



INSTALLATION INSTRUCTIONS
Progress Technology Rear Anti-Sway Bar
MY17+ Honda Civic Type R
MY16+ Honda Civic
MY18+ Honda Accord
Part # 62.1028
No Rev. (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	M10-1.25 x 20 FHCS	4
Reinforced bushing brackets	2	Stabilizer Link, female w- flange nut	2
Bushings	2	Bearing, male, Teflon liner	2
Lube	1	Reducer, M10-M8	4
Backing plate	2	M10-1.25 jamnut	2

Installation Note

This kit must be installed & tightened correctly for proper operation. Please read the instructions carefully. ***A torque wrench is required for this installation.***

Service Note

This kit includes two zero-deflection adjustable end links. These are intended for track and autocross use. There are two (2) M10 Teflon-lined spherical bearings (rod ends) in the linkage. These are high-quality Domestic USA bearings. They are wear items and may require replacement. Replacement bearings are available at progressauto.com. ***Note that any replacement spherical bearings are non-warranty components.***

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)
Save the hardware for re-assembly in Step 14.



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.



Figure B

- 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

- Civic owners go to Step 5.
- Accord & Civic Type R owners go to Step 6

- Civic only:** Remove the sway bar from the vehicle. On Civic models, the OE bar will be removed as shown in Figure D. **Go to Step 8.**



Figure D

NOTE: Accord vehicles have additional gussets on the sub-frame that will interfere with the sway bar removal & installation. Accord & Civic Type R models will require lowering the rear section of the exhaust system for clearance

6. **Accord & Civic Type R only:** 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. **Accord & Civic Type R only:** 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)
8. **Civic only:** Install the Progress rear sway bar in the OE location, routing it over the exhaust, it looks similar to (Figure G). **TIP: leave the bushings off the sway bar until it is in position.**



Figure G

9. 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. **Then slide the spacer plate under the bracket as shown** (Figure J see arrow).
11. Use the M8-1.25 x 20mm fasteners supplied to hold the bracket in place. **DO NOT use the OEM bolts** to mount the bushing brackets as they are too short. Repeat on the other side.



Figure J

12. Torque the bushing bracket hardware to 30 ft/lbs. (Figure K)



Figure K

13. Your kit includes two (2) adjustable pre-assembled end links. Install the new end links to the center hole in the sway bar tab, on both the left & right sides. **Use a 2"X4" block or similar wood block to *limit the rotation of the sway bar* as you torque the M10 upper end link nuts to the sway bar.** Torque to 45-50 ft/lbs. See figures L & M below.



Figure L (Torque the left hand upper link nut)



Figure M (Torque the right hand upper link nut)

14. Locate the four plated steel bearing spacers. Slide the spacers into the M10 lower bearings as shown below. (Figure N)



Figure N

15. Rotate the bar & links down and guide the end links into the lower control arm (LCA) pockets. Line up the M8 holes using a screwdriver. Install the two OE lower end link fasteners and torque the lower end link bolts to 30 ft/lbs. (Figure P & Q)



Figure P

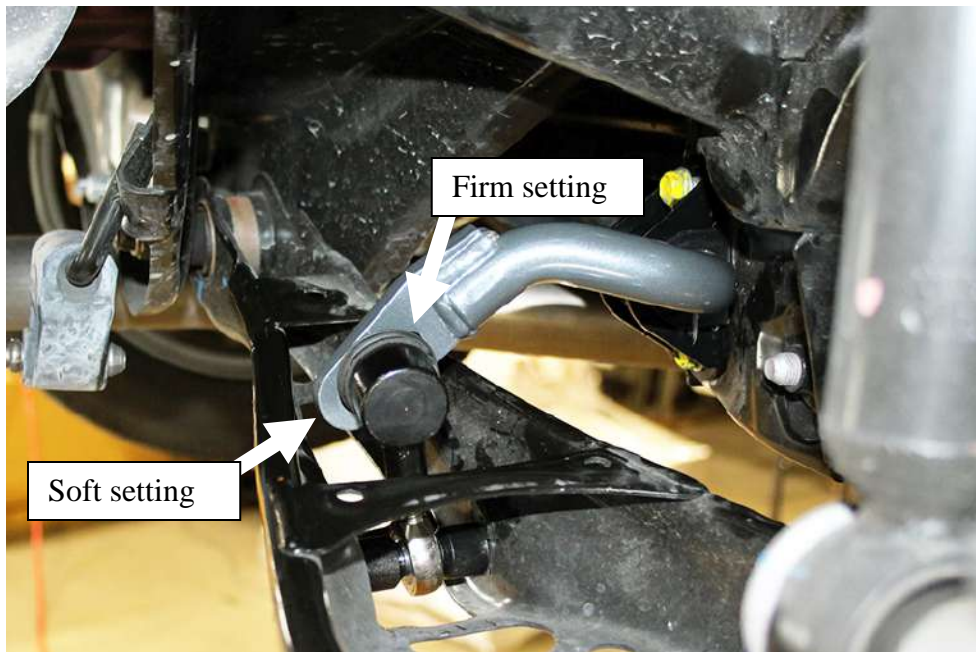


Figure Q, showing end link in middle stiffness setting.

The softer setting is closer to the end of the sway bar. The stiffer setting is closer to the sway bar bushing SEE ARROW. This shortens the moment arm length and increases the stiffness.

We suggest starting in the middle setting.

16. **Accord only:** Reinstall all the rubber exhaust hangers that were removed in Step 6.
17. Check all fasteners for proper torque values.

Torque Check

Hardware	Torque
Rear sway bushing brackets	30 ft/lbs
Rear end link nut	45-50 ft/lbs
Rear end link lower bolt	30 ft/lbs



Your installation is now completed, Civic Sport shown.



Your installation is now completed, Accord shown.