



INSTALLATION INSTRUCTIONS

Front Adjustable Anti-Sway Bar

Scion FR-S / Subaru BRZ

Part # 61.2136

No Revision, 7/14/21

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
20.5mm 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 jackstands or if using a lift refer to the owners manual for proper lift locations. Remove front wheels and tires.
2. Remove the four under-the-engine covers to gain access to the front sway bar (Fig. A). Save all the hardware for re-installation.

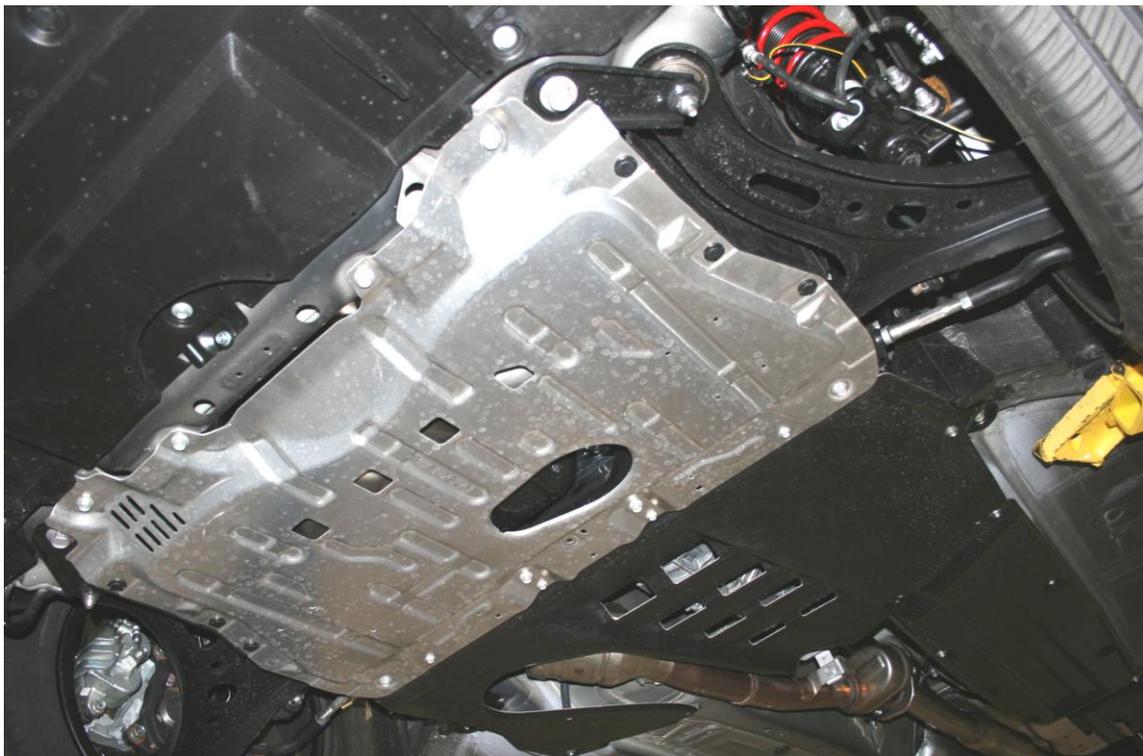


Figure A

3. Locate and remove the end link nuts from the front bar, leaving the end link attached to the strut. Remove the 4 bolts that hold each of the lower sub-frames in place and retain the hardware for assembly. Repeat on the opposite side. Remove the sub-frames and the sway bar as a unit from the chassis. (Fig. B).

