



INSTALLATION INSTRUCTIONS
STILLEN SWAY BAR KIT (FRONT & REAR)
1990-96 300ZX (all models)
P/N 304700

Materials supplied

1. (1) 1-1/8" dia. Front Sway Bar
2. (2) 1-1/8" dia. Bushing & Bracket
1. (1) 13/16" dia. Rear sway bar
2. (2) 13/16" dia. Bushing & Bracket
3. (2) 3/8-24 x 3-1/2" Hex Bolt
4. (4) 3/8 Cup Washers
5. (4) 3/8 I.D. Urethane Bushings
6. (2) 3/8 I.D. x 1.0" Tube Spacers
7. (2) 3/8-24 Jam Nut
8. (2) 3/8-24 Female Spherical Bearing
9. (2) 3/8-16 x 2.0" Hex Bolt
10. (4) 3/8 Flat Washer
11. (4) 3/8 I.D. x 3/16" Bearing Spacer
12. (2) 3/8-16 Nyloc Hex Nut



WARNING:

**IF YOU ARE NOT EXPERIENCED IN THE AREA OF
AUTOMOTIVE MECHANICS WE STRONGLY URGE THAT
YOU REFER THIS INSTALLATION TO YOUR MECHANIC.**

Equipment needed:

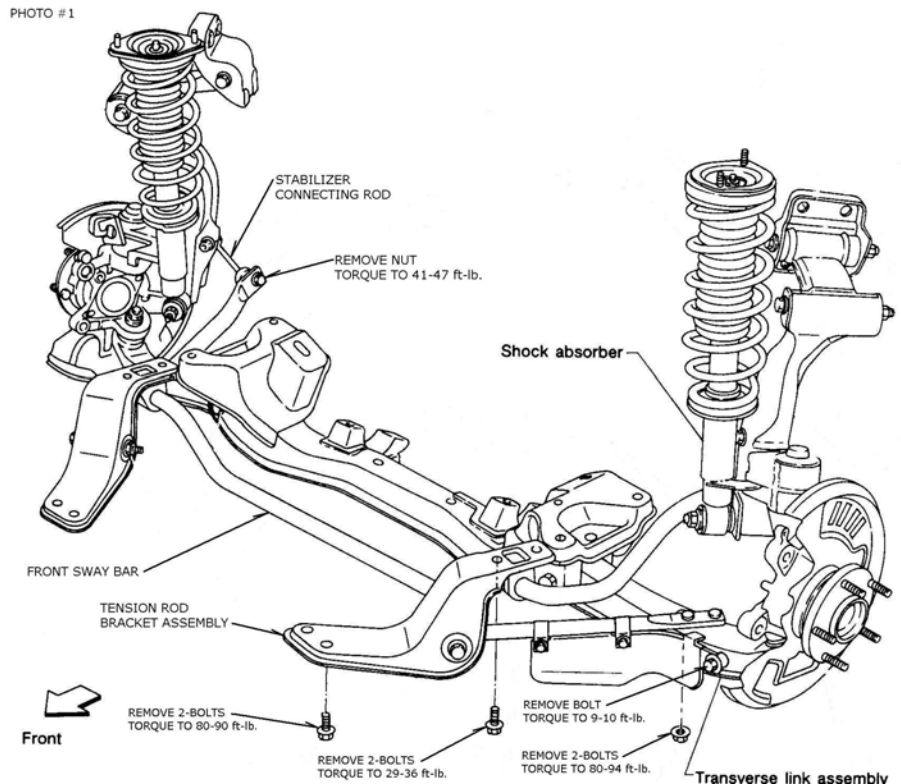
1. Assorted sockets and wrenches
2. +,- Screwdriver
3. Assorted pliers

Installation: FRONT SWAY BAR

1. Layout all parts on floor and check that all of the parts are accounted for per material list above and photos.
2. Park the vehicle on a smooth level asphalt or concrete surface and set the parking brake firmly. Place a block in front of and behind the wheels of the opposite end that you will be lifting. Jack up vehicle and place on jack stands under the frame in the manufacture's specified locations. Alternatively, it would be best to *have the vehicle raised on a hydraulic lift.*

Warning: Do not work under a vehicle being held up by a jack only. Place jack stands securely under the vehicle in the manufacture's-specified location.

3. Remove under tray covering front suspension components of vehicle.





4. Remove hex nut holding stock bar to the stabilizer connecting rod for both sides of vehicle (see photo #1).
5. On the driver side of vehicle you will have to remove the Tension Rod assembly in order to remove the stock sway bar , and to install the new Stillen sway bar. Photo #1 shows which bolts you will need to remove, and the popper torque required for re-tightening.

6. On the passenger side remove the stock bushing & bracket holding the sway bar, save this hardware it will be reused later.

7. Remove the stock sway bar from the vehicle. **NOTE:** Take care when removing and installing the sway bar on the passenger side, there is an A/C Line that should not be strained or fractured. See photo #2.

8. Thoroughly lubricate the inside of the new bushings with a high grade lithium or silicon grease. This is important to prevent squeak and may need to be repeated as new squeaks arise.

