

progress

LT sway bars

INSTALLATION INSTRUCTIONS

Rear Sway Bar with End links
2019-2026 Chevrolet 1500 2wd/4wd
Part # 22.0474.111
No Rev (1/21/2026)



WHO SHOULD INSTALL THIS PRODUCT?

Progress LT sway bars 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
28mm Sway Bar	1	3/8-16 U-bolt	2
11.0" Adjustable End link	2	3/8- 16 Nut, Nylock	4
M12 Ball Stud and jam nut	2	3/8 Washer	4
Lube	1	7/16-20 x 3.5 U-bolt	2
Bushing	2	7/16-20 Nut, Nylock	4
U-Bracket	2	7/16 Washer, MC2	8
Axle Saddle	2	M12-1.5 x 70 HHCS	2
Upper End Link Saddle	2	M12-1.5 Nut, Nylock	2

1. Park vehicle on a smooth, level, asphalt or concrete surface. Block the front wheels. Jack up the rear end of the truck and support frame with jack stands.
2. Loosely assemble the upper end link saddles on the cross member in front of the spare tire as shown (Fig A & B). Use the 3/8 U-bolts, nuts and washers provided. **Make sure to move any electrical wires that may interfere** with the mounting location of the u-bolts on the cross member. Check on both sides of the spare tire.



Figure A

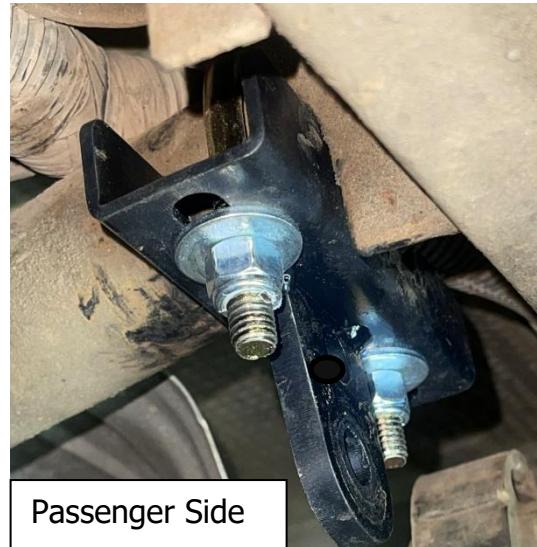


Figure B

3. Assemble the end link as shown (Figure C). Adjust the end link to 11.00 inches from center to center for **single exhaust** and 11.75 inches for **dual exhaust**. Lock the jam nut against the threaded shoulder of the end link.



Note : End link can be adjusted up to +1.00" longer for trucks lifted up to 2.5" (rear).

Figure C

4. Next, attach the end link as shown (Figure D) with the M12 stud pointing towards the frame.



Figure D

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 choose 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. (Figure E)

