

# PROGRESS

## LT sway bars

### INSTALLATION INSTRUCTIONS

Rear Sway Bar  
 2007 – 2021 Toyota Tundra 2wd/4wd  
 Part # 22.2120.140  
 No Revision 7/5/22



#### WHO SHOULD INSTALL THIS PRODUCT?

Progress LT Suspension 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
28.5mm Sway Bar	1	1/2-20 Nylock Nut	4
Endlink Assembly (M14/M12)	2	Saddle (bent)	2
Bushing Brackets	2	M12 x 1.5 x 70 HHCS	2
Bushings	2	M12 x 1.5 Nylock	2
Lube	1	M14 x 1.5 x 120 HHCS	2
Sleeve-top	2	1/2 MC2 flat washer	14
U-bolt	2		

1. Park the vehicle on a smooth, level, asphalt or concrete surface. Block the front wheels. Jack up rear end of the truck and support the frame with jack stands.
2. Locate and remove the forward trailer hitch mounting bolts on both sides of the frame. (Figure A)



Figure A

3. Attach the end links to both sides of the frame as shown using (1) M14 bolt, (2) washers, (1) spacer tube per side. **NOTE: If the truck is NOT equipped with a hitch, place a washer from the hardware kit between the spacer and frame. This will space out the end link for proper alignment.** (1) M14 bolt, (3) washers, (1) spacer tube. (Figure B)

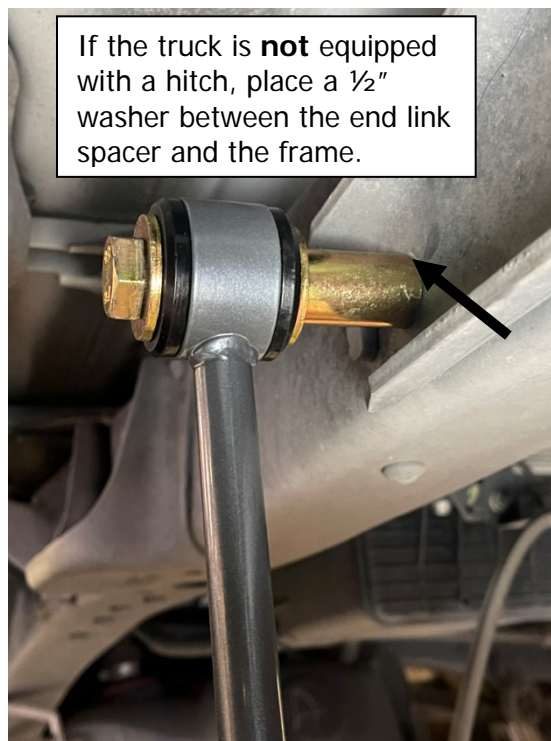


Figure B

- Attach the sway bar to the end links using (1) M12 bolt, (2) washers, (1) M12 nut per side. The washers will be placed on the outside of the end link and outside of the bar (Figure C).
- Grease the bore (inside only) of the supplied bushings (Figure D).



Figure C



Figure D

- Open the bushing and place them over the sway bar then place the bushing bracket over the bushings on both sides of the bar (Figure E). Place the U-bolt over the axle and through the saddle and bushing bracket. Use washers between bushing bracket and 1/2" nut (Figure F). **Make sure to move any brake lines or wires from under the U-bolts.** Hand tighten both bushing bracket mounts. Note the position of the u-bolts and bushings before tightening the hardware. The bushings are located near the outer-most sway bar bends and the u-bolts are pointing down (Figure G).



Figure E



Figure F



Figure G

7. Now that the bar is installed, torque the top M14 end link bolts to 84-86 ft/lbs. Torque the lower end link M12 bolt to 52-56 ft/lbs. (Figure H & I)



Figure H



Figure I

- Torque the U-bolts to 52-56 ft/lbs evenly to making sure the saddle seats squarely on the axel housing. Double check that the bar does not contact any part of the axel housing, exhaust or any suspension components when fully torqued. (Figure J)



Figure J

**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 chose 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 K)



Figure K

9. Lower truck onto the ground and bounce truck up and down check all clearances once again.
10. Installation is now complete, periodically check bar for tightness and apply grease as necessary. (Figure L)

