



## INSTALLATION INSTRUCTIONS

Progress Technology Rear Anti-Sway Bar

2009+ Honda Fit

Part # 62.1061

Revision A (1/15/26)



### WHO SHOULD INSTALL THIS PRODUCT?

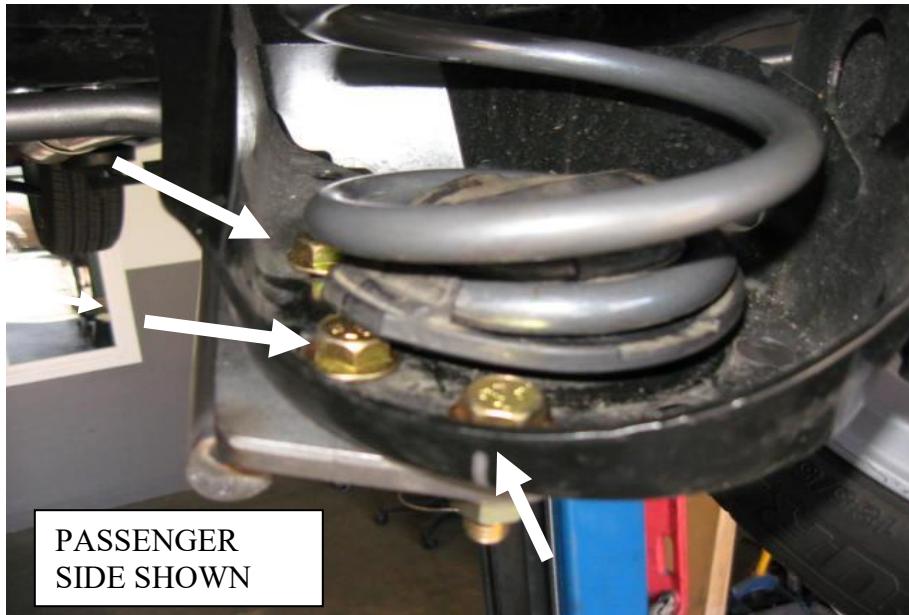
Progress Technology products should only be installed by a qualified licensed mechanic experienced in the installation and removal of suspension components. Please read instructions from start to finish and verify the parts in the parts list before beginning installation.

### Parts List

Description	Quantity
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 the vehicle on a smooth, level, asphalt or concrete surface. Block the front wheels. Jack up rear end of 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.

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 underside of the bar. Tighten all hardware to 38-42 ft/lbs. **All hardware must be used for this installation.**



5. Re-Install springs and rubber isolators. Replace and torque the lower shock bolts. Install and tighten wheels and tires to factory specifications. Lower rear of car onto ground and roll car back and forth to settle suspension.
6. Installation is complete. Check assembly periodically for tightness.

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