



INSTALLATION INSTRUCTIONS

QA1 P/N 5222 [Adjustable Panhard Bar](#)
1982-2002 Camaro/ Firebird

READ ALL INSTRUCTIONS CAREFULLY AND THOROUGHLY PRIOR TO STARTING INSTALLATION. PRODUCTS THAT HAVE BEEN INSTALLED ARE NOT ELIGIBLE FOR RETURN. USE THE PROPER JACKING LOCATIONS. DEATH OR SERIOUS INJURY CAN RESULT IF INSTRUCTIONS ARE NOT CORRECTLY FOLLOWED. A GOOD CHASSIS MANUAL, AVAILABLE AT YOUR LOCAL PARTS STORE, MAY ALSO AID IN YOUR INSTALLATION.

• DISCLAIMER / WARRANTY •

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THE USER UNDERSTANDS AND RECOGNIZES THAT RACING PARTS, SPECIALIZED STREET ROD EQUIPMENT, AND ALL PARTS AND SERVICES SOLD BY QA1 ARE EXPOSED TO MANY AND VARIED CONDITIONS DUE TO THE MANNER IN WHICH THEY ARE INSTALLED AND USED. QA1 SHALL BEAR NO LIABILITY FOR ANY LOSS, DAMAGE OR INJURY, EITHER TO A PERSON OR TO PROPERTY, RESULTING FROM THE INSTALLATION, DIRECT OR INDIRECT USE OF ANY QA1 PRODUCTS OR INABILITY BY THE BUYER TO DETERMINE PROPER USE OR APPLICATION OF QA1 PRODUCTS. WITH THE EXCEPTION OF THE LIMITED LIABILITY WARRANTY SET FORTH ABOVE, QA1 SHALL NOT BE LIABLE FOR ANY CLAIMS, DEMANDS, INJURIES, DAMAGES, ACTIONS, OR CAUSES OF ACTION WHATSOEVER TO BUYER ARISING OUT OF OR CONNECTED WITH THE USE OF ANY QA1 PRODUCTS. MOTORSPORTS ARE DANGEROUS; AS SUCH, NO WARRANTY OR REPRESENTATION IS MADE AS TO THE PRODUCT'S ABILITY TO PROTECT THE USER FROM INJURY OR DEATH. THE USER ASSUMES THAT RISK!

TOOLS AND SUPPLIES REQUIRED

- Floor Jack
- Jack Stands
- Blue Loctite™
- 18mm, 21mm, 1/2" sockets and ratchets
- Tire Chocks
- Lug wrench
- Torque Wrench
- 18mm, 21mm, combination wrenches

Removal of Stock Panhard Bar

1. Place the car on a level surface and place tire chocks in front of and behind the front tires. **Figure 1.**
2. Support the rear of the car on jack stands. See **Figure 2.**
Note: The vehicle must be supported with vehicle's normal weight on rear axle.
3. Remove the bolts at each end of the stock panhard bar and remove the panhard bar from the vehicle. Inspect hardware and replace if needed. See **Figure 3.**

Note: Keep floor jack under car during the complete removal and installation procedure.



Figure 1

Installation of QA1 Panhard Bar

1. Install the QA1 panhard bar with the grease fittings facing down. See **Figure 4**. QA1 panhard bars are greased during assembly, but it is good practice to grease the bushings during installation.

Note: *Your new adjustable panhard bar is to be installed with the adjuster sleeve on the driver's side of the vehicle.*

2. Place a drop of Blue Loctite™ on clean bolt threads and torque to 50 lb. ft.
3. QA1 panhard bars are adjusted to the stock length. To adjust loosen the two jam nuts and turn the adjuster sleeve until the rear axle is centered under the car. To check, measure from the tire sidewall to the fender lip.
4. Remove the jack stands and lower the vehicle.

Re-check all nut and bolt tightness after first 10 miles.

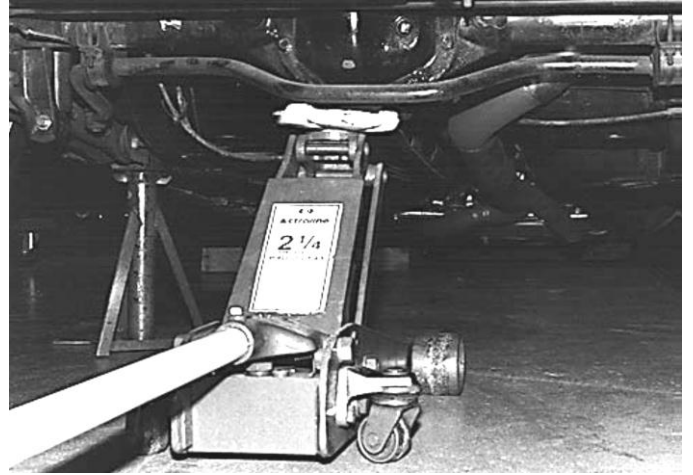


Figure 2

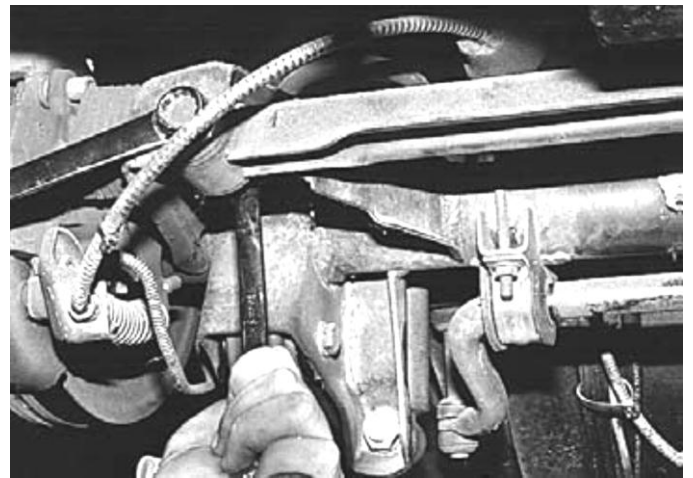


Figure 3

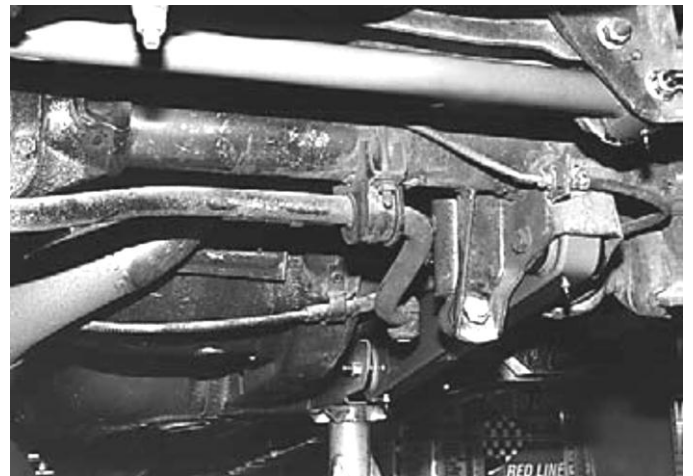


Figure 4

To further upgrade your suspension, use other QA1 suspension products such as coil-overs, shocks, struts, springs, K-members, torque arms, panhard bars, sub-frame connectors, strut tower braces, rod ends, sway bars, tubular control arms, spherical bearings, carbon fiber driveshafts and more.