



## INSTALLATION INSTRUCTIONS

Progress Technology Rear Anti-Sway Bar

1989 – 2000 Honda Civic (incl. Si)

Part # 62.1001

Revision B (9/14/09)

### 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	Cup Washer	2
Split Collar	2	3/8-24 Jam Nut	2
Pivot Bushing Bracket	2	3/8 SAE Flatwasher	18
Pivot Bushing	2	3/8-16 x 1.00 HHCS	6
Lube	1	3/8-16 x 2.00 HHCS	4
Endlink Bracket	2	3/8-16 Nylock Nut	10
Mounting Bracket - Left	1	5/16-18 x 1.00 HHCS	2
Mounting Bracket - Right	1	5/16-18 x 1.50 Hex Tap Bolt	2
3/8 Female rod end	2	5/16 SAE Flatwasher	6
3/8 Male rod end	2	5/16-18 "AT" Series Insert	2
U-Bracket, rod end	2	M8 x 1.25 x 25 HHCS	2
Spacer, rod end	12	M10 x 1.25 x 80 HHCS	2

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 wheels and tires. If equipped with an original equipment rear anti-sway bar, remove the bar and brackets. If equipped with ABS, remove the ABS wire brackets.
2. Locate and remove the rear control arm pivot bolts (see illustrations). Remove the rear lower shock mount bolts. Remove the upper rear shock mount bolts. Rotate and remount the rear shocks so that the nut on the lower mount faces the rear of the vehicle (see illustration).
3. On the driver side, install the angle bracket onto the lower shock mount, using the factory bolt. See illustration. **BE SURE TO MOUNT THE BRACKET TO THE SHOCK MOUNT USING THE SMALL HOLE IN THE BRACKET. THE LARGE HOLE IS USED FOR THE ENDLINK BOLT TO PASS THROUGH.** Do not fully tighten the lower bolt yet. Do not install the passenger side shock yet

- Using the M10 x 1.25 x 80mm bolt supplied, mount the sub-frame brackets to the rear control arm pivots as shown in the illustrations. Do not fully tighten at this time.



FIG 1 Nutsert shown ready to install tight



FIG 2 Hold bolt head and turn nut until

- Note the upper mounting bolt location for the pivot brackets. If your car was originally equipped with a rear bar, the upper mounting hole will have a threaded insert. If this is the case, use the M8 x 1.25 bolts and washers supplied. Tighten hand tight. If not originally equipped, there will be an unthreaded hole in the chassis. If so, drill the hole out using a 1/2" drill bit. Assemble the nutsert with the 5/16-18 x 1.50 bolts, nut and washer. Install nutsert as shown in figure 1 and two. Hold the head of the bolt while tightening the nut until the nut gets tight. Slight side load may be required to start the nutsert. Tighten until the nut becomes tight. Then back out the bolt. Use 5/16-18 x 1.00 bolts and washers to fasten bracket to the chassis. **PLEASE NOTE THAT IF YOU NEED TO USE THE NUTSERT, WE HIGHLY RECOMMEND WELDING THE UPPER MOUNTING AREA OF THE PIVOT BRACKET TO THE CHASSIS. If the upper area is not properly secured to the chassis, the pivot brackets may fatigue and crack.** This type of failure is not covered by the warranty, and you will need to purchase new brackets from The Progress Group.
- Tighten the lower control arm pivot bolts to 40 ft.-lbs. Using the tube of lubricant provided, lubricate the inside of the polyurethane pivot bushings. Install the bushings onto the bar as shown. Mount the bar onto the vehicle as shown, using the bushing brackets, 3/8" x 1.00" bolts, nuts and washers as shown.
- Install the passenger side rear shock absorber at this time, along with the other angle bracket. Assemble both endlink assemblies as shown. Check all hardware for tightness, but do not tighten lower shock mount bolts yet. Re-mount ABS wires at this time if applicable. It may be necessary to modify the brackets slightly.

