INSTALLATION INSTRUCTIONS

Progress Technology Rear Anti-Sway Bar
2006-2015 Honda Civic, all
Part # 62.1026
Revision C (9/21/2023)

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

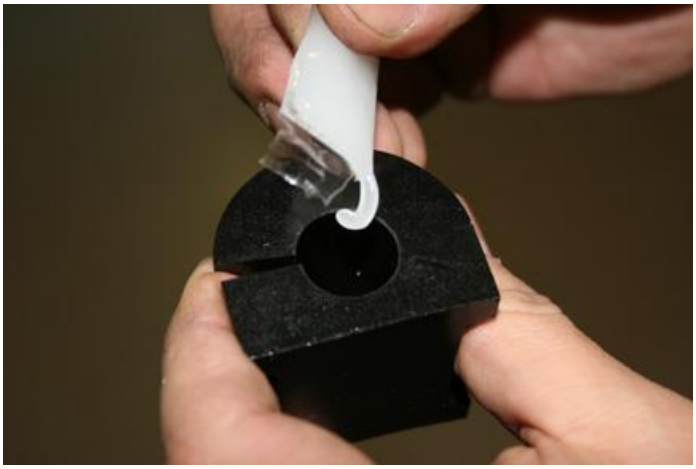
Description	Quantity	Description	Quantity
24mm Sway Bar	1	Backing plate	2
Bushing	2	M8-1.25 x 16 FHCS	2
U-bracket	2	M8-1.25 x 20 HHCS	6
Lube	1	M8-1.25 nylock nut	6
Stabilizer Link, Female	2	5/16 SAE Flat washer	12
Stabilizer Link, Male	2	Loctite	1
Reinforcement Tab - Rev. A	2		

If installing on a Si disregard the plates and added hardware. The bar is a direct replacement using stock hardware, supplied bushings and brackets.

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.

2. Remove the factory bushings and brackets, keeping the OE hardware. Remove the end links and remove the bar from the vehicle.

   All vehicles - Locate the pivot "D" shaped polyurethane bushing and tube of special grease supplied in the hardware kit. Cut the end off the tube and apply grease to the inside bore of the bushing (Picture A). Open bushing and snap over the Progress sway bar, as positioned on the stock bar (inside the locating rings). Place the supplied brackets over the bushings.

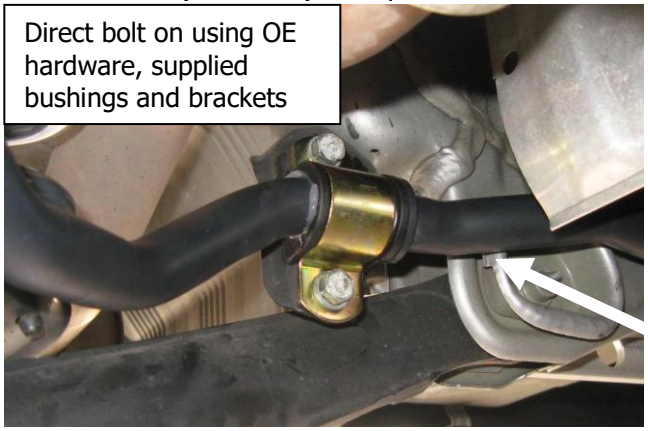


Picture A

<u>Si vehicles go to Step 3. If you need additional clearance at the subframe near the lower control arm install the backing plates as shown in Step 4.</u>

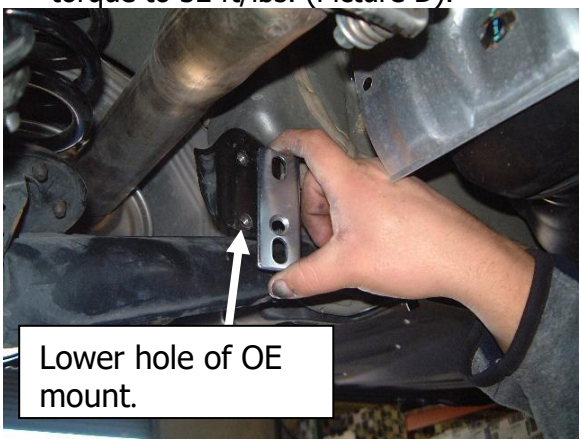
<u>Non Si vehicles go to Step 4.</u>

3. Si vehicles - Align bushing brackets with OE mounting holes. Using OE hardware for top and bottom holes secure the bar to the vehicle (Picture B). Torque all hardware to 32 ft/lbs. Go to Step 6



Picture B

4. NON Si vehicles - Line backing plate with the lower hole of the OE mount location (Figure C). Fasten backing plate to OE mount using a drop of thread locker on each M8-1.25 x 16 flat head screw and torque to 32 ft/lbs. (Picture D).



