

PROGRESS

LT sway bars

INSTALLATION INSTRUCTIONS

Front Sway Bar

2019-2023 Chevrolet Silverado 1500 2WD/4WD

2019-2023 GMC Sierra 1500 2WD/4WD

Part # 21.0473.000

No Revision (1/26/2023)



WHO SHOULD INSTALL THIS PRODUCT?

Progress LT sway bars 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

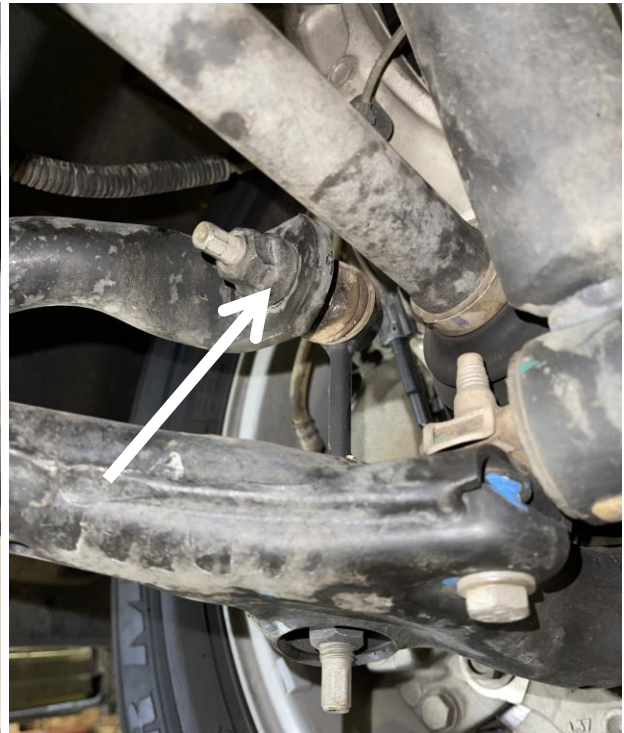
Description	Quantity
38mm Sway Bar	1
Bushing Bracket	2
Bushing	2
Lube	2

1. Park vehicle on a smooth, level, asphalt or concrete surface. Block the rear wheels. Jack up the front end of the truck and support the frame with jack stands.

2. Locate and remove the fasteners on the OEM end links that attach to the sway bar (A and B).



(A)



(B)

3. Remove the OEM fasteners that attach the bushing brackets to the frame, retain for installation. Remove the sway bar and brackets from the vehicle. (C)



(C)

4. Liberally grease the inner bore of the new polyurethane bushings with lubricant provided, using one pack for each bushing (D). Place the bushings over the new sway bar in the same locations as the OEM configuration.



(D)

5. Attach the new Progress sway bar to the OEM end links and hand tighten the OEM fasteners to the links. (E)



