



## INSTALLATION INSTRUCTIONS

Front Adjustable Anti-Sway Bar

Scion FR-S / Subaru BRZ

Part # 61.2136

No Revision, 7/14/21

**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
20.5mm Sway Bar	1
Bushing	2
Lube	1

1. Park vehicle on a smooth, level, asphalt or concrete surface. Block rear wheels. Jack up front end of car and support with jackstands or if using a lift refer to the owners manual for proper lift locations. Remove front wheels and tires.
2. Remove the four under-the-engine covers to gain access to the front sway bar (Fig. A). Save all the hardware for re-installation.

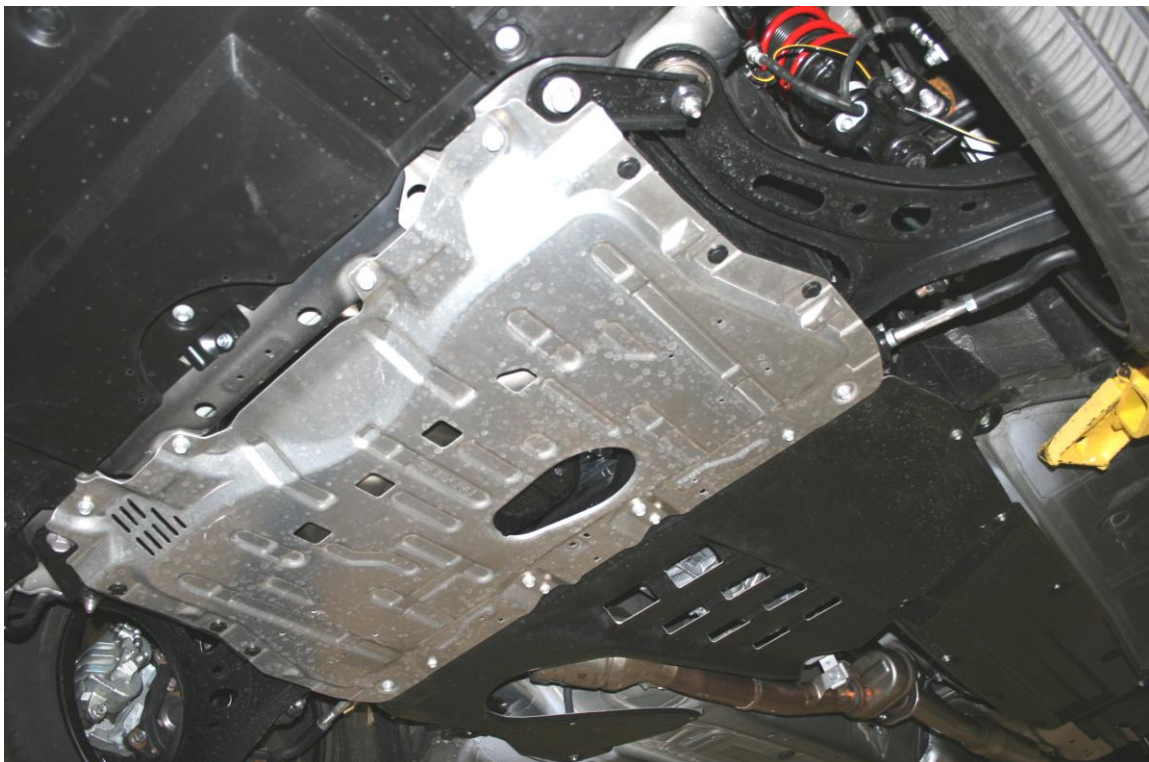


Figure A

3. Locate and remove the end link nuts from the front bar, leaving the end link attached to the strut. Remove the 4 bolts that hold each of the lower sub-frames in place and retain the hardware for assembly. Repeat on the opposite side. Remove the sub-frames and the sway bar as a unit from the chassis. (Fig. B).