#### **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.

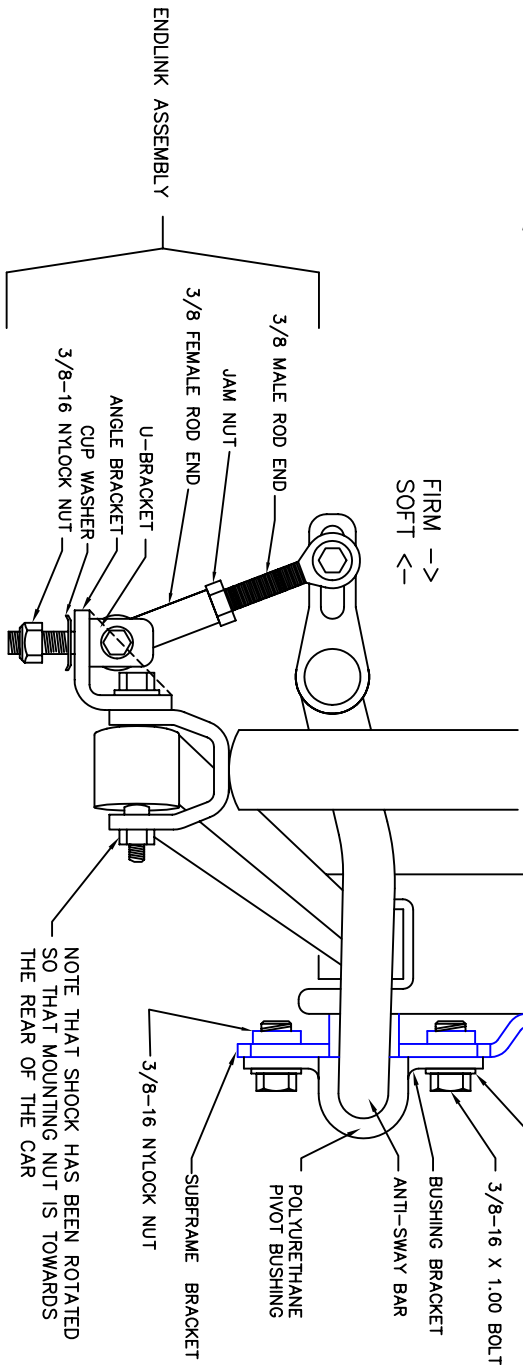
8. Placement of the split collars will depend on the vehicle. Make sure the bar is centered left to right in the chassis. Install these tight against the bushing and tighten. This will prevent the bar from moving side to side.
9. Install wheels and tires. Lower rear of car onto ground, and roll car back and forth to settle suspension. Tighten rear lower shock mount bolts at this time.
10. Installation is complete. Check assembly periodically for tightness.

**Thank you for choosing Progress products.  
For additional product and technical information,  
visit our website.**

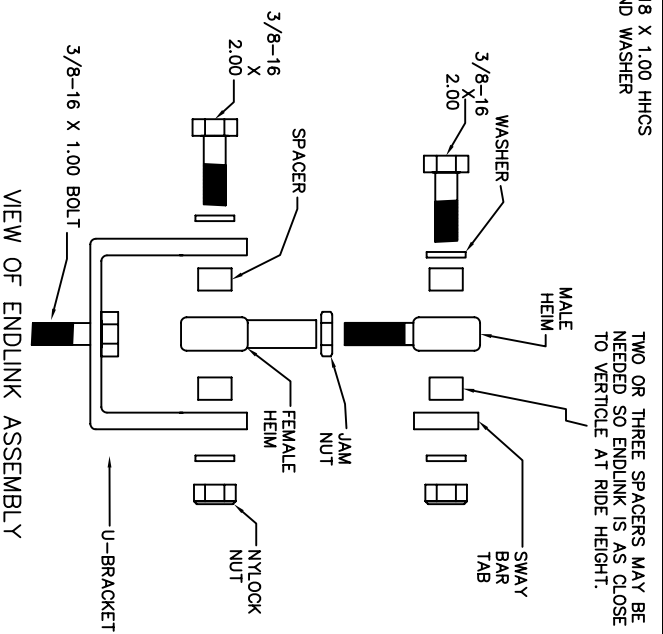
62.1001

SIDE VIEW, DRIVERS SIDE SHOWN

FRONT OF CAR



FIRM -->  
SOFT <--



PLEASE NOTE THAT DEPENDING ON THE APPLICATION, THE SUBFRAME BRACKETS MAY MOUNT ON THE OPPOSITE SIDES OF THE CHASSIS, RATHER THAN AS SHOWN BELOW

IF THE UPPER MOUNTING HOLE DOES NOT EXIST, WE HIGHLY RECOMMEND WELDING THIS AREA IN ADDITION TO USING THE NUTSERT

THIS HOLE MAY OR MAY NOT EXIST. SEE INSTRUCTIONS FOR FURTHER INFO.

VIEW FROM REAR OF CAR  
DRIVER'S SIDE ASSEMBLY SHOWN,  
PASS. SIDE SHOWN AS STOCK

