



INSTALLATION INSTRUCTIONS

Progress Technology Front Anti-Sway Bar

1995-1998 Nissan 240SX

Part #61.1503

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.

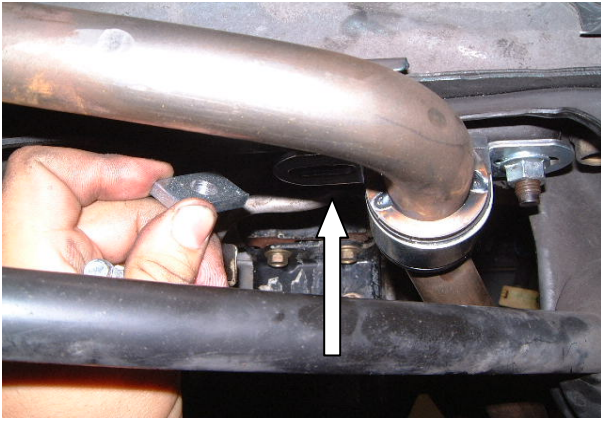
Parts List

Description	Quantity	Description	Quantity
Bushing	2	U-bracket, Rod End	2
U-bracket	2	3/8-24 Jam Nut	2
Shim	2	3/8-16 x 2.00 Hex Cap Screw	4
Lube	1	3/8-16 x 1.00 Hex Cap Screw	2
3/8 Female Heim	2	3/8 Nylock Nut	6
3/8 Male Heim	2	3/8 SAE Flatwasher	8
Heim Spacers	10	M10 x 1.25 x 30 Socket Cap Screw	2
Cup Washer	2	M10 x 1.25 Nylock Nut	2

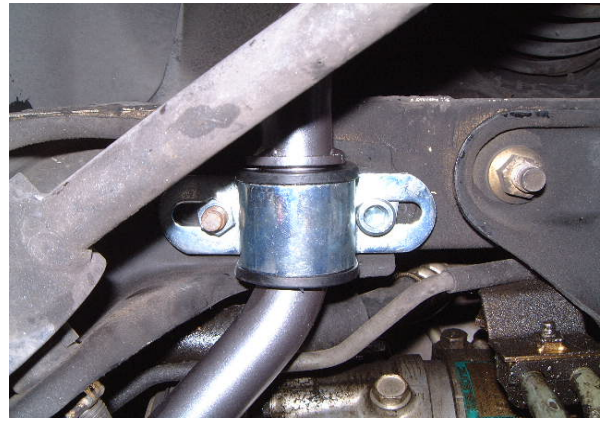
Caution: Always use jack stands securely and properly placed when working under a vehicle.

Caution: Exhaust systems can be EXTREMELY hot and may cause injury if touched. Allow the exhaust system to cool down before beginning installation.

1. Park the vehicle on a smooth, level asphalt or concrete surface. Block the rear wheels.
2. Jack up the front of the vehicle until the tires do not touch the ground. Place jack stands in the manufacturer's specified location. Lower vehicle onto jack stands. Make sure vehicle is secured. Remove the wheels and tires from the vehicle.
3. Remove the pivot bushing brackets from the chassis and remove the OEM sway bar and end link assemblies. Note how the sway bar is mounted. The Progress bar will mount in the same locations with new brackets, spacer, bushings and hardware provided.



Use a spacer under the rear side of the bushing bracket, between the bracket and the chassis.



New bushing bracket and hardware

5. Assemble the rod end attachment links as shown in the pictures below. Assemble the end links into the U-bracket supplied as shown. Make sure you place the 3/8-16 x 1.00 bolt into the U shaped bracket before attaching the end links. Put the U-bracket assembly into the small hole on the lower control arm. Use the supplied washers and the nylock nuts. Tighten assembly.



Passenger side shown from the front



Driver side shown from the front

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.

7. Heavily grease the sway bar pivot bushings where the Progress sway bar slides through using the grease provided.

8. Install the greased pivot bushings onto the sway bar. Fasten the center portion of the sway bar in the same location as the factory sway bar. Attach the bar with the new pivot bushings and brackets.

9. Attach the end links to the sway bar as shown. You must make sure the end links do not bind and the sway bar will not interfere with anything when at full droop or at full compression settings. Lengthen or shorten the end links as needed. Note: In many cases due to the way the bar is configured the end links will not be the same length.

10. Go over the installation making sure all fasteners are tight and torqued properly. Reinstall tires/wheels and slowly test drive the vehicle making sure the end links are the proper length and no binding occurs. Remember you have changed the handling characteristics of the vehicle, use caution.

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

61.1503 DIAGRAM PAGE