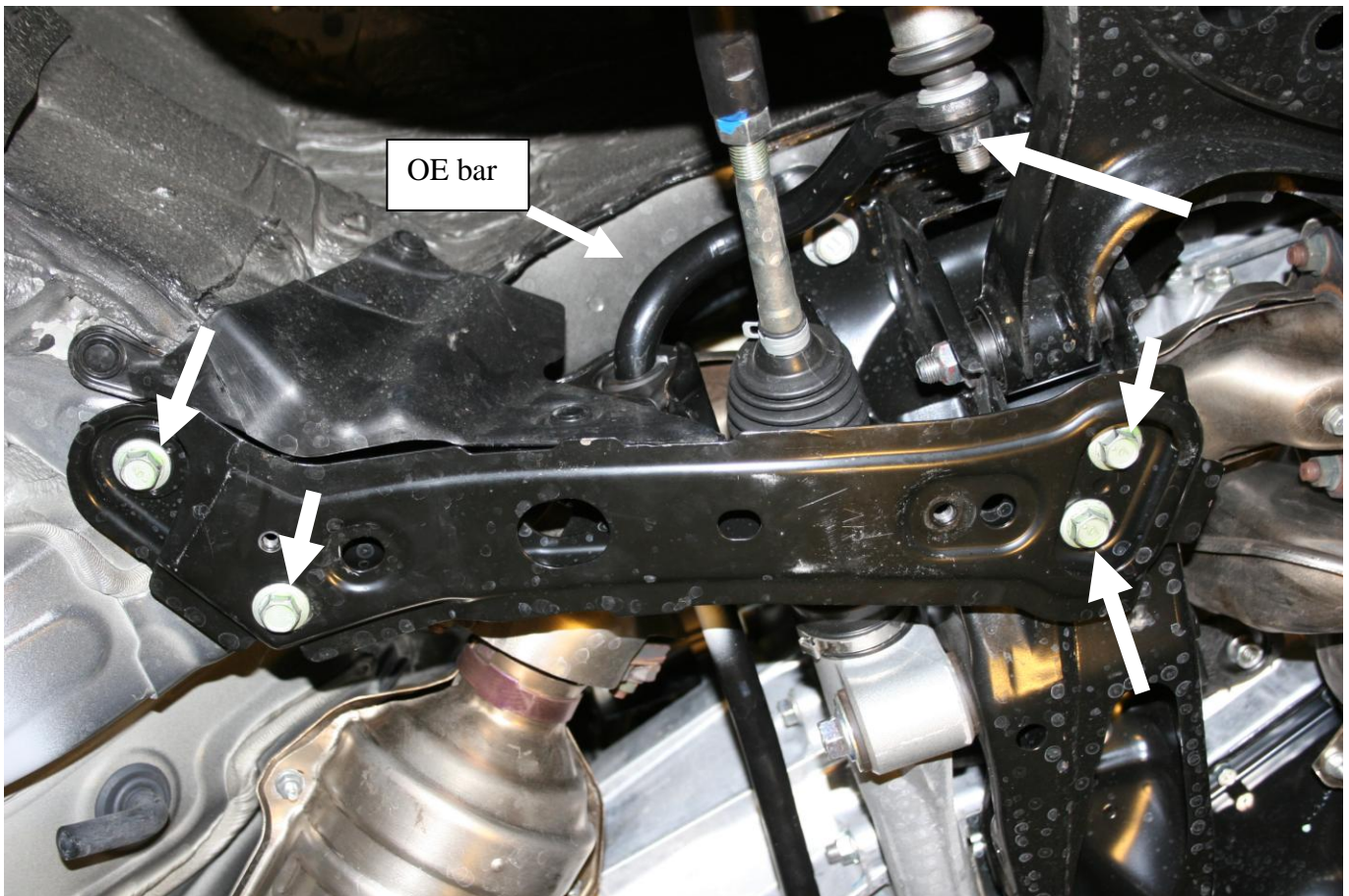


Figure B

4. Remove the 4 fasteners holding the bushing brackets in place. Remove the brackets from the sub frames, and the sway bar will be loose. (Fig. C). Save OEM brackets and hardware for reinstallation.



Figure C

- Grease the new bushings with the supplied grease and install onto the new sway bar. Reinstall the OEM brackets in the same configuration as stock.
- Torque the bolts to 42 ft/lbs and the nuts to 18 ft/lbs on the bushing brackets. Reinstall the sub frame and bar assembly into the chassis. Torque the sub frame hardware to 44 ft/lbs. Attach the end link to the front bar and torque the nut to 34 ft/lbs. Replace the under engine covers and hardware. Torque wheels to factory specs.



**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.

- Installation is complete. Check assembly periodically for tightness.

**Torque Check**

Hardware	Torque
Bushing bracket nuts	18 ft/lbs
Bushing bracket bolts	42 ft/lbs
Sub frame bolts	44 ft/lbs
End link nuts	34 ft/lbs

***NOTE: CHARACTERISTICS IN HANDLING HAVE BEEN ALTERED, USE EXTREME CAUTION DURING DRIVING.***

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