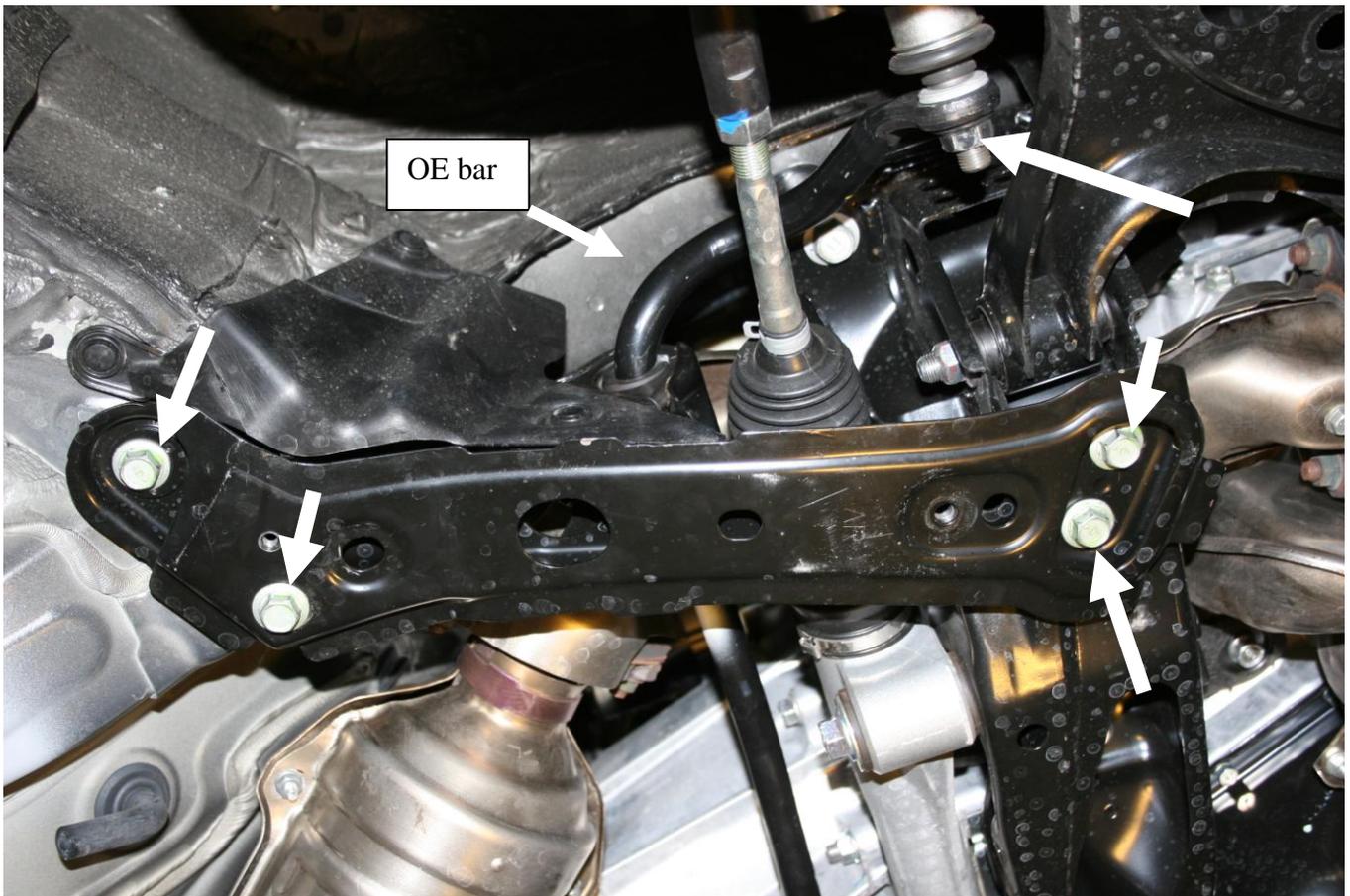


Figure B

4. Remove the 4 fasteners holding the bushing brackets in place. Remove the brackets from the sub frames, and the sway bar will be loose. (Fig. C). Save OEM brackets and hardware for reinstallation.



Figure C

- Grease the new bushings with the supplied grease and install onto the new sway bar. Reinstall the OEM brackets in the same configuration as stock.
- Torque the bolts to 42 ft/lbs and the nuts to 18 ft/lbs on the bushing brackets. Reinstall the sub frame and bar assembly into the chassis. Torque the sub frame hardware to 44 ft/lbs. Attach the end link to the front bar and torque the nut to 34 ft/lbs. Replace the under engine covers and hardware. Torque wheels to factory specs.



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.

- Installation is complete. Check assembly periodically for tightness.

Torque Check

Hardware	Torque
Bushing bracket nuts	18 ft/lbs
Bushing bracket bolts	42 ft/lbs
Sub frame bolts	44 ft/lbs
End link nuts	34 ft/lbs

NOTE: CHARACTERISTICS IN HANDLING HAVE BEEN ALTERED, USE EXTREME CAUTION DURING DRIVING.

