



INSTALLATION INSTRUCTIONS

Progress Technology Rear Anti-Sway Bar

2015+ Honda Fit

Part # 62.1063

No Revision (9/1/15)

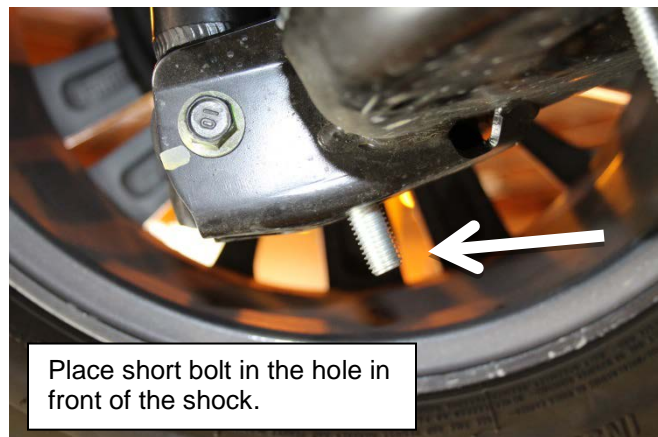
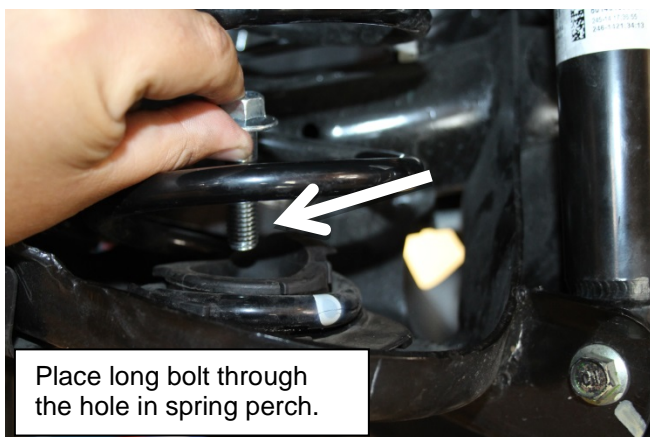
WHO SHOULD INSTALL THIS PRODUCT?

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.

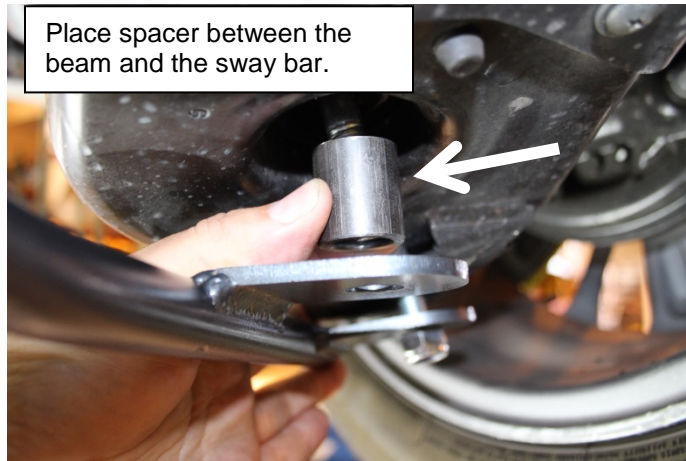
Parts List

Description	Quantity
19mm Sway Bar	1
M12-1.25 x 55 FHCS	2
M12 -1.25 x 25 FHCS	2
M12-1.25 Nylock Flange nut	4
Spacer tube	2

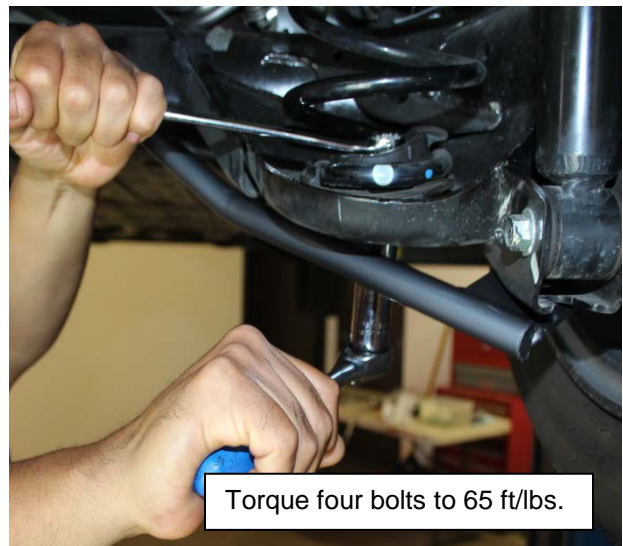
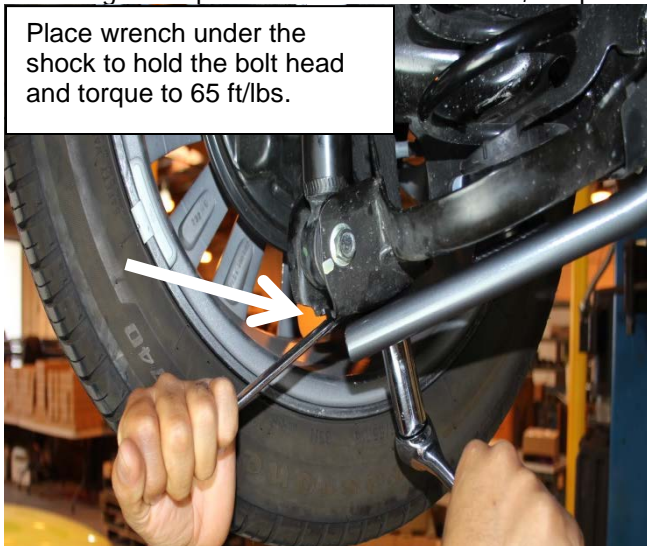
1. Park vehicle on a smooth, level, asphalt or concrete surface. Block front wheels. Jack up rear end of car and support with jack stands.
2. Locate the 4 holes needed to mount the Progress sway bar. One in the center of the lower spring perch on the rear beam (Right side, Left side). The other holes are located just in front of the shock mount on the beam (right side, left side).
3. Place the M12-1.25 x 55 flange bolts (long bolts) through the holes in the center of the spring perches. Place the M12-1.25 x 25 flange bolts (short bolts) into the holes just in front of the lower shock mounts. Four bolts total, two on each side.



4. Place the sway bar under the rear beam. Align the holes on the bar with the bolts on the bottom side of the rear beam. Start the nuts on both short bolts first. Place the spacer tubes into place between the sway bar and the center of the spring perches, and start the nuts. This will hold the bar in position.



5. Using a Torque wrench and box wrench, torque all hardware to 65 ft/lbs.



6. Installation is complete. Check assembly periodically for tightness.

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