



INSTALLATION INSTRUCTIONS

Progress Technology Rear Anti-Sway Bar

2009+ Honda Fit

Part # 62.1061

No Revision (10/14/09)

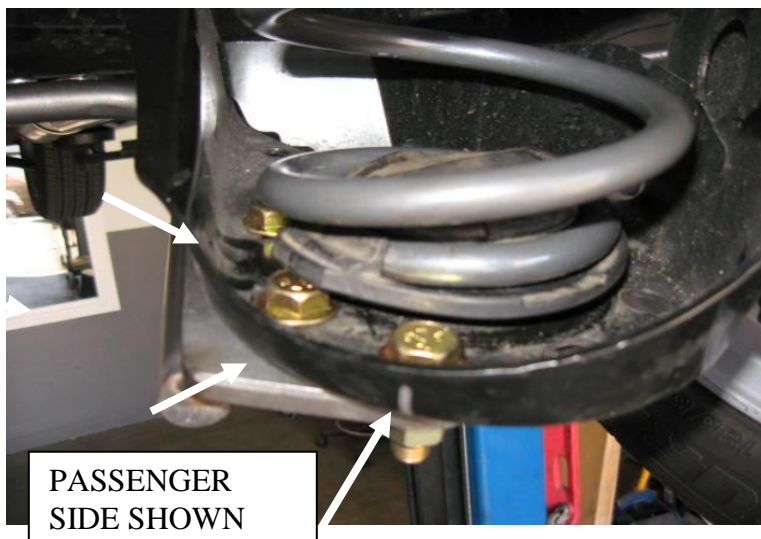
WHO SHOULD INSTALL THIS PRODUCT?

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
19mm Sway Bar	1
M10 x 1.50 x 30 Button HCS	6
M10 x 1.50 Nylock nut	6
3/8 USS Flat Washer	6

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. Remove wheels and tires.
2. Removal of the rear springs is necessary to install this bar.



3. Place 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.
4. Re-Install springs and rubber isolators. Then install and tighten wheels and tires to factory specifications. Lower rear of car onto ground, and roll car back and forth to settle suspension.
5. Installation is complete. Check assembly periodically for tightness.

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