

# PROGRESS

## LT sway bars

### INSTALLATION INSTRUCTIONS

Rear Sway Bar

2010-2023 Toyota 4Runner 2wd/4wd w/o Dynamic Suspension

Part #22.2131.000

No Revision 7/18/23



#### 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
25mm Sway Bar	1
Lube	2
Bushing	2
Bushing Bracket	2

1. Park the vehicle on a smooth, level, asphalt or concrete surface. Block the front wheels. Jack up the rear end of the vehicle and support frame with jack stands.

2. Locate the end link that attaches to the end of the sway bar on both sides of the truck. Remove the nuts from the end links. **Retain the hardware for re-installation.** (Figure A)



Figure A

3. Remove the bolts that attach the sway bar mounting brackets to the axle (Figure B). **Retain the hardware** as you will reuse it to install the new sway bar. Remove the OEM sway bar from the vehicle.



Figure B

4. Liberally grease the inner bore of the new polyurethane bushings with the lubricant provided. Only grease the inside of the bushing as shown below (Figure C). Use all the lubricant provided, one pack for each bushing.



Figure C

5. Install the Progress LT sway bar into the factory position. Open the bushings and place them over the new sway bar, then place the brackets over the bushings. Align the bar and brackets with the factory mounting locations. Use OEM hardware to mount. **Do not torque in place at this time.** (Figure D)



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 vehicle 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 E)

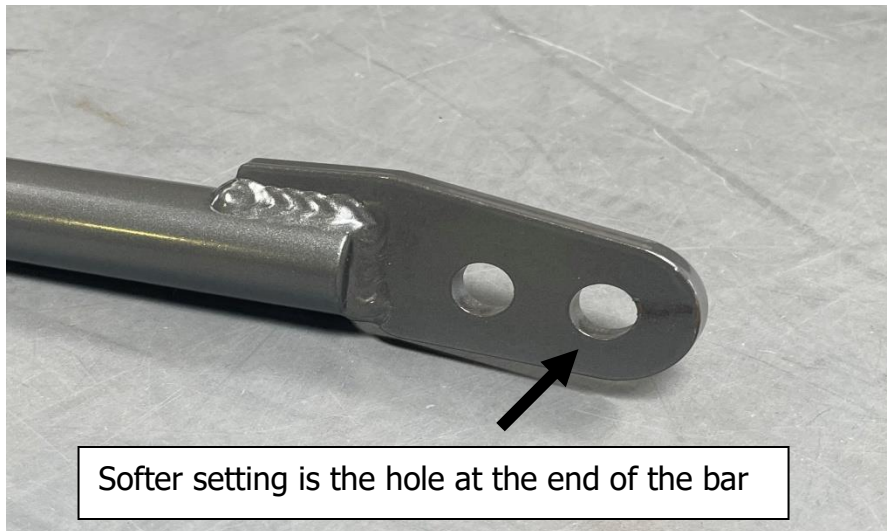


Figure E

6. Attach the end links to the sway bar with the OEM hardware. Torque the end links to 52-54 ft/lbs. (Figure F)



Figure F

7. Torque the bushing bracket fasteners hardware to 38-42 ft/lbs. (Figure G)



Figure G

8. Installation is now complete, periodically check bar for tightness.

### Torque Check

Hardware	Torque
Bushing Bracket Hardware	38-42 ft/lbs
End link nuts	52-54 ft/lbs

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