



INSTALLATION INSTRUCTIONS

Progress Technology [Anti-Sway Bar](#)

Mazda 3 (Rear) # 62.1125

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 (22 mm)	1
U bracket	2
Pivot bushing	2
Grease tube	1
Instruction sheet	1

1. Park vehicle on a smooth, level, asphalt or concrete surface. Block front wheels. Jack up rear end of car and support with jackstands. Remove rear wheels and tires. If equipped with an original equipment rear anti-sway bar, remove the bar and brackets.
2. Locate the pivot "D shaped" polyurethane bushings and tube of special grease supplied in the hardware kit. Cut the end off of 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. Place the new brackets (supplied) over the pivot bushings. Using the stock (OEM) hardware, attach the bar and brackets to the stock mounting locations. Tighten the mounting bolts to factory specifications.
3. This is an adjustable bar. The hole closest to the end of the bar is the softest setting. The stiffest setting will induce more oversteer. Use caution when driving because the OE ride has been modified. Tighten endlink to factory specifications.
4. Install wheels and tires. Lower rear of car onto ground, and roll car back and forth to settle suspension.
5. Installation is complete. Check assembly periodically for tightness.