



## INSTALLATION INSTRUCTIONS

Progress Technology Front Anti-Sway Bar

Mazda MX-5 (ND)

Part # 61.1134

Rev. B (4/6/16)

### 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
28mm Sway Bar	1
Bushing	2
Lube	1

1. Park vehicle on a smooth, level, asphalt or concrete surface. Block rear wheels. Jack up front end of car and support with jack stands at the jack points. Remove front wheels and tires. Remove the lower splash trays and lower inner fender splash guards.
2. Remove the end link from the sway bar leaving it attached to the lower control arm. Repeat on both sides. (Photo A)



(A)

**NOTE:** Removal of steering rack is required. The rack must be moved slightly to install the sway bar. The wiring can remain attached. Support the rack during these steps!

3. Locate the bolts that hold the rack in place to the sub frame. Loosen but do not remove. The top nut is captured so you will not need a wrench to hold the nut. (Photo B & C)



Driver Side (B)



Passenger Side (C)

4. Locate the steering linkage that connects to the steering rack. With a paint marker or scribe, mark across the coupler and splines before removing the steering shaft (D). This step will simplify reassembly. Remove the bolt that attaches the linkage to the rack (E). The shaft will slide out when the rack is lowered. (Photo D & E)

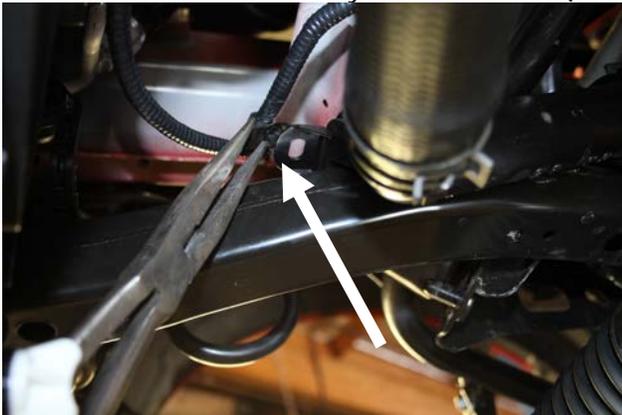


(D)



(E)

5. Remove the wiring harness from the housing (do not unplug) and the wires that interfere with the removal of the sway bar as shown. (Photo F & G)



(F)



(G)

6. Remove the bolts and then remove the rack from its mounting position. **Support the rack at all times.** DO NOT pull on the wiring harness! (Photo H & I)



(H)



(I)

7. Remove both bushing brackets from the chassis. You will re-use the brackets in Step 9. (Photo J)



(J)

8. Rotate the sway bar forward and remove the bar on the driver side. (Photo K & L)

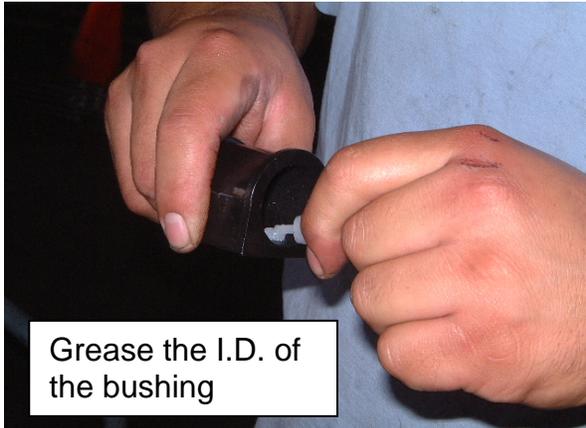


(K)



(L)

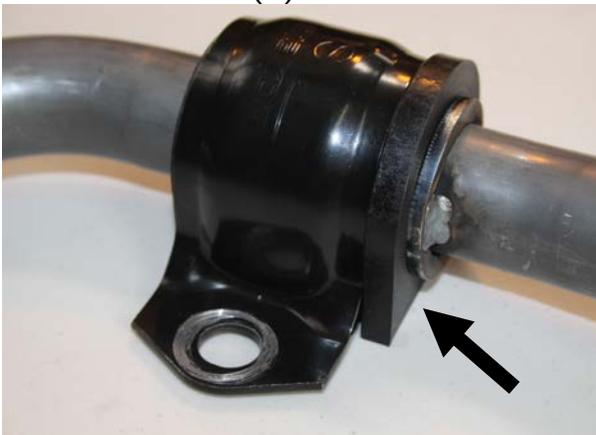
9. Install your new Progress sway bar in the reverse order. Once in place, locate the polyurethane pivot bushings and tube of special grease supplied in the hardware kit. Cut the end off the grease tube and apply the grease to the bore of the polyurethane bushings (in the hole). Open the bushings and snap them over the new sway bar, as positioned on the stock bar. **Make sure the flange side of the bushings is against the bushing stop rings on the sway bar.** Use the OEM bushing brackets and hardware to mount the sway bar and torque to 32-38 ft/lbs. (Photos M,N,O & P)



(M)



(N)



(O)



(P)

10. Attach the end links to the center hole and torque to 32-38 ft/lbs.  
 11. Reverse the steps when installing the steering rack and splash panels.

### Torque Check

Hardware	Torque
Front sway bushing brackets	32-38 ft/lbs
Front end links	32-38 ft/lbs
Front rack mounts	82-102 ft/lbs
Steering coupler pinch bolt	15-18 ft/lbs
Lug nuts	75-90 ft/lbs

12. Reinstall the front 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 center position. On the ND MX-5 application, the softer setting (hole closest to the tip of sway bar) will **increase** oversteer.