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



INSTALLATION INSTRUCTIONS

Rear Anti-Sway Bar
Scion FR-S / Subaru BRZ
Part # 62.2135
No Revision, 3/8/13

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

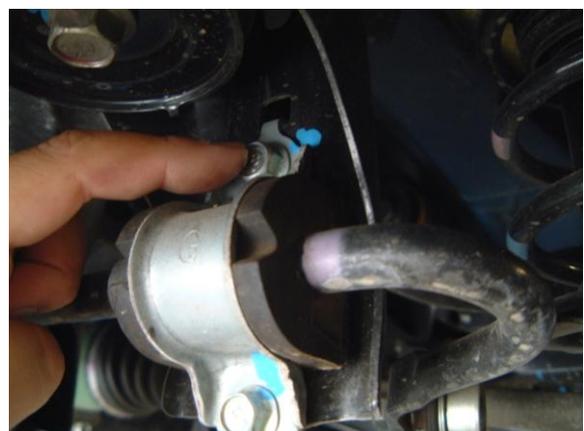
Description	Quantity	Description	Quantity
17mm Sway Bar	1	Reinforcement Plate	2
Bushing	2	M10-1.50 x 20 Flange Head Bolt	2
Lube	1	M10-1.50 Flange Nut	2

**** Changing the settings and using this bar will change the handling characteristics of the vehicle. Use caution when driving after installation of any product made to modify performance. ****

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 or if using a lift refer to the owner's manual for proper lift locations.
2. Remove the nuts that hold the end links to the OEM sway bar (Fig. A). Next, remove the OEM bushings and brackets (Fig. B). **Retain** both brackets, hardware and end link nuts for reinstallation. Remove the bar from the vehicle.

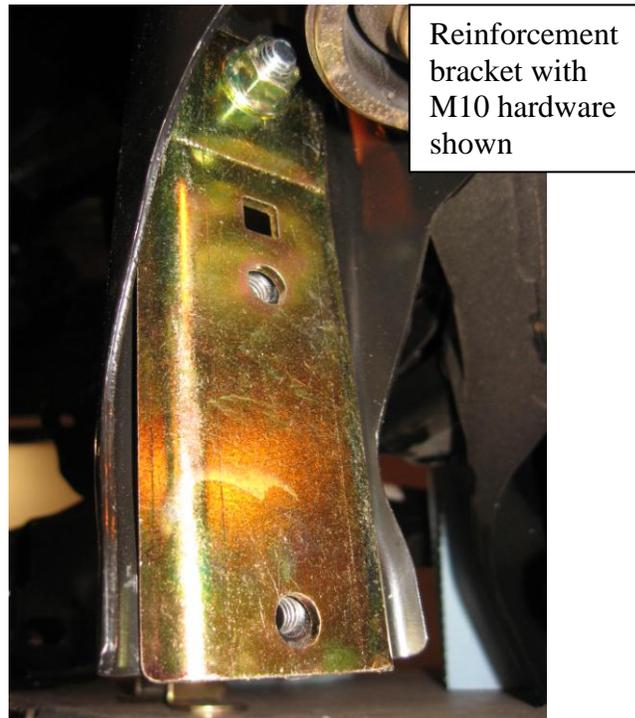


(Figure A)



(Figure B)

3. After removing the original sway bar, fasten the reinforcement plate to the sub-frame using the 10mm hardware provided (Fig. C). Hand tighten at this time, (this will be torqued to 40ft/lbs in Step 6).



(Figure C)

4. Locate the OE replacement 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 original bar.
5. With a pair of pliers gently bend the tab of the OEM bushing bracket so that it is 90 degrees (Fig. D). This will allow the bracket to fit on top of the reinforcement plate. Place the OE brackets over the pivot bushings.



(Figure D)

- Place the tab through the square hole on the reinforcement plate and install the 4 OEM bolts that mount the bushing brackets (Fig. E). Install the bar to end links. **Tighten bushing bracket bolts to 22ft/lbs. Tighten end link nuts 28ft/lbs. Tighten 10mm hardware (in top hole) to 40 ft/lbs.**



Figure E

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.

- Installation is complete. Check that all hardware has been tightened per specifications. Check assembly periodically for tightness.

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