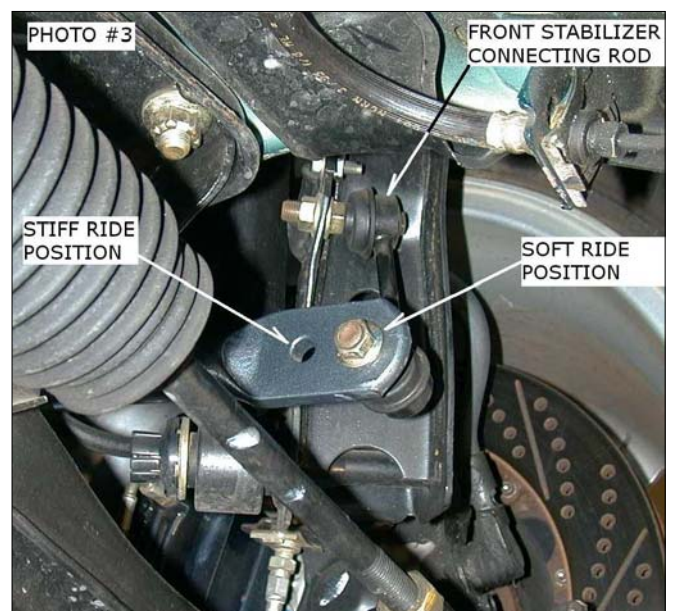
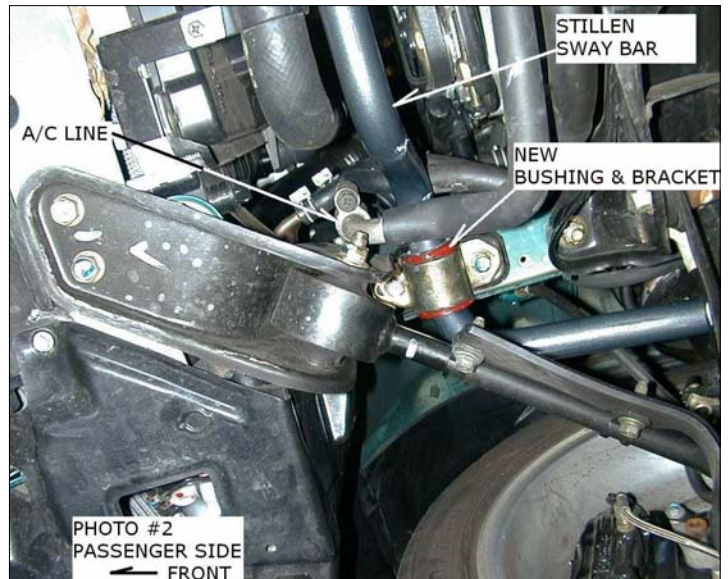
9. Place the new Stillen sway bar in the same position as the stock bar. Place the lubricated bushing & bracket on the Stillen sway bar, and install in the same position using the original hardware, but do not tighten at this time.

10. On the driver side hold the sway bar in-place, and reinstall the Tension Rod assembly. For proper alignment of this assembly you will have to, align whole assembly with out the sway bar bushing & bracket, secure the Tension Rod assembly with original hardware, but do not tighten at this time.

11. Install the sway bar bushing & bracket to the sway bar (remember to lubricate same as before). You will need to remove the two mounting bolts for the bushing & bracket on the Tension Rod bracket, and then reinstall with the sway bar bushing & bracket, but do not tighten at this time.

12. Attach the end of the sway bar to the original stabilizer connecting rod for each side, but do not tighten at this time. See photo #3 for desired ride position.

13. Check alignment of the sway bar and Tension Rod assemblies, make any adjustment necessary, then tighten all hardware to the manufactures torque specifications as shown in photo #1.





Installation: REAR SWAY BAR

1. Raise the rear of the vehicle the same as in step 1 on the front sway bar installation.
2. Remove the rear wheels and exhaust system at the tail pipes.
3. From the ends of rear sway bar remove the stabilizer connecting rod hardware on both side of vehicle.
4. Remove the bolts for the sway bar's bushing & bracket, save this hardware it will be reused later.
5. The sway bar should now be free to remove it from the vehicle.
6. Thoroughly lubricate the inside of the new bushings with a high grade lithium or silicon grease. This is important to prevent squeak and may need to be repeated as new squeaks arise.
7. Place the new Stillem sway bar in the same position as the stock bar. Place the lubricated bushing & brackets on the Stillem sway bar, and install in the same position using the original hardware, but do not tighten at this time.
8. Attach the ends of the sway bar in the same position on the lower arms, using the new hardware, (see photo #4, #5 and the material list for correct order & location). Tighten bolt (item 1.) until urethane bushings begin to bulge, but do not crush the bushings.
9. Check the position of the spherical bearing, and adjust to the desired hole position on the sway bar (see photo #6), and lock into place with it's #3/8-24 jam nut. Then assemble to sway bar as shown in photos #4 & #5. Torque nuts (item 12.) to 18 ft.-lb.
10. Reinstall the exhaust system, torque original nuts to 18 ft.-lb. Increases over steer or under steer.
11. Check alignment of the sway bar, make any adjustment necessary, then tighten all hardware to the manufactures torque specifications, the torque for the bushing brackets is 65-80 ft.-lb.
12. Replace the wheels and torque nuts to the manufacture's specification (75 ft.-lb.).
13. Your installation is complete, and you may now enjoy the benefits of the Stillem front & rear sway bar.

