



INSTALLATION INSTRUCTIONS

Progress Technology Rear Anti-Sway Bar

2004 – 2013 Mazda 3

Part # 62.1125

No Revision (5/20/04)

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 |
| Bushing | 2 |
| U-bracket | 2 |
| Lube | 1 |

1. Park vehicle on a smooth, level, asphalt or concrete surface. Block front wheels. Jack up rear end of car and support with jackstands. Remove rear wheels and tires. If equipped with an original equipment rear anti-sway bar, remove the bar and brackets.
2. Locate the pivot "D shaped" polyurethane bushings and tube of special grease supplied in the hardware kit. Cut the end off of the grease tube and apply the grease to the bore of the polyurethane bushings (in the hole). Open the bushings and snap them over the new Anti-roll Bar, as positioned on the stock bar. Place the new brackets (supplied) over the pivot bushings. Using the stock (OEM) hardware, attach the bar and brackets to the stock mounting locations. Tighten the mounting bolts to factory specifications. Tighten end link to factory specifications.

IMPORTANT NOTE ABOUT ADJUSTABLE SETTINGS:

We strongly suggest that your technician initially sets the end links in the softest setting. The softest setting will be the setting with the end links closest to the end or tip of the sway bar, furthest from the mounting bushings.

After installing the sway bar, we suggest that you drive the car carefully and within your abilities, noticing the changes in the handling characteristics. If driving in poor weather, exercise additional care during cornering and braking until you are familiar with the handling.

If you chose to use the firmer settings, again remember to drive the vehicle carefully, and take note of the changes you have made to the suspension. You will notice a handling difference with each sway bar settings.

3. Install wheels and tires. Lower rear of car onto ground, and roll car back and forth to settle suspension.
4. Installation is complete. Check assembly periodically for tightness.

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For additional product and technical information, visit our website.**