



INSTALLATION INSTRUCTIONS

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

2014 + Mazda 3

Part # 62.1127

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

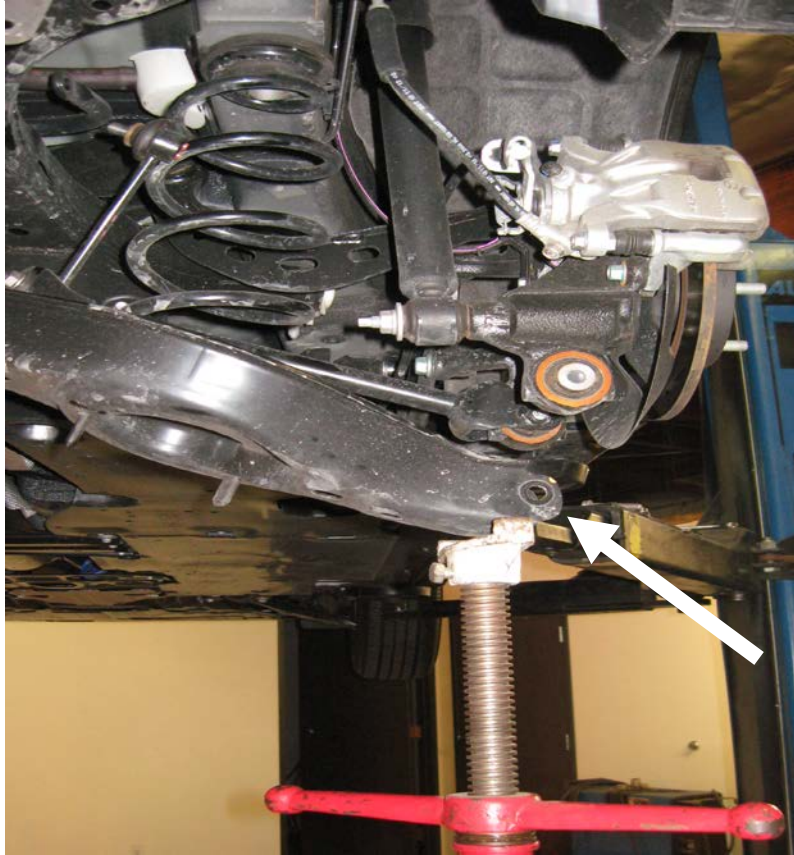
Description	Quantity
22mm Sway Bar	1
Bushing	2
U-Bracket	2
Lube	1

1. Park vehicle on a smooth, level, asphalt or concrete surface. Block front wheels. Jack up rear end of car and support with jackstands. Or raise vehicle on a hoist using proper lifting locations. Remove the wheels from the vehicle.
2. Remove the links from the sway bar on both sides. Using a 6mm hex wrench and box wrench remove the nut, leaving the end link attached to the lower control arms. (A)



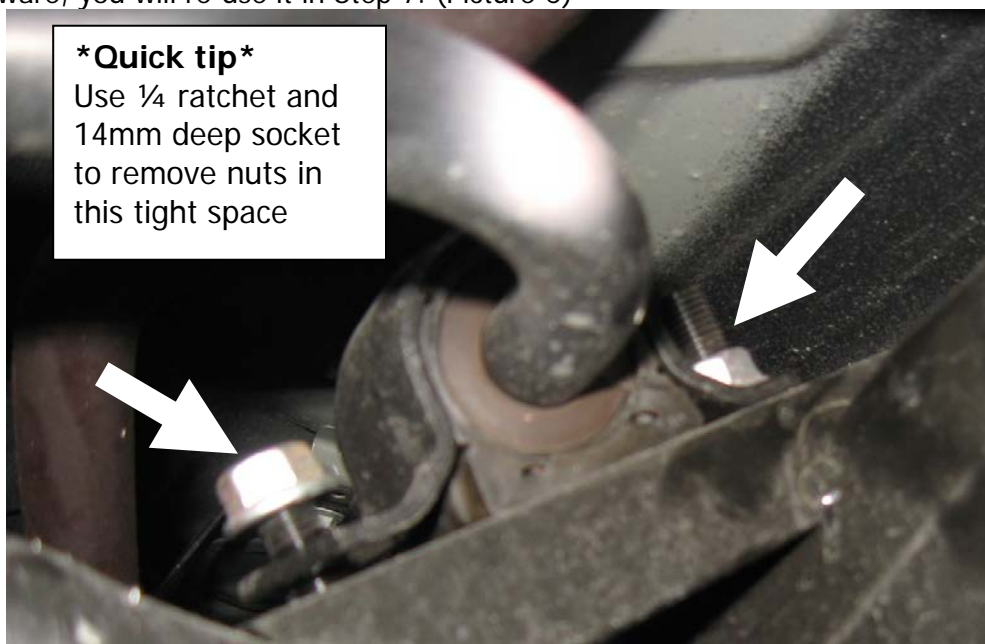
Picture A

3. Support the lower control arm using a floor jack or chassis stand as shown (Picture B). Remove the bolt attaching the lower control arm to the rear hub assembly. ***EXTREME CAUTION REQUIRED FOR REMOVAL OF COIL SPRING.*** Lower the support stand very slowly and release the force from the coil spring. Lower the control arm and remove the spring. **Removal of only one spring is necessary.**



Picture B

4. Next, locate the bushing brackets that attach the sway bar to the chassis. Remove the nuts that hold the bushing brackets and the bar to the vehicle. Remove the OEM bar and brackets, keeping the hardware, you will re-use it in Step 7. (Picture C)



Picture C

5. Locate the pivot "D shaped" polyurethane bushings and pack of special grease supplied in the hardware kit. Cut the end off of the grease pack and apply the grease to the inside bore of the polyurethane bushings (Picture D).



Picture D

6. Slide the bar into same position as the OEM bar. Making sure the wider part of the bar end is toward the top of the vehicle, see arrow below. (Figure E)



Picture E

7. Place the greased bushings onto the bar along with the supplied mounting brackets. Re-using the OEM hardware torque to 34-36ft/lbs. (Picture F)



Picture F

8. Install the coil spring taking extra care to rotate and index the spring correctly. Jack the control arm into position. (Figure G)



Figure G

9. Reinstall the OEM bolt and torque to factory specifications. (Figure H)



Figure H

10. Attach the end links to the desired setting and torque to 34-36 ft/lbs. Install the wheels and torque to factory 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.

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