



**INSTALLATION INSTRUCTIONS**  
**Progress Technology Rear Anti-Sway Bar**  
15+ Mazda MX-5  
Part # 62.1134  
Rev. A (4/14/2020)

**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	Description	Quantity
Rear Sway Bar	1	Bushing	2
Reinforce bracket - left	1	U-bracket	2
Reinforce bracket - right	1	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 jack stands at the jack points.
2. Remove the nuts that hold the end links to the sway bar. Next, remove the bushings and brackets. Save the hardware, you will re-use it in Step 4. Remove the OEM sway bar from the vehicle. (Photos A & B below)



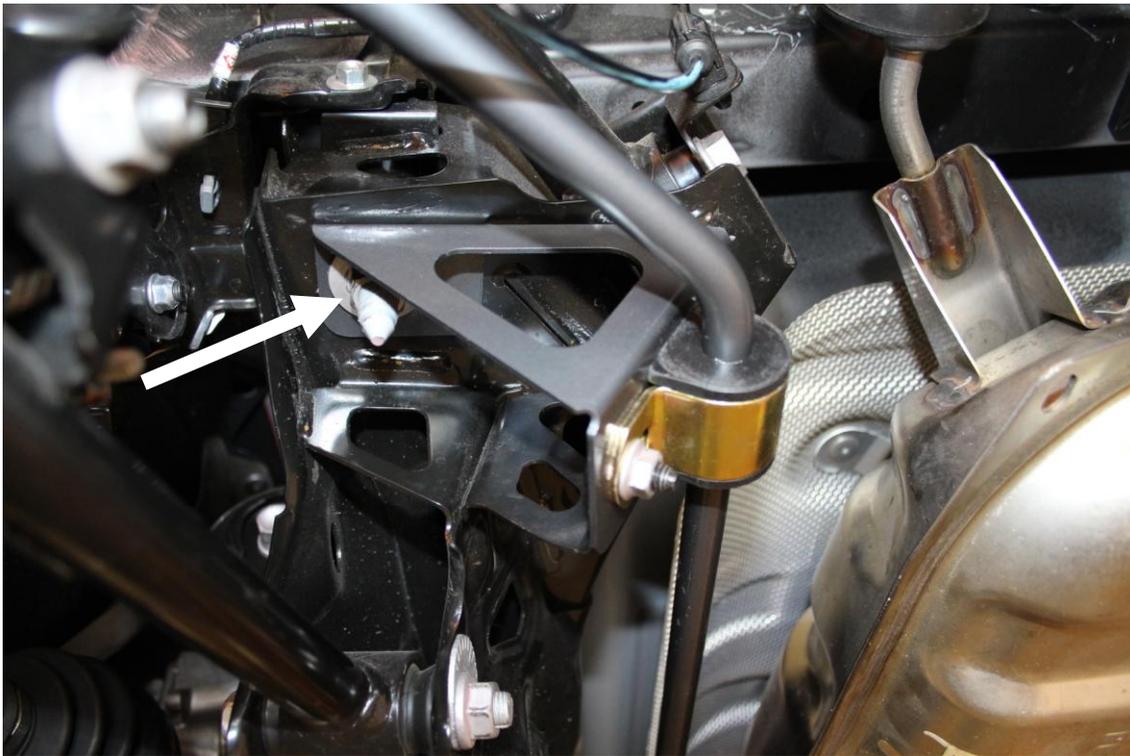
(A)



(B)

**NOTE the following!**

- For Step 3, work on one side of the vehicle at a time.
  - Complete Step 3 in its entirety, then repeat on the other side.
  - The reinforcement brackets are left and right handed.
  - Do not torque the nuts until Step 4.
3. Locate the large sub-frame mounting nuts just in front of the sway bar mounting area (see arrow). Remove the nut (work on one side of the vehicle at a time) and position the Progress reinforcement bracket over the two studs on the sway bar mount location, then over the protruding sub-frame stud. **Snug down the sub- frame nut, but do not torque it yet. You will torque the assembly in Step 4.** Repeat on the opposite side. (Photo C)



(C)

4. Locate the pivot "D" shaped polyurethane bushing and tube of special grease supplied in the hardware kit. Cut the end off 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 Progress sway bar, as they were positioned on the OEM sway bar. Use the bushing brackets (supplied) and the OEM hardware to mount the Progress sway bar.

First: torque the bushing brackets to 16-20 ft/lbs.

Second: torque the sub-frame nuts to 78-82 ft/lbs.

5. Attach the end links to the soft setting (end hole) and torque to 32-36 ft/lbs.

## Torque Check

Hardware	Torque
Rear sway bushing brackets	16-20 ft/lbs
Rear end links	32-36 ft/lbs
Rear sub frame nuts at reinforcement bracket	78-82 ft/lbs
Lug nuts	75-90 ft/lbs

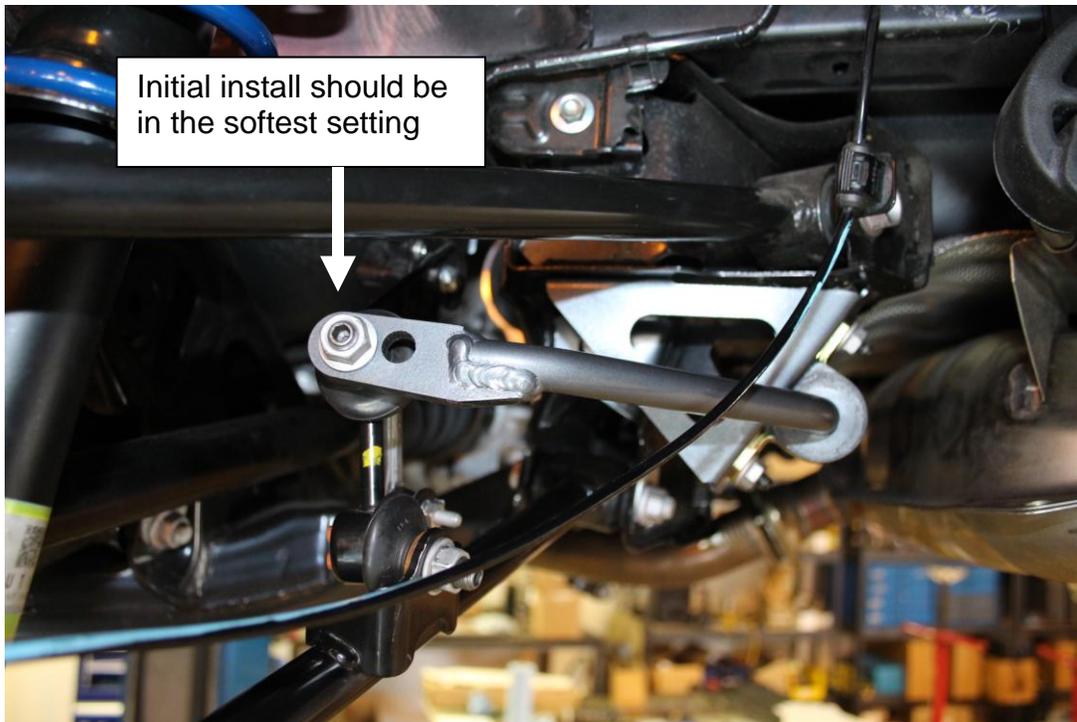
6. Install rear wheels and torque lug nuts to 75-90 ft/lbs

### **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.



**Thank you for choosing Progress products.  
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