



INSTALLATION INSTRUCTIONS

Progress Technology [Anti-Sway Bar](#)

Nissan 370 Z (Rear) # 62.1543

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

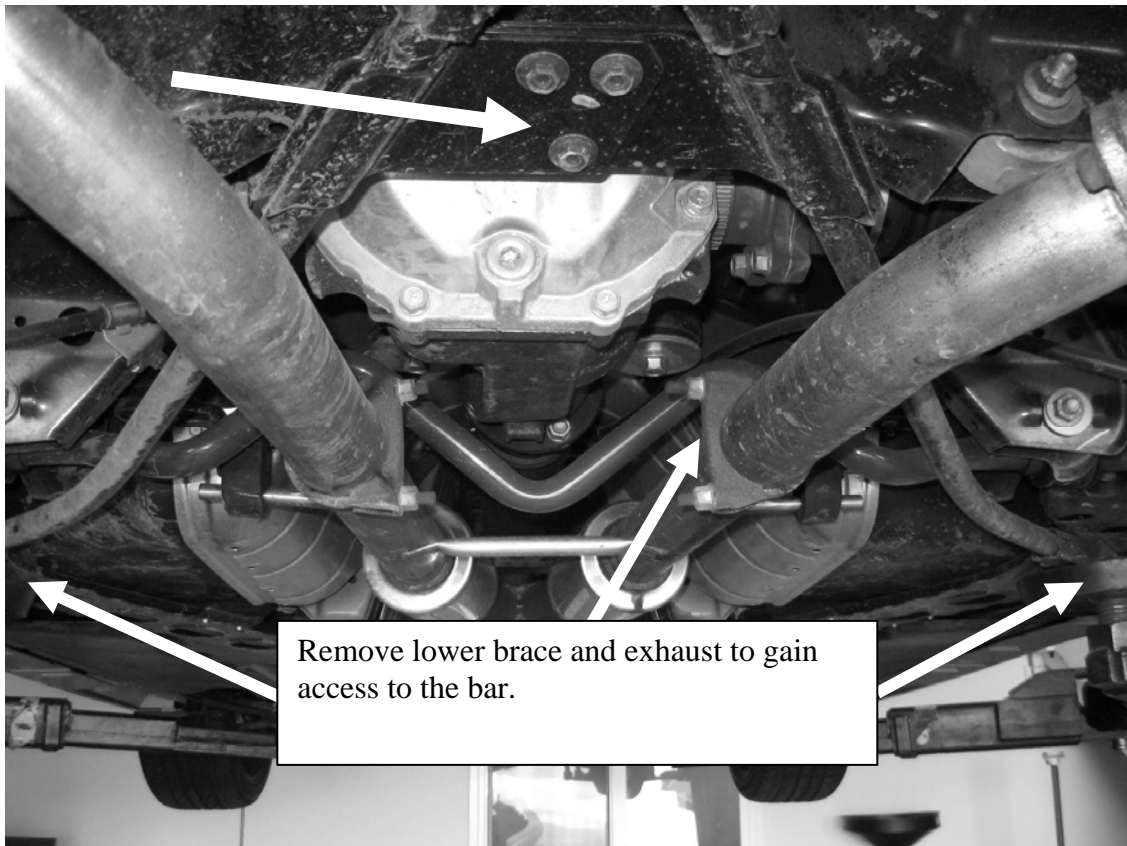
<u>Item</u>	<u>Quantity</u>
Anti-roll bar (25 mm)	1
Bushing brackets	2
Bushings	2
Lube	1
Instruction Sheet	1

****This is an adjustable rear swaybar. Changing the settings and using this bar will change the handling characteristics of the vehicle. Use caution when driving after installation of any product made to modify performance. ****

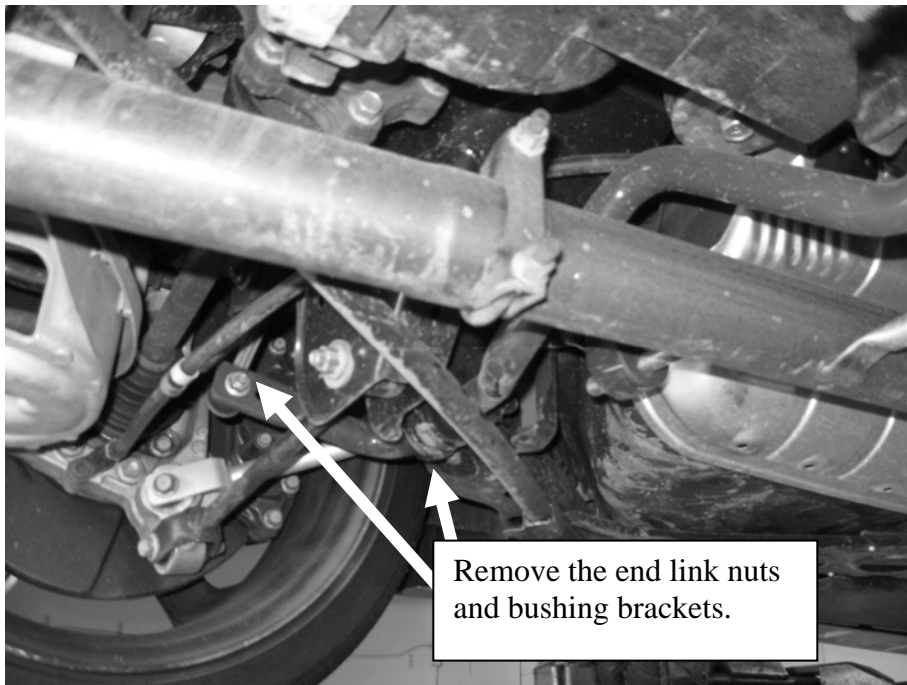
Caution: Always use jack stands securely and properly placed when working under a vehicle.