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 change the settings, 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.



(Q)

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



**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)



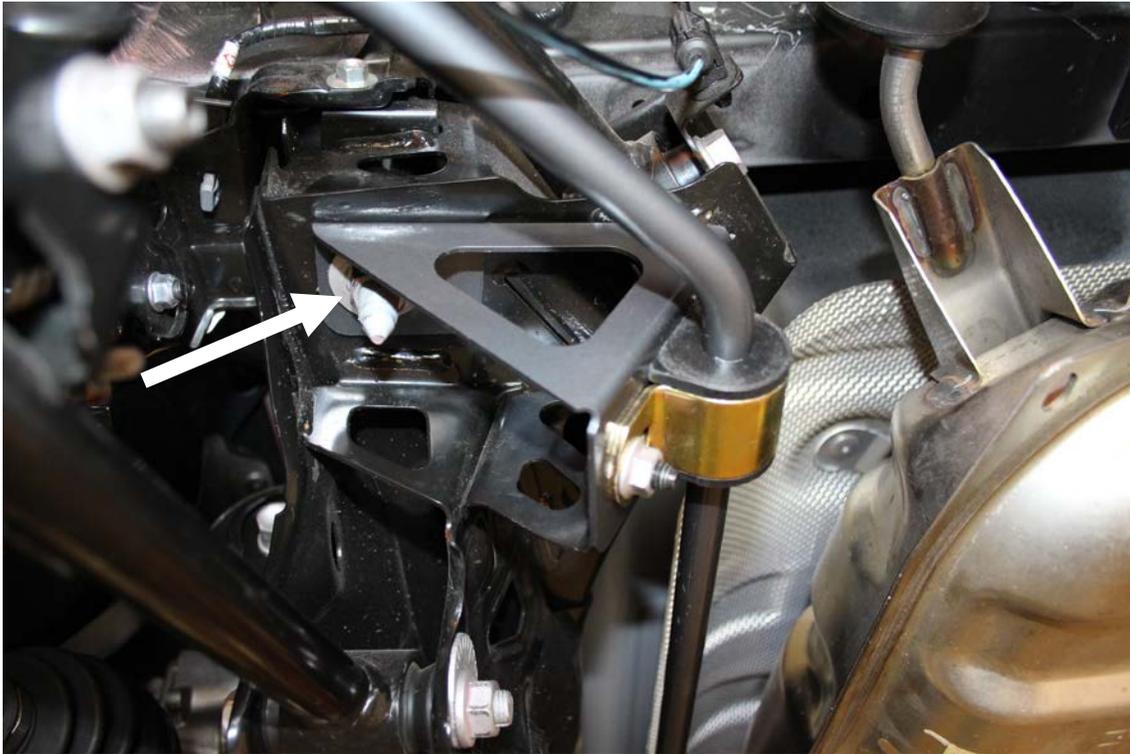
(A)



(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

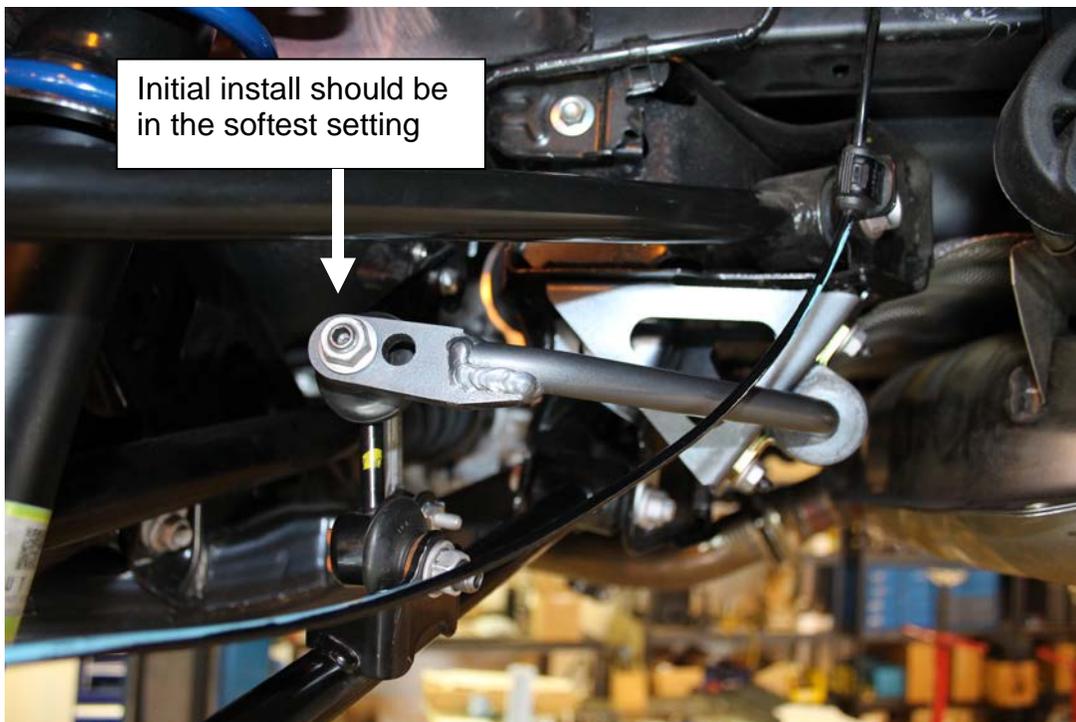
6. Install rear wheels and torque lug nuts to 75-90 ft/lbs

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