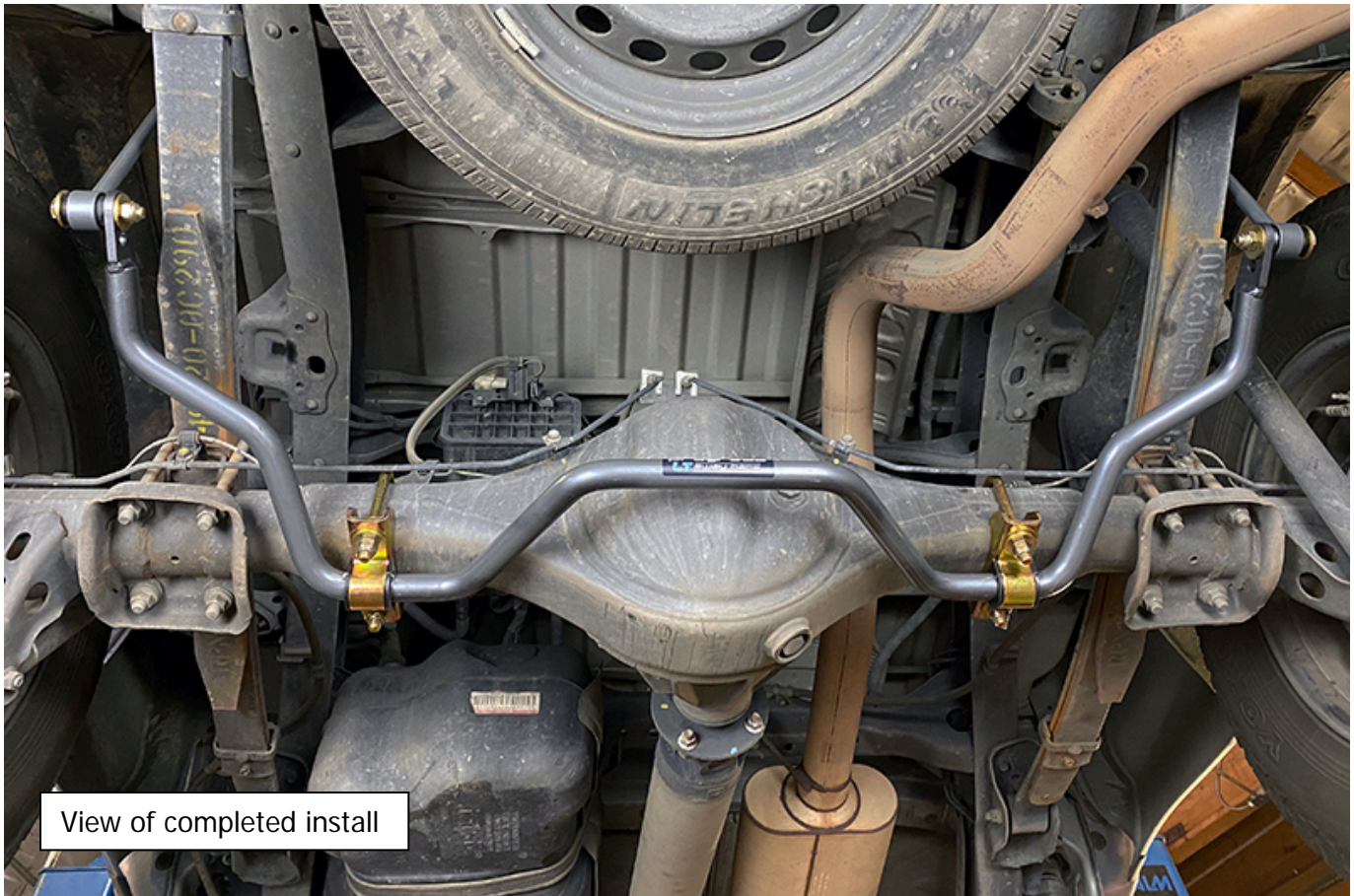


Figure L

### Torque Check

Hardware	Torque
End link to Frame M14 bolts	84-86 ft/lbs
Lower End link M12 bolts	52-56 ft/lbs
U-Bolts	52-56 ft/lbs

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