



INSTALLATION INSTRUCTIONS

Progress Technology Front Anti-Sway Bar

Nissan 370Z

Part # 61.1543

No Revision (2/8/11)

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.

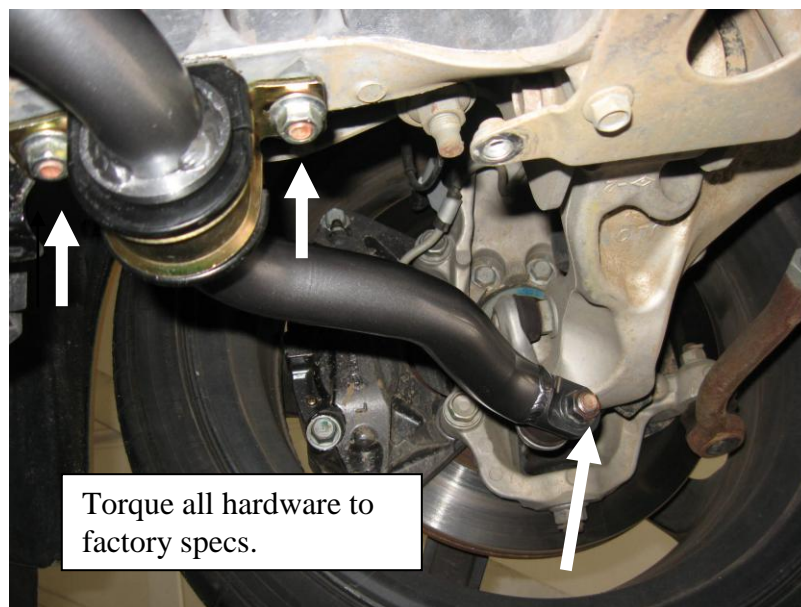
Parts List

Description	Quantity	Description	Quantity
Front Sway Bar	1	Bushing	2
Bushing Bracket	2	Lube	1

**** 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 all front under tray plastics to access the front bar. Remove stock (OEM) sway bar and brackets. Leave end links attached to the lower control arm.
2. Locate the pivot "D shaped" polyurethane 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-sway Bar, as positioned on the stock bar.



3. Attach both sides of the bar to the end links. Rotate bar into position and then place brackets onto bushings and position in stock mounting location. Tighten the mounting bolts and end links to factory specs. Replace all under tray pieces and hardware.
4. *CHARACTERISTICS IN HANDLING HAVE BEEN ALTERED, USE EXTREME CAUTION DURING DRIVING.*
5. Install wheels and tires. Lower front of car onto ground, and roll car back and forth to settle suspension.
6. Installation is complete. Check assembly periodically for tightness.

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