



INSTALLATION INSTRUCTIONS
Progress Technology Rear Anti-Sway Bar
MY16+ Honda Civic "10th Gen"
MY18+ Honda Accord
Part # 62.1018
Rev. B (3-12-2020)

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
Rear Sway Bar (22mm)	1	Bushings	2
Reinforced bushing brackets	2	Lube	1
Spacer Plates	2	M10-1.25 x 20 FHCS	4

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 at the jack points.
2. Remove the bolts that attach the sway bar end links to the lower control arms. (Figure A)



Figure A

3. Remove the OE sway bar end links from the OE sway bar. Use a 14mm wrench and a 5mm allen wrench to hold the stud, and remove the nut with the wrench, as shown in Figure B. Save the hardware for re-assembly in Step 8.



Figure B

4. Next, remove the factory bushing brackets (Figure C). The bushings are bonded to the sway bar, so they will remain attached to the OE sway bar.

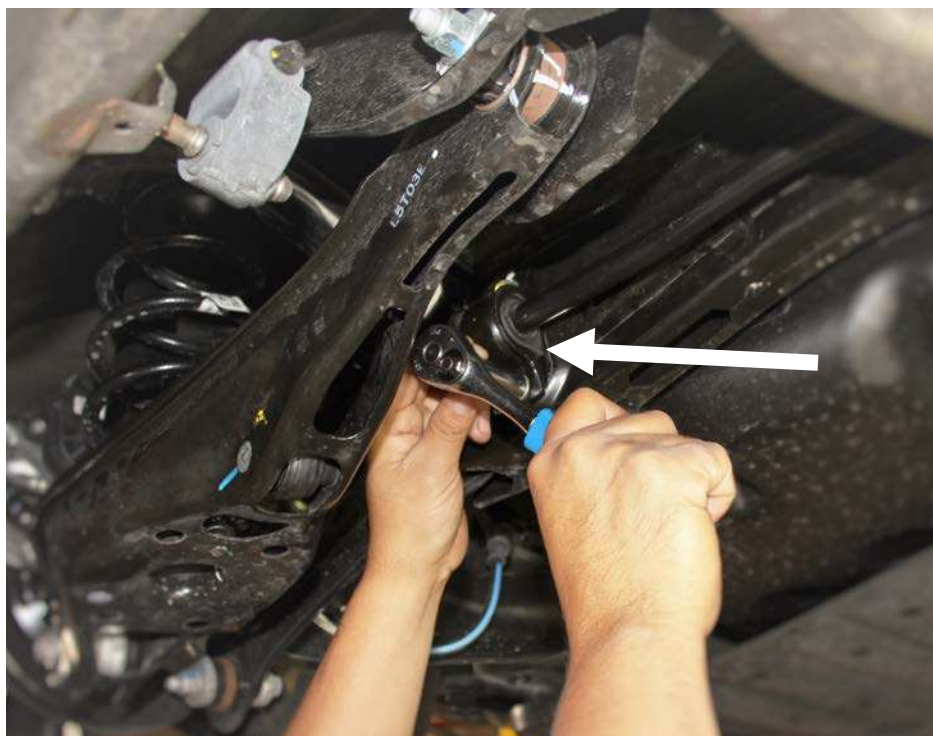


Figure C

5. Remove the sway bar from the vehicle. On Civic models, the OE bar will be removed as shown in Fig D. **NOTE: Accord vehicles have additional gussets on the sub-frame that will interfere with the sway bar removal & installation. Accord models will require lowering the rear section of the exhaust system for clearance.**



Figure D

Accord Vehicles

6. To lower the rear section of the exhaust, pry the rubber exhaust hangers off of the mounts using a large screwdriver or pry bar as shown (Figures E & F). A little bit of silicone spray on the rubber connections will make the removal easier. Remove the hangers on the rear pipe and both mufflers.