Picture C

Picture D

5. NON Si vehicles - Move the Progress sway bar into position. Align bushing bracket with backing plate. Using the OE hardware for the top hole (Picture R) and the supplied hardware for the lower hole (Picture F) secure bushing bracket to vehicle. Torque all hardware to 32 ft/lb. Go to Step 6.

Picture E

Picture F

Install Reinforcing Plates: These plates strengthen the lower control arm mounting tabs at the end link mounting points.

6. Align plate with the mounting holes on the rear lower control arm (Picture G). Use the M8 hardware provided to fasten plate (Picture H). Torque to 28 ft/lb

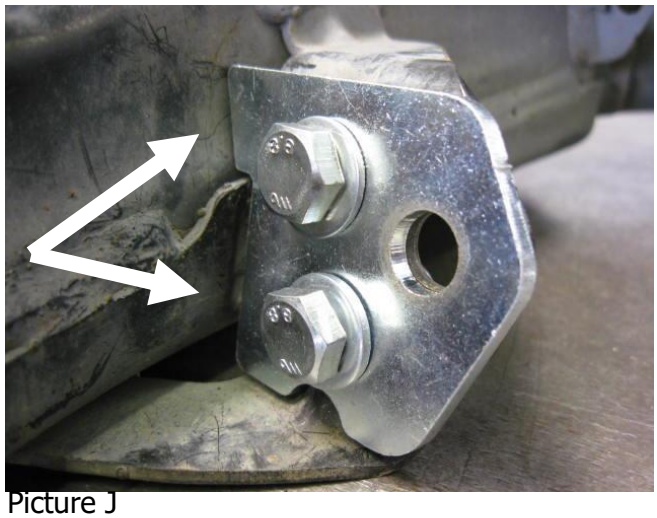
Picture G

Picture H

7. Mark 2nd hole and use a 11/32 bit to drill out (Picture I). Use the M8 hardware provided to secure 2nd hole. Torque to 28 ft/lb

Picture I

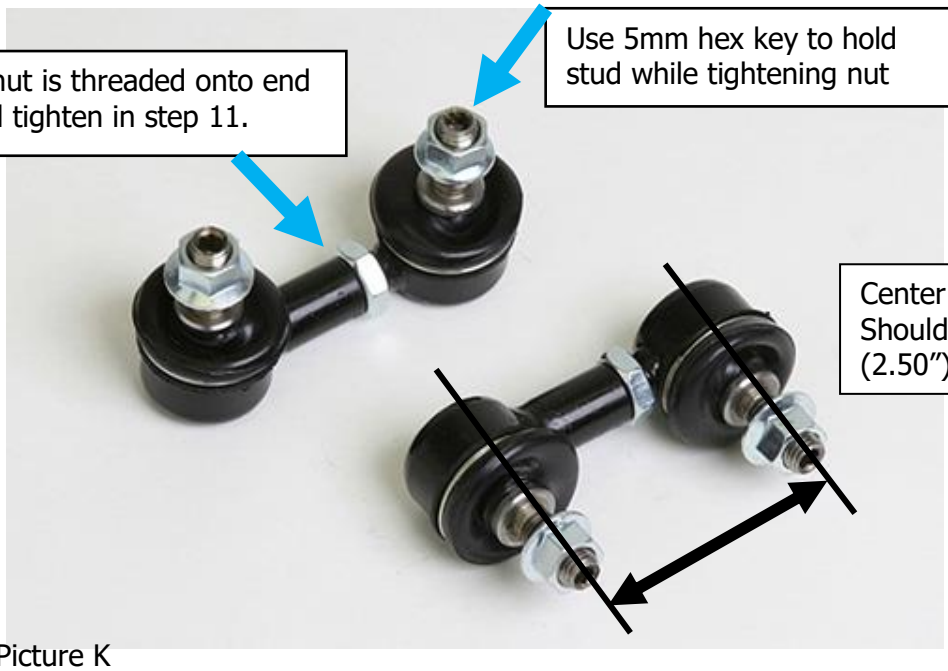
Optional: For additional strength MIG weld the reinforcement plates to the control arms in two places as shown (Picture J)



Picture J

End link installation must be done at ride height to insure proper length and orientation.

