the end links to the bar, retain the nuts for installation. Next, remove the factory bushings and brackets, retain the hardware for installation. Remove the bar from the vehicle.
3. Locate the pivot "D" shaped polyurethane bushing and tube of special grease supplied in the hardware kit. Cut the end off the tube and apply grease to the bore of the bushing. Open bushing and snap them over the new sway bar, as positioned on the stock bar. Place the new brackets (supplied) over the bushings. Using washers (provided) on the bushing bracket bolts tighten brackets to OEM specifications.
4. Attach endlinks using factory hardware to OEM specifications.

### IMPORTANT NOTE ABOUT ADJUSTABLE SETTINGS:

We strongly suggest that your technician initially sets the end links in the softest setting. The softest setting will be the setting with the end links closest to the end or tip of the sway bar, furthest from the mounting bushings.

After installing the sway bar, we suggest that you drive the car carefully and within your abilities, noticing the changes in the handling characteristics. If driving in poor weather,

exercise additional care during cornering and braking until you are familiar with the handling.

If you chose to use the firmer settings, again remember to drive the vehicle carefully, and take note of the changes you have made to the suspension. You will notice a handling difference with each sway bar settings.

5. Installation is complete. Check assembly periodically for tightness.