



INSTALLATION INSTRUCTIONS

Progress Technology Front Anti-Sway Bar
2008 - 2014 Subaru STi / 2011 - 2014 Subaru WRX

Part # 61.2315

Revision A (7/11/2017)

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
22mm Sway Bar	1
Bushing	2
U-Bracket	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 jack stands. Remove front wheels and tires. Remove plastic under tray and sub frame support brace.
2. Remove OEM sway bar and brackets. Leave the end link attached to the lower control arm.
3. 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 sway bar, as positioned on the OEM bar. Torque the mounting bolts to 28-32 ft/lbs.
4. Attach the end links to the bar (Fig. A). The hole toward the rear of the car is the stiffest setting. Torque to 38-42 ft/lbs.



Figure A

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.

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

Torque Check

Hardware	Torque
Bushing bracket hardware	28 - 32 ft/lbs
End link nut	38 - 42 ft/lbs

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