



INSTALLATION INSTRUCTIONS
Progress Technology Rear Anti-Sway Bar
2008 + Honda Accord / 09-14 Acura TSX
Part # 62.0107
(No Revision 4/18/17)

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
25mm Sway Bar	1	Backing Plate	2
Bushing	2	M10 x1.25x25 Flange Bolt	4
U-bracket	2	M10 x1.25 Flange nut	4
Lube	1		

1. Park vehicle on a smooth, level, asphalt or concrete surface. Block front wheels. Jack up rear end of car and support with jack stands or use a proper vehicle lift.
2. Using a 5mm allen and a 14mm wrench remove the nuts that hold the end link to the sway bar. Next, remove the factory bushings and brackets. Remove the OE sway bar from the vehicle.

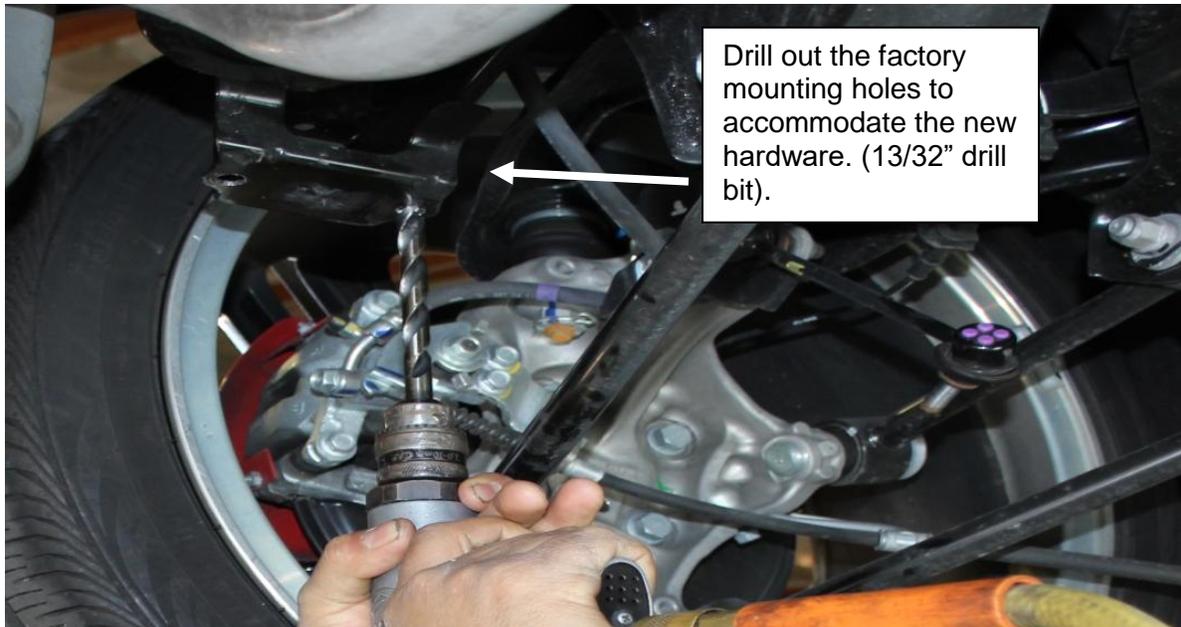


Fig A

3. Drill out the existing holes for the bushing brackets using a 13/32" drill or uni-bit so that the supplied hardware can be installed. (fig A)



Fig B

4. Place backing plate inside the factory mounting point so that a sandwich effect is made and a stronger mounting point is achieved. Install the M10 bolts from the top of the backing plate down thru the drilled out holes. Install the new sway bar in same orientation as the factory sway bar. (fig B)



Fig C

5. 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 (fig C).



