



## INSTALLATION INSTRUCTIONS

Progress Technology Front Anti-Sway Bar

2003 – 2008 Nissan 350Z

Part # 61.1542

3/9/2011 (Rev A 3/11)

### 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
35mm Sway Bar	1
Bushing	2
Lube	1

**\*\*This is an adjustable front swaybar. Changing the settings and using this bar will change the handling characteristics of the vehicle. Use caution when driving after installation of any product made to modify performance. \*\***

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

1. Park vehicle on a smooth, level, asphalt or concrete surface. Block rear wheels. Jack up front end of car and support with jackstands. Remove front wheels and tires. Remove stock (OEM) sway bar and brackets. Maintain brackets and all hardware for installation of your Progress bar. Leave end link attached to the lower control arm.
2. Bend the hook tab on the end link so that it is flat, this will allow you to adjust the position of the end link on the sway bar.
3. Locate the polyurethane pivot bushings and tube of special grease supplied in the hardware kit. Cut the end off the grease tube and apply the grease to the bore of the polyurethane bushings (in the hole). Open the bushings and snap them over the new Anti-roll Bar, as positioned on the stock bar.
4. Tighten the mounting bolts to factory specs.



Passenger side shown with end link set in middle position

5. Attach the end link to the sway bar and tighten.

**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.

6. Install wheels and tires. Lower front of car onto ground, and roll car back and forth to settle suspension.
7. Installation is complete. Check assembly periodically for tightness.

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