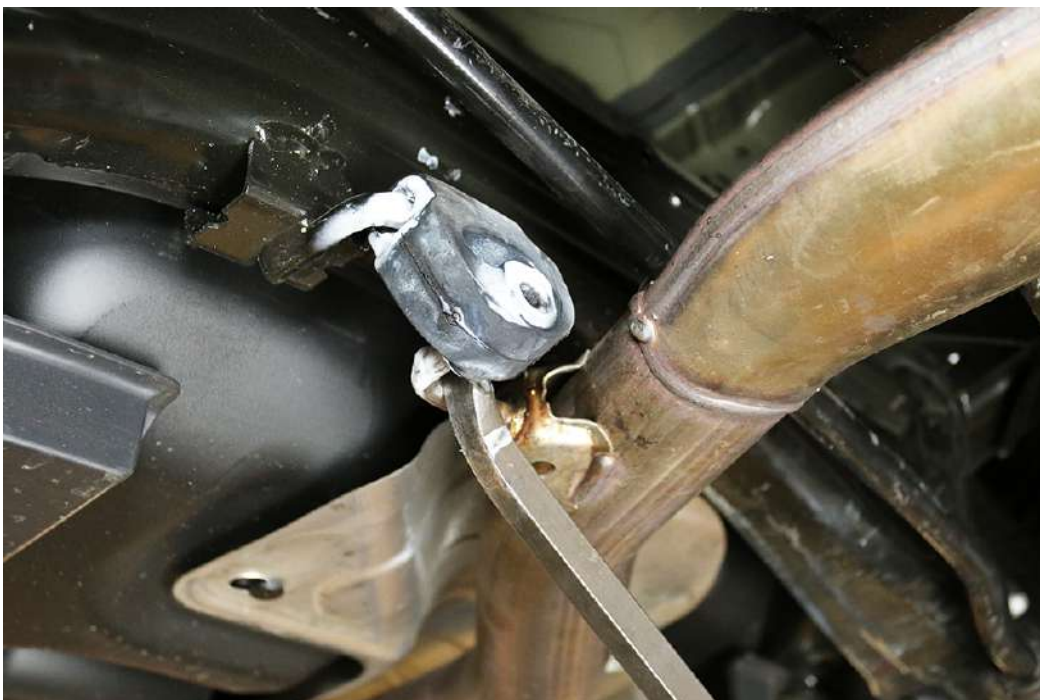


Figure E



Figure F

7. Remove the Accord OE sway bar. This will require pulling down on the rear exhaust section. DO NOT remove the rear exhaust, as it is NOT necessary. Install the PROGRESS sway bar in the same manner, fitting it over the exhaust, in the same orientation as the OE sway bar. (Figure G)

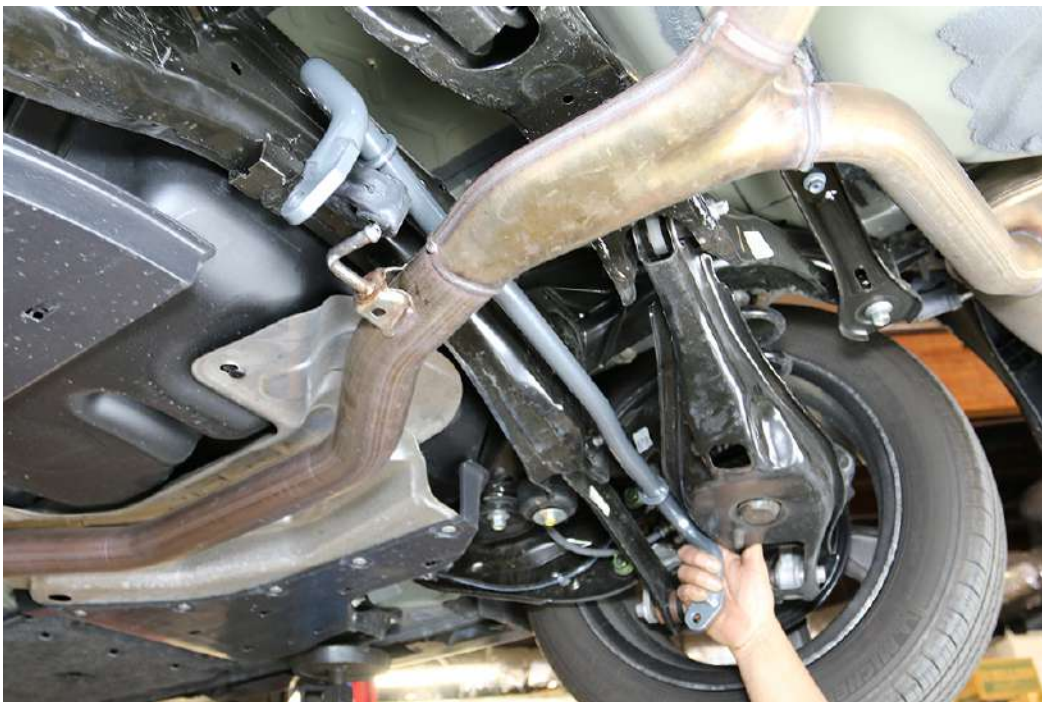


Figure G

- Loosely attach the end links to the sway bar using the OE hardware. Note: The ends of the sway bar point downward as shown in Figure H.



Figure H

- Locate the pivot “D” shaped polyurethane bushing and tube of special grease supplied in the hardware kit. Cut the end off the packet and apply grease to the inside bore of the bushings. (Figure I)



Figure I

10. Open the bushings and snap over the Progress sway bar. Position them in the stock locations on the bar. Place the reinforced bracket over the bushing & slide the spacer plate under the bracket as shown. Use the M8-1.25 x 20mm fasteners supplied to hold the bracket in place. Repeat on the other side (Figure J).



Figure J

11. **DO NOT** use the OEM bolts to mount the bushing brackets as they are too short! **Use the 20mm long fasteners supplied in the kit.** Torque the bushing bracket hardware to 28 ft/lbs. (Figure K)



Figure K

12. Torque the lower control arm end link bolt to 28 ft/lbs. (Figure L).



Figure L

13. Using an extension and a universal with a short 14mm socket attached to it; torque the end link nut to 38-42 ft/lbs. (Figures M & N).



Figure M



Figure N

14. Accord vehicles: Reinstall all the rubber exhaust hangers that were removed in Step 6.

15. Check all fasteners for proper torque values.



Your installation is now completed.

Torque Check

Hardware	Torque
Rear sway bushing brackets	28 ft/lbs
Rear end link nut	38-42 ft/lbs
Rear end link lower bolt	28 ft/lbs

Learn more about performance suspension parts we have.