Caution: EXHAUST SYSTEM MAY NEED MODIFICATIONS DEPENDING ON THE SYSTEM YOU HAVE INSTALLED. Exhaust systems can be EXTREMELY hot and may cause injury if touched. Allow the exhaust system to cool down before beginning installation.

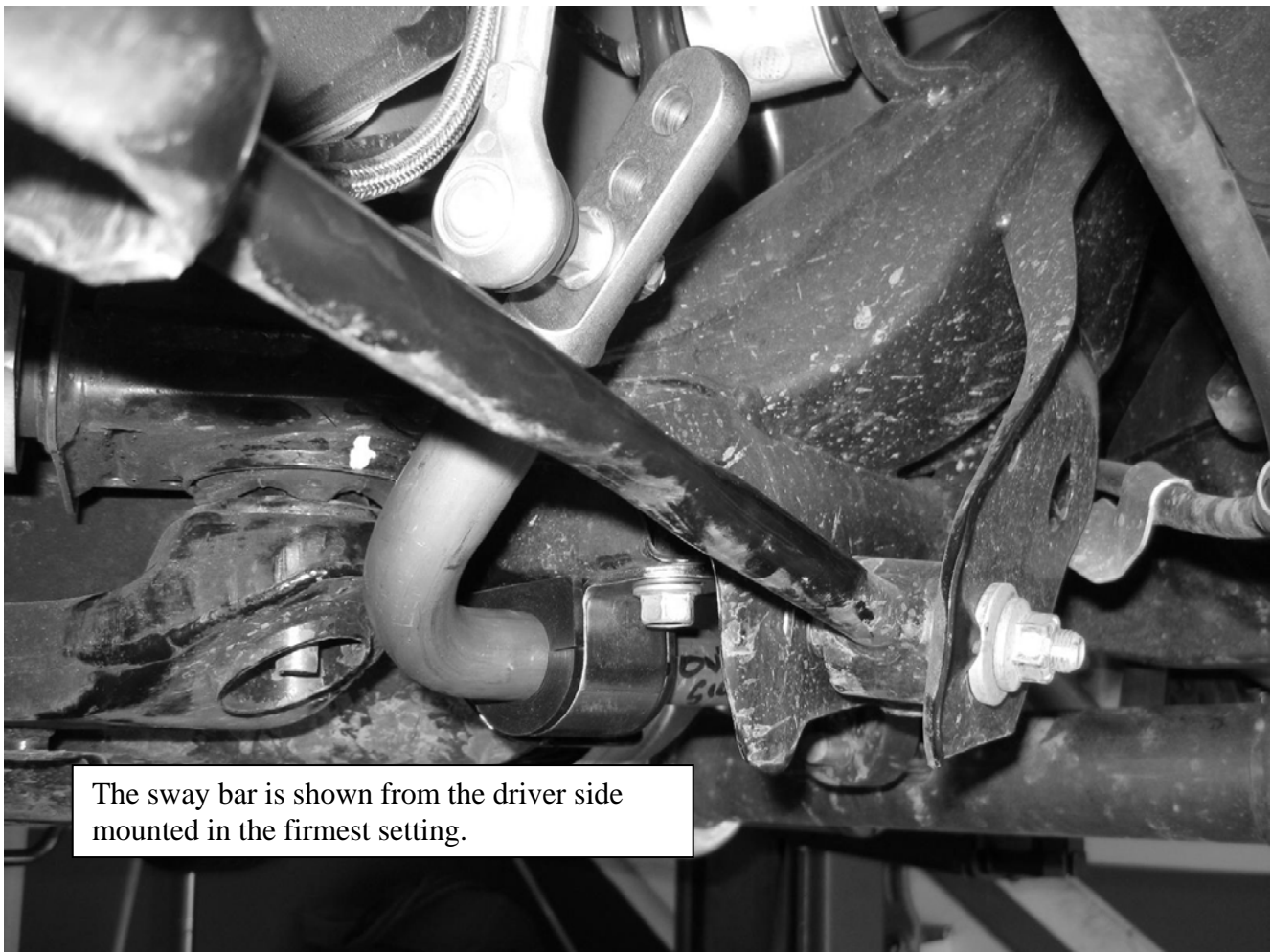
1. Park vehicle on a smooth, level, asphalt or concrete surface. Block front wheels. Jack up rear end of car and support with jackstands.



2. Remove rear wheels and tires. Remove the rear lower sub-frame brace and one side of the exhaust to gain access to the rear bar.



3. Remove the nuts that hold the end links to the bar. Next, remove the factory bushings and brackets, keeping the hardware. Remove the bar from the vehicle.



The sway bar is shown from the driver side mounted in the firmest setting.

4. Locate the pivot "D shaped" polyurethane bushings and tube of special grease supplied. Cut the end off 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-sway bar, as positioned on the stock bar. Place the new brackets (supplied) over the pivot bushings, reinstall factory hardware. Tighten all nuts, bolts and end links to OEM specifications.
5. Install the exhaust and lower brace. Torque to OE specs.
6. ***THIS IS AN ADJUSTABLE SWAY BAR. THE HOLE TOWARD THE FRONT OF THE VEHICLE IS THE FIRMEST SETTING. CHARACTERISTICS IN HANDLING HAVE BEEN ALTERED, USE EXTREME CAUTION DURING DRIVING.***
7. Installation is complete. Check assembly periodically for tightness.