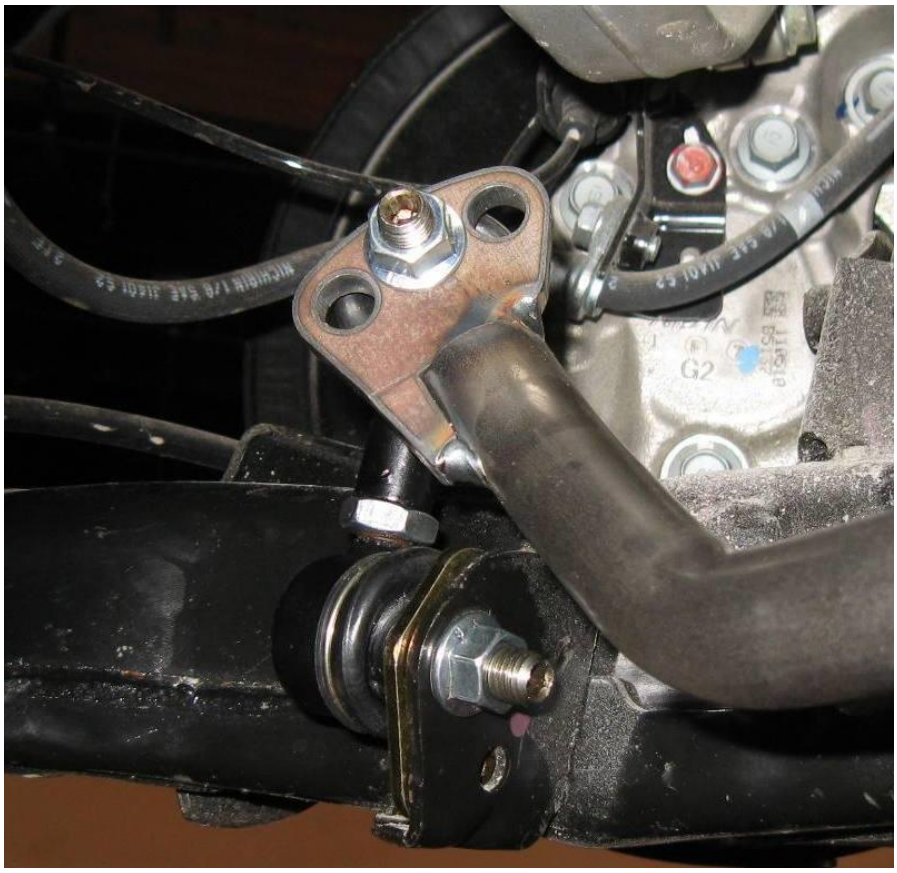
8. Assemble end links with jam nuts as shown (Picture K). Adjust the center-to-center length to 63-64mm (2.50”) dimension as shown in Picture K.



Picture K

9. Turn the links so they are 90 degrees to the mounting locations. Attach end link stud to sway bar tab and to lower control arm. (Picture L) Torque to 42-46 ft/lb. DO NOT USE an impact wrench or thread locker compound (Loctite).

NOTE: If ball socket turns while tightening, use a 5mm hex key and open end wrench to tighten nut, then Torque to 42-46 ft/lb.



