



INSTALLATION INSTRUCTIONS

Progress Technology Rear Anti-Sway Bar

1990 – 1997 Honda Accord

Part # 62.1011

Revision A (9/21/01)

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	Description	Quantity
L-Bracket	2	3/8-16 x 6.00 HHCS	2
Bushing	2	3/8-16 Nylock Lock Nut	4
Pivot Bracket	2	3/8 SAE Flatwasher	4
Lube	1	3/8-16 X 1.00 HHCS	2
Backing Plate	2	5/16-18 x 1.00 HHCS	4
Shim	4	5/16-18 x 1.5 HHCS	2
Grommet	8	5/16 USS Flatwasher	8
Cup Washers	8	5/16-18 Nylock Lock Nut	6
Spacer Tube	2		

1. Park vehicle on a smooth, level, asphalt or concrete surface. Block front wheels. Jack up rear end of car and support with jackstands under lower control arms. This allows work to be done with the suspension at ride height. Remove rear wheels and tires. If equipped with an original equipment rear anti-sway bar, remove the bar, brackets and end link assemblies (All stock hardware).
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. Place the new brackets (supplied) over the pivot bushings.



Figure 1: Driver's side shown as viewed from the rear
Bracket in kit may not be the same as shown

3. Find the hole in the lower control arm (for OE end link assembly) and mount angle bracket using 3/8-16 X 1.00 bolt, 3/8-16 nylon lock nut, and washer. Slight modification to the brake line tab or the bracket maybe necessary for clearance. (Fig. 1)

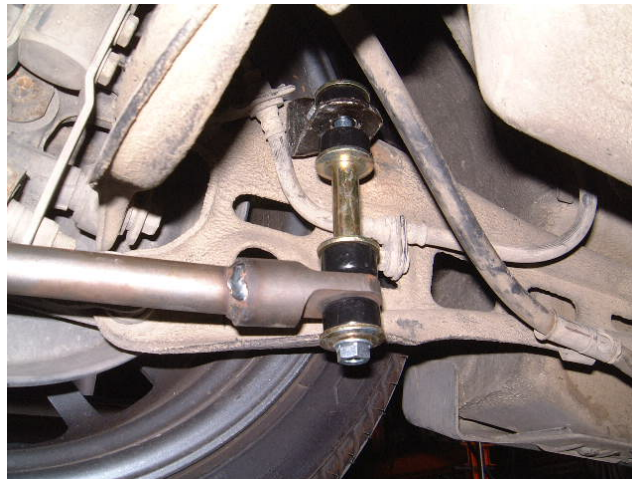


Figure 2: Driver's side as viewed from underneath

4. Assemble end links to sway bar as shown. Do not tighten yet! (Fig. 2)
5. With bushing bracket bolted to backing plate hold sway bar up to cross member to locate the four holes that need to be drilled. Mark location. Use 5/16 drill bit to drill holes in cross member as shown. (Fig. 3, 4 & 5)

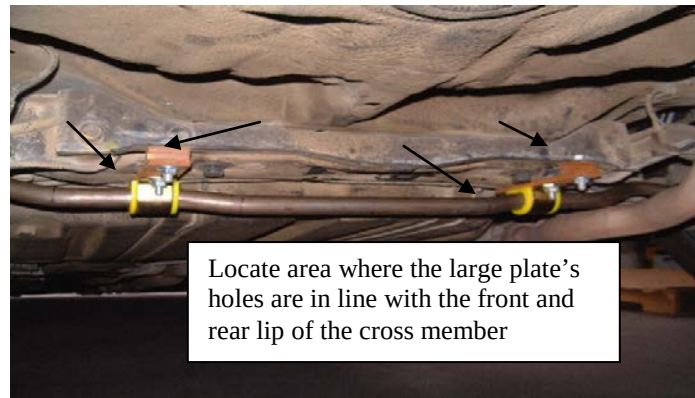


Figure 3



Figure 4: Drill through the rear lip of the cross member



Figure 5: Drill through the front lip of the cross member

6. Space the rear of the backing plate using the spacers provided (Fig 7). Use two spacers at the rear of the backing plate on each side. Use 5/16-18 X 1 bolt in the front hole, drop a 5/16-18 x 1 bolt with a washer through the center hole, and 5/16-18 X 1.5 bolt in the rear.(Fig 6 & 7)



Figure 6



Figure 7

7. Install the bushings and brackets onto the bar, and mount the bar to the backing plates. Tighten mounting bolts (Fig 8) and end link assemblies. DO NOT over- tighten the end links! Tighten the end link until you cannot rotate the cup washer by hand, then one more full turn.



Figure 8



Figure 9: Shows completed installation.

8. Install wheels and tires. Lower rear of car onto ground, and roll car back and fourth to settle suspension.
9. Installation is complete. Check assembly periodically for tightness.

**Thank you for choosing Progress products.
For additional product and technical information,
visit our website.**