



## INSTALLATION INSTRUCTIONS

Progress Technology Front Anti-Sway Bar

1991 – 1994 Nissan Sentra

Part # 61.1509

No Revision

### WHO SHOULD INSTALL THIS PRODUCT?

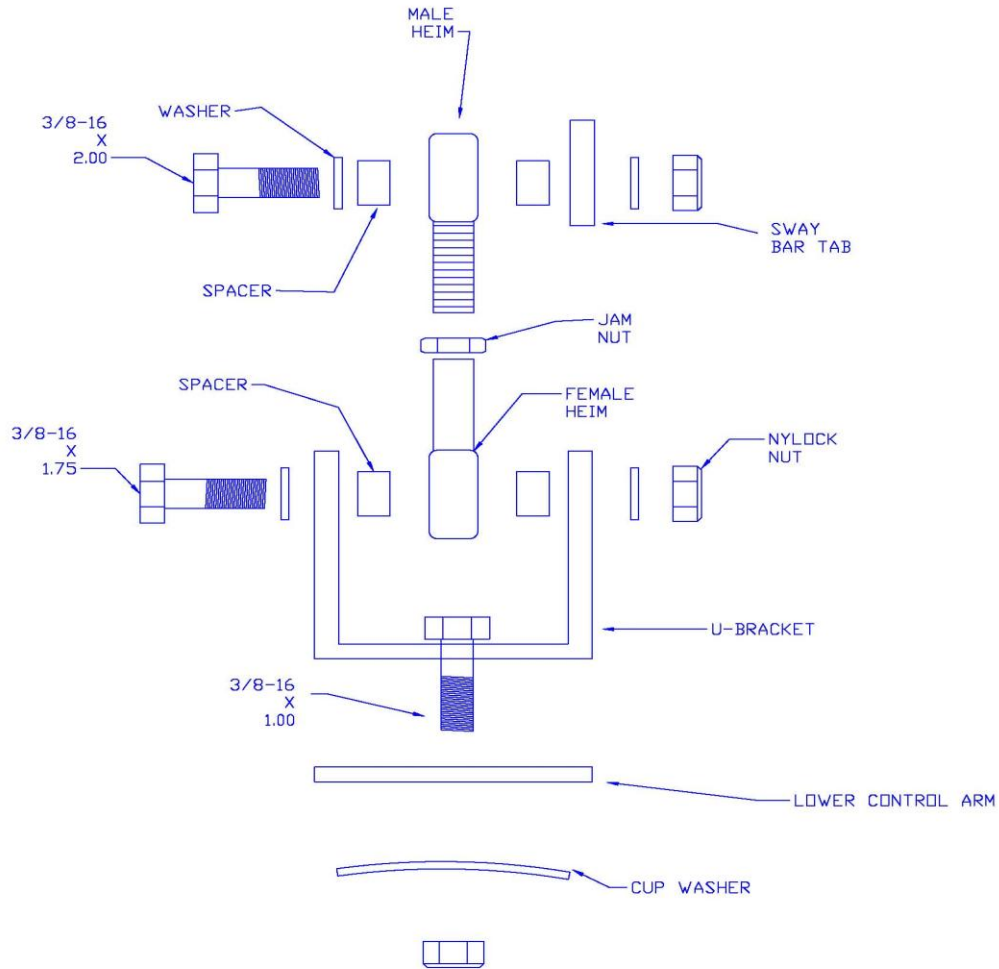
Progress Technology products should only be installed by a qualified licensed mechanic experienced in the installation and removal of suspension components. Please read instructions from start to finish and verify the parts in the parts list before beginning installation.

