



INSTALLATION INSTRUCTIONS

Progress Technology Rear Anti-Sway Bar

2005-2006 Acura RSX

Part # 62.0103

Revision B (5/17/2021)

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 |
|-----------------------|----------|--|----------|
| 24mm Sway Bar | 1 | U-bracket | 2 |
| Rear Brace Assembly | 1 | M8 x 1.25 x 25 HHCS | 4 |
| Spacer Tube for brace | 2 | 5/16 USS Flatwasher | 4 |
| M12 x 1.25 x 90 HHCS | 2 | 5/16 SAE Flatwasher | 4 |
| M12 SAE Flatwasher | 2 | End link male (incl. M10-1.25 jamnut & flange nut) | 2 |
| Lube | 1 | End link female (incl. M10-1.25 flange nut) | 2 |
| Poly Bushing | 2 | Spacer for end links | 4 |

1. Park vehicle on a smooth, level, asphalt or concrete surface. Block front wheels. Jack up rear end of car and support with jackstands. Remove rear wheels and tires. Remove the original sway bar, bushing brackets and end links.
2. Remove the inner lower control arm mount bolts. Mount the new rear brace using the M12 bolts, washers and two large spacers provided. Place the spacers on **sub-frame side of the brace**. Torque the M12 bolts to 72-74 ft-lbs. (See Figure A)



Figure A M12 bolt, washer and spacer tube in position.

3. Locate the "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 (see Figure B). Open the bushings and snap them over the new sway bar, as positioned on the stock bar. Place the new brackets (supplied) over the pivot bushings.



Figure B

4. Attach the PROGRESS sway bar to the brace using hardware provided. **Place the small washers over the big washers and fasten the bushing brackets to the brace. The double washers prevents the bolt from pulling into the bracket.** See Figures C & D. Torque the M8 fasteners to 20-24 ft-lbs. Place a bit of grease on the face of the bushing that comes in contact with the bushing stops. These stops prevent the bar from moving from side to side.



Figure C Driver side



Figure D Rear of vehicle

5. Thread together the two end link assemblies as shown in Figure E. Adjust the center-to-center length to 2.50" (63-64mm) as shown below. Both end links should be the same center-to-center length before installing them.

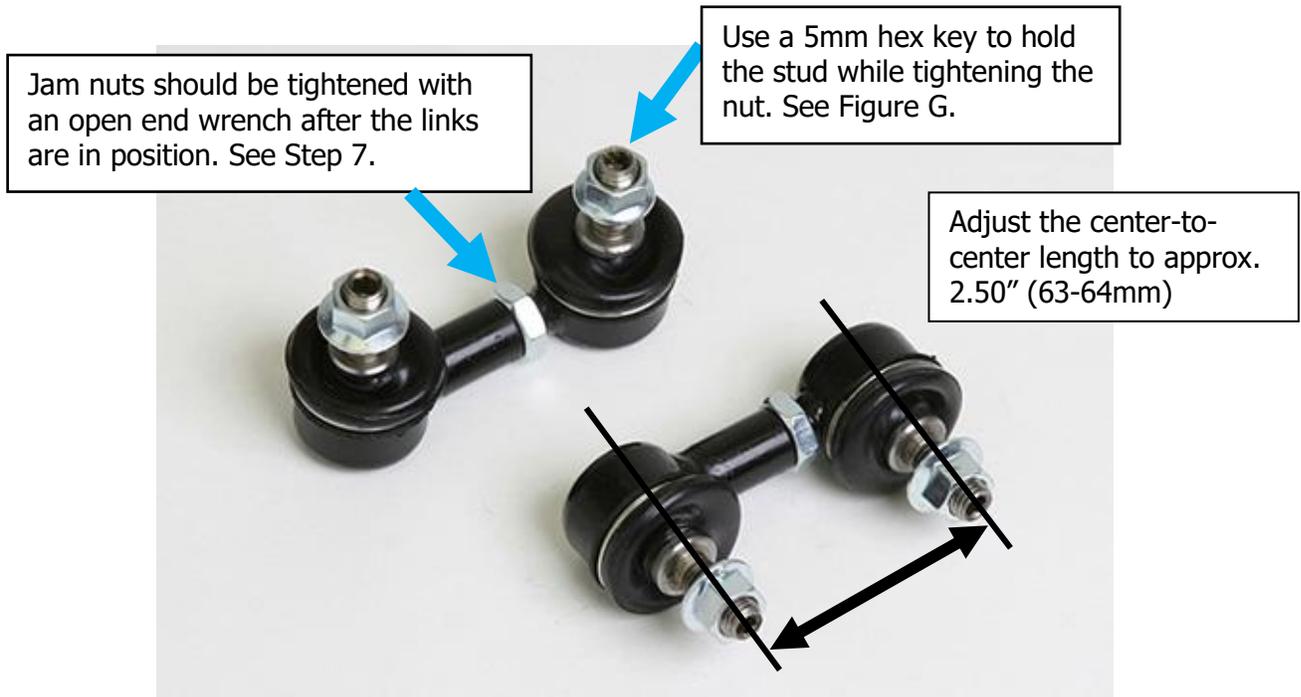


Figure E

6. Install the end links. Attach the top stud to the sway bar (soft setting) (Figure F). Attach the lower stud to the control arm tab. Install both links. Tighten the nuts using a 5mm hex key and a 14mm wrench (Figure G). This prevents the stud from spinning while tightening the nut.

IMPORTANT: Using a Torque Wrench and socket, tighten the end link studs to 42-46 ft-lbs.



Figure F



Figure G



Typical installation, moderate lowered height:
NO spacers are necessary as the end link will be close to vertical.

Figure H

7. Align the top and bottom end link sockets so there is no binding. Tighten the two jam nuts firmly with an open end wrench.
8. Install wheels and tires. Lower rear of car onto ground, and roll car back and forth to settle suspension.
9. Installation is complete. Check assembly periodically for tightness.

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.

Torque Check

| Hardware | Torque |
|----------------------------|--------------|
| M8 bushing bracket bolt | 20-24 ft/lbs |
| M10 end link flange nut | 42-46 ft/lbs |
| M12 lower control arm bolt | 72-74 ft/lbs |

Optional for lowered vehicles



We have included four end link spacers. If your vehicle is not lower than 1.5" (38mm) your installation will NOT require any spacers. These spacers are provided to adjust the end link angle for best function and durability.

Check your end link angles: First complete the sway bar installation. Lower the vehicle on the ground and settle the suspension by rolling the car a bit. Look under the rear at the end links. The end links should be adjusted using the spacers until they are as close to vertical as possible, add spacers as shown in Figure I. Torque end links to 42-46 ft-lbs. Re-check the angle. Using wheel ramps under the rear tires will make this job easier. Always block the front wheels and set the parking brake.

Figure I shows the top end link socket with one spacer installed. Use only one or zero spacers. Use the spacers as needed to adjust the end link angle close to vertical when the vehicle is at ride height, NOT with the rear of the vehicle jacked up!



Figure I

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