Typical Sway Bar Settings

A = Softer setting. Commuting, empty bed, rough roads

B = Firm Setting. Hauling, towing, loaded bed

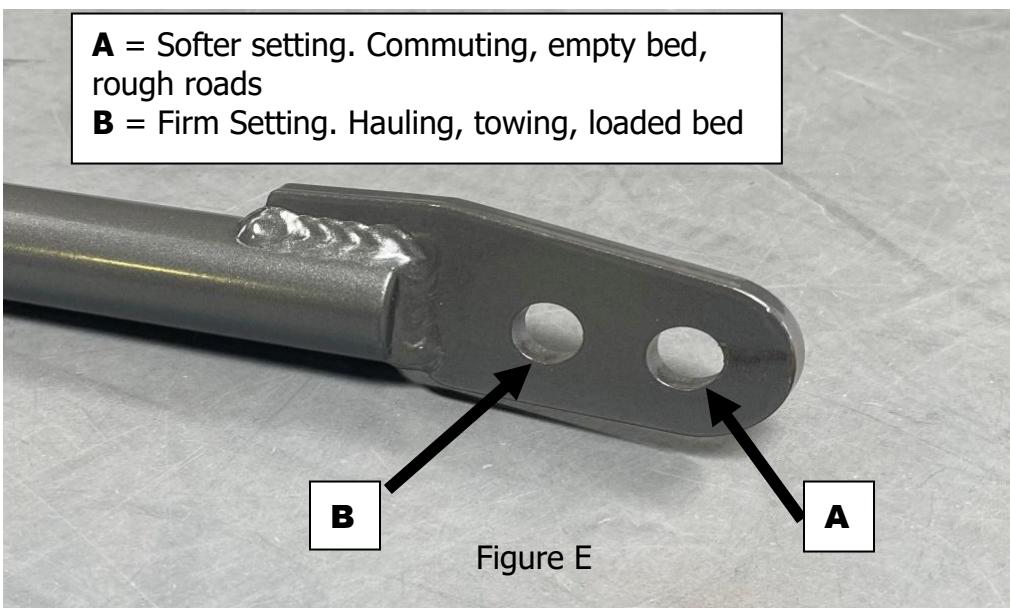


Figure E

Install Tip: Attach the sway bar to the end links first. This allows you to rotate the bar into place for the next steps.

5. Align the ends of the sway bar with the end links and attach the end links to the bar using the M12 bolts, washers and nylock nuts. Use one washer under the bolt head, and one under the nut (each side). Figure F



Figure F

6. Liberally grease the inner bore (ID) of the new polyurethane bushings with lubricant provided. Use all the grease provided (Figure G).



Figure G

7. Open the bushings and place them over the sway bar then place the brackets over the bushings. Align the U-bolts over the axle and through the saddles and brackets. **Hand tighten both bushing bracket mounts.** **Make sure all wires and brake lines are clear of the U-bolts and saddles.** (Figures H, I)
8. Rotation of the axle saddle shown in figures H and I is for the **dual exhaust**. The sway bar needs to be 1.00 inch under the rear axle to allow clearance between the sway bar and the exhaust pipe on the driver side.



Figure H



Figure I

9. With the bar centered on the axle, tighten the upper U-bolts and torque to 38-42 ft/lbs. Make sure the end link mounting tabs point downward and the end links line up with the sway bar. Use 2 wrenches to tighten the end links (one to hold the stud the second to tighten the nut) then torque to 52-56 ft/lbs. (Figure J).

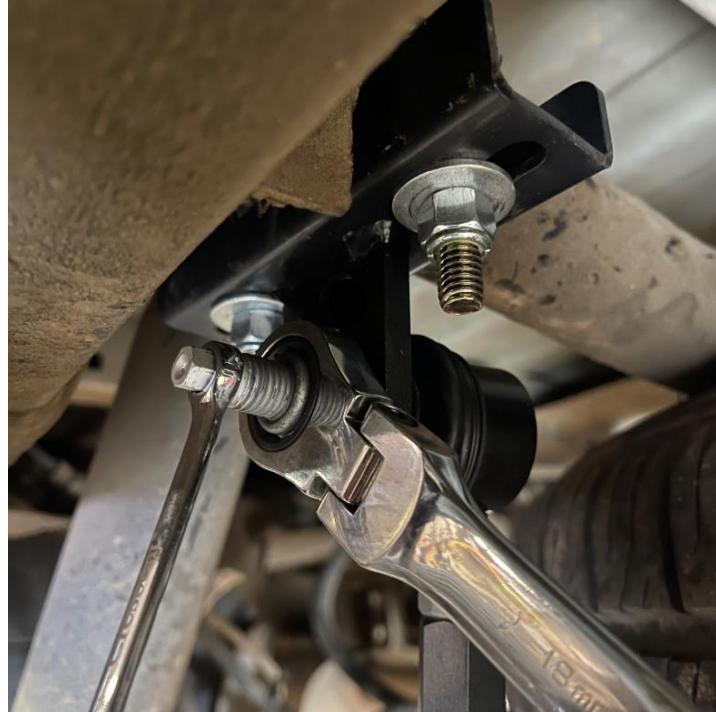


Figure J

10. Torque the lower end links bolts to 52-56 ft/lbs. (Figure K)



Figure K

11. Tighten the u-bolts on the axle tubes, making sure the bar does not contact any part of the axle housing, exhaust or any suspension components when fully torqued and in position. Torque U-bolts to 42-48 ft/lbs. (Figure L)