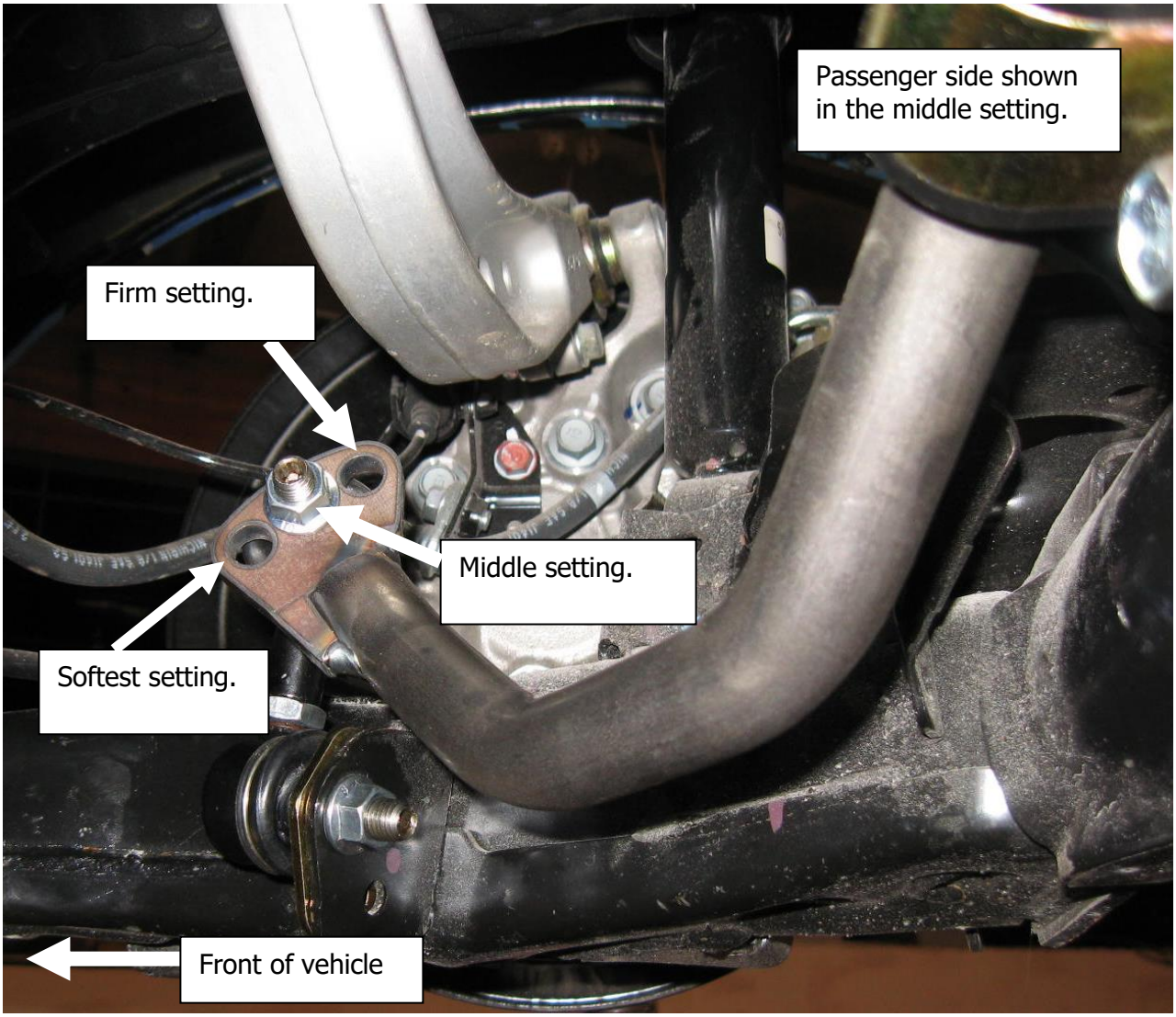
Picture L

10. Rotate the links so they are parallel to the mounting locations, and they can travel both directions without interference.

11. Tighten the two jam nuts firmly using an open end wrench

12. Check end links at ride height for proper length and orientation. Remember to re-tighten jam nut after every end link length adjustment.

<u>For stock ride height to 2.0" lower: Center-to-Center length 63-64mm (2.50")</u>
-Lower ride height may need shorter end links.
Check at ride height before adjusting the end links any shorter.



Picture M

END LINK ADJUSTMENT NOTES:

- Check end link length for <u>correct geometry at ride height</u>. **End links should be as close to vertical as possible.** This will NOT look correct with the vehicle on a floor jack (full droop).
- End link length adjustment allows for proper geometry for the three bar adjustment settings.
- End link adjustment allows for neutral bar setting while adjusting corner weights.
- Extreme lowered ride height may require shorter end link length adjustment.
- Remember to re-tighten jam nut after every end link length adjustment.
- Failure to properly tighten as noted above will result in noise and possible end link failure.

Check installation

- Bushing brackets: Torque to 32 ft/lb
- Non Si vehicles, Backing plate: Torque to 32 ft/lb
- Reinforcement plate: Torque 28 ft/lb
- End link stud at bar tab: Torque to 42-46 ft/lb
- End link stud at LCA: Torque to 42-46 ft/lb
- Jam nut tightened with open end wrench.

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 choose 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 setting.

Installation is complete. Check assembly periodically for tightness.

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