### Parts List

Description	Quantity	Description	Quantity
30mm Sway Bar	1	3/8 Flatwasher SAE	10
Spacer Plate	2	Cup Washer	2
Bushing	2	U-bracket, rod end	2
U-bracket	2	3/8-16 x 2.00 HHCS	2
Lube	1	3/8-16 x 1.75 HHCS	2
Female Heim	2	3/8-16 x 1.00 HHCS	2
Male Heim	2	3/8-16 Nylock Nut	6
3/8-24 Jam Nut	2	M10 x 1.25 x 30 SHCS	4
Heim Spacer	10		

**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 rear wheels.
2. Jack up the front of the vehicle until the tires do not touch the ground. Place jack stands under the lower control arms to load the suspension during installation. Lower vehicle onto jack stands. Make sure vehicle is secured. Remove the wheels and tires from the vehicle.
3. Separate the exhaust in front of the catalytic converter. Remove the OEM endlinks. Remove the pivot bushing brackets from the chassis and remove the OEM anti-swaybar. Note how the swaybar is mounted. The Progress bar will be attached in the same location.
4. Assemble the rod end attachment links as shown in diagram below. Make sure you place the 3/8-16 x 1.00 bolt into the U shaped bracket before attaching the endlinks to the lower control arm. Use the 3/8-16 x 2.00 bolt in the top rod end.



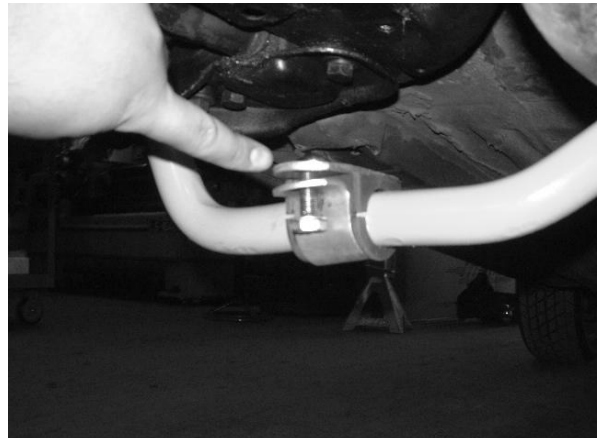
5. Heavily grease the sway bar pivot bushings where the Progress sway bar slides through using the grease provided.

6. Install the greased pivot bushings onto the anti-sway bar. Make sure the ends (moment arms) of the bar are mounted **over** the lower control arm. Use the supplied brackets, socket head bolts, and backing plates to mount the sway bar. Figure 2 and 3.



Hump goes over exhaust

Figure 2



Use backing plate

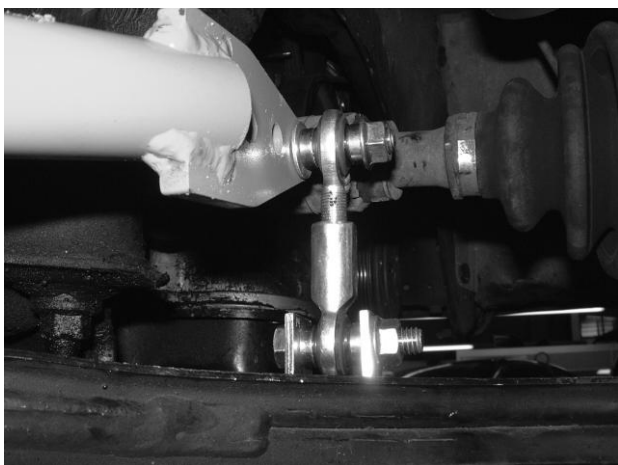
Figure 3

### **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.



Endlink attached to the bar

Figure 4



Bar set at softest setting

Figure 5

7. Attach the endlinks to the swaybar as shown. (Fig. 4) You must make sure the endlinks do not bind and the swaybar will not interfere with anything when at full droop or at full compression settings. Lengthen or shorten the endlinks as needed. Note: In many cases, due to the way the bar is configured, the endlinks will not be the same length. Due to the differences in ride heights an extra rod end spacer next to the bar may be needed to achieve the proper angle of the endlink.

8. 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 endlinks 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.  
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