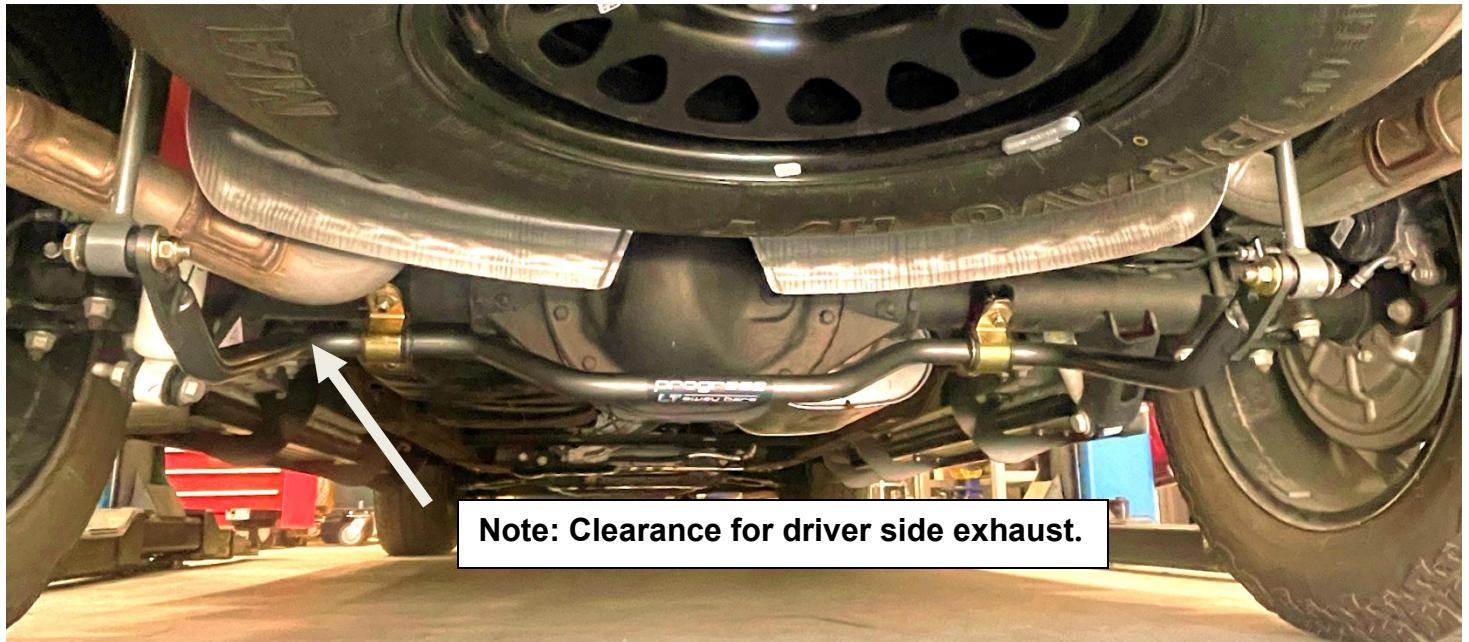
Figure L

12. Lower the truck onto the ground and bounce the truck up and down from the rear bumper, check all clearances around the sway bar and ensure there is no interference with wires or brake lines at the saddle brackets. Adjust the brackets if necessary and re-torque.

13. Installation is now complete, periodically check the sway bar mounts and the end links for proper torque.

Torque Check

Hardware	Torque
U-Bolts at upper end link saddles (two locations)	38-42 ft/lbs.
End links (four locations)	52-56 ft/lbs.
U-Bolts at axle tubes (two locations)	42-48 ft/lbs.



Installation on the Dual Exhaust Equipped Trucks



Installation on the Single Exhaust Equipped Trucks

Thank you for choosing Progress LT sway bars.
For additional product and technical information, visit our website.