Fig D

6. Place the new brackets (supplied) over the pivot bushings. Center the bar front to back on the mount, then using the hardware provided, hand tighten mounting bolts. (fig D)

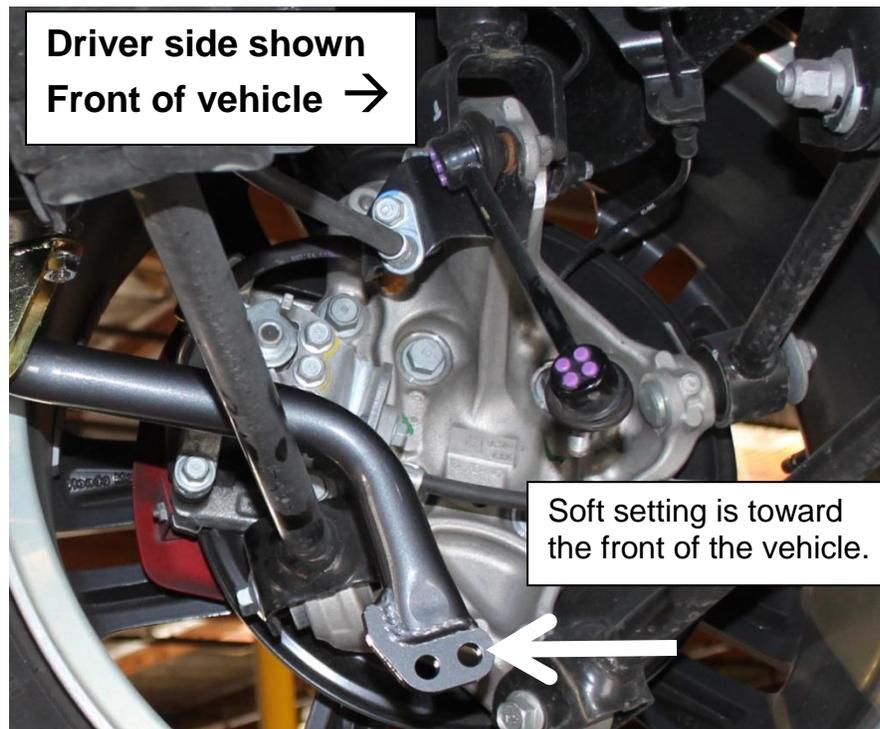


Fig E

7. Choose the firm or soft setting on the sway bar. (fig E)



Fig F

8. Use a 5mm allen and 14mm wrench to snug up the end link. (fig F)

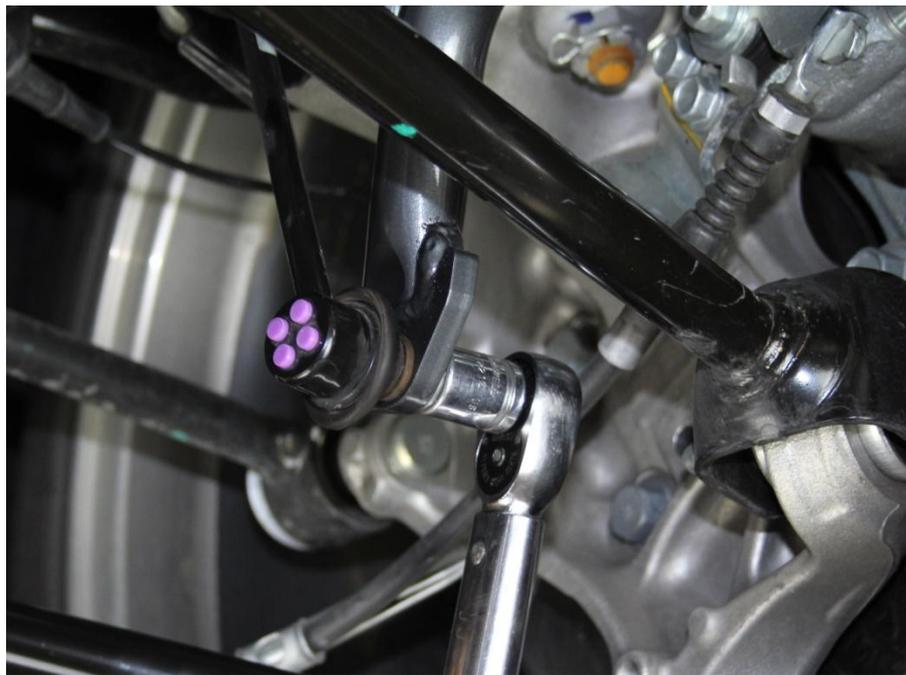


Fig G

9. Torque the end link to 38-42 ft/lbs. (fig G)



Fig H

10. Torque the bushing brackets to 38-42 ft/lbs. (fig H)

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.

11. Installation is complete. Check assembly periodically for tightness.

Torque Check

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

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