



INSTALLATION INSTRUCTIONS

Progress Technology Rear Anti-Sway Bar

2003 - 2008 Nissan 350Z

Part # 62.1540

No Revision 8/31/04

WHO SHOULD INSTALL THIS PRODUCT?

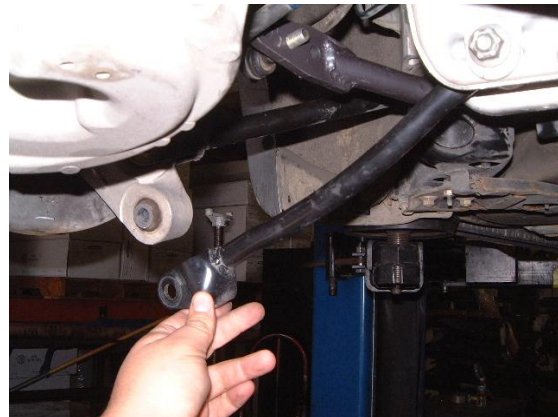
Progress Technology products should only be installed by a qualified licensed mechanic experienced in the installation and removal of suspension components. Please read instructions from start to finish and verify the parts in the parts list before beginning installation.

Caution: EXHAUST SYSTEM MAY NEED MODIFICATIONS DEPENDING ON THE SYSTEM YOU HAVE INSTALLED. Exhaust systems can be EXTREMELY hot and may cause injury if touched. Allow the exhaust system to cool down before beginning installation.

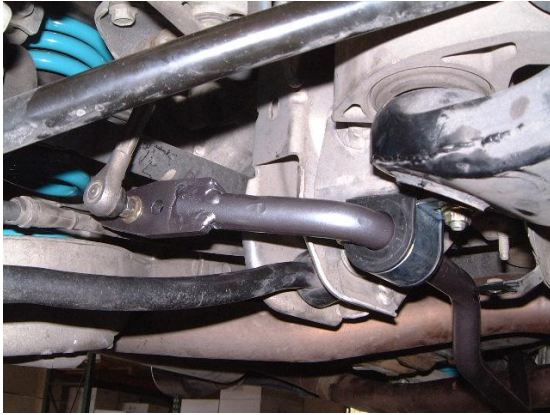
Parts List

Description	Quantity
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. **Caution:** Always use jack stands securely and properly placed when working under a vehicle.



2. Remove rear wheels and tires. Remove the plastic covers under the vehicle to gain access to the rear sway bar. Remove the outer lower control arm pivot bolt and let the arms hang.
3. Remove the nuts that hold the end link to the bar. Next, remove the factory bushings and brackets, keeping the hardware. Remove the bar from the vehicle.



4. Locate the pivot "D shaped" polyurethane bushings 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 new anti-sway bar, as positioned on the stock bar. Place the new brackets (supplied) over the pivot bushings. Tighten brackets using factory hardware to OEM 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.

5. Attach the end links using factory hardware tighten to OEM specifications.
6. Tighten the lower control arm bolts to factory specs and install plastic covers, (modification to the plastic covers may be needed on some applications).
7. Installation is complete. Check assembly periodically for tightness.

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