



INSTALLATION INSTRUCTIONS
Progress Technology Rear Anti-Sway Bar
MY16+ Honda Civic "10th Gen"
Part # 62.1027
No Revision (10-10-16)

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
Rear Sway Bar (21mm)	1	Bushings	2
Reinforced bushing brackets	2	Lube	1



Watch the Install Video at www.progressauto.com/videos

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 at the jack points.
2. Remove the bolts that attach the sway bar end links to the lower control arms.



Fig A

3. Next, remove the factory bushing brackets. The bushings are bonded to the sway bar, so they will remain with the OE sway bar. Save the hardware for re-assembly in Step 9.



Fig B

4. Remove the sway bar from the vehicle.



Fig C

5. Remove the stock sway bar end links from the OE sway bar. Use a 14mm wrench and a 5mm allen wrench to hold the stud, and remove the nut with the wrench, as shown in figure D.



Fig D

6. Install both end links back on the lower control arms. Do not torque at this time.
7. Install the Progress sway bar in the same orientation as the OE sway bar. Loosely attach the end links to the bar. Note: The ends of the sway bar point downward as shown in figure E.



Fig E

8. 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. Open bushing and snap over the Progress sway bar, as positioned on the stock bar. Place the supplied brackets over the bushings.



Fig F

9. Reinstall the four OE fasteners from step 3. Torque the bushing bracket hardware to 28 ft/lbs.



Fig G

10. Torque the lower control arm end link bolt to 28 ft/lbs.



Fig H

11. Using an extension and a universal with a short 14mm socket attached to it; torque the end link nut to 38-42 ft/lbs.



Fig I



Fig J

Torque Check

Hardware	Torque
Rear sway bushing brackets	28 ft/lbs
Rear end link nut	38-42 ft/lbs
Rear end link lower bolt	28 ft/lbs

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