



## INSTALLATION INSTRUCTIONS

Progress Technology Rear Anti-Sway Bar

2006 – 2008 Honda Fit

Part # 62.1060

Revision A (1/14/26)



### 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

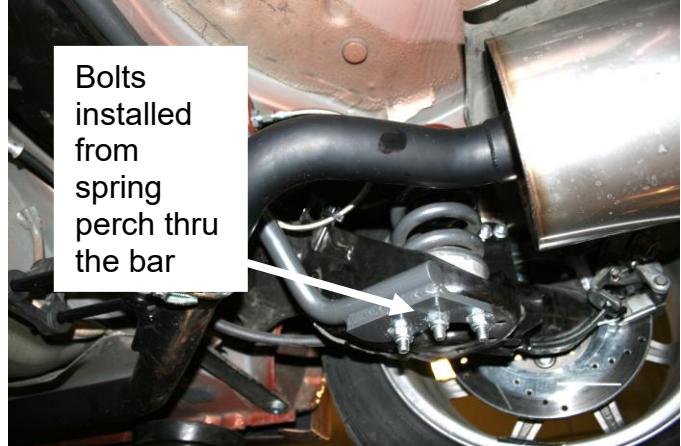
| Description               | Quantity |
|---------------------------|----------|
| 22mm Sway Bar             | 1        |
| M10 x 1.5 x 30 Buttonhead | 6        |
| M10 x 1.5 Nylock Nut      | 6        |
| 3/8 USS Flat Washer       | 6        |

1. Park the vehicle on a smooth, level, asphalt or concrete surface. Block the front wheels. Jack up the rear end of the car and support with jack stands. Remove the wheels and tires.

2. **Removal of the rear springs is necessary to install this bar.** With the vehicle supported by jack stands, use a floor jack or if on a lift an adjustable stand to support the beam and remove both lower shock bolts.
3. Carefully lower the beam and remove the springs and the rubber isolators from the spring buckets.



Driver Side Shown



Passenger Side Shown

4. Place the bar under the rear beam. Align the holes on the bar with the holes on the bottom side of the rear spring perches. Insert the bolts in the beam as shown. Use washers and nuts on the under side of the bar. Tighten all hardware to 38-42 ft/lbs. **All hardware must be used for this installation.**
5. Re-Install the springs and the rubber isolators. Replace and torque the lower shock bolts. Then install and tighten wheels and tires to factory specifications. Lower the rear of the car onto the ground and roll the car back and forth to settle suspension.
6. Installation is complete. Check assembly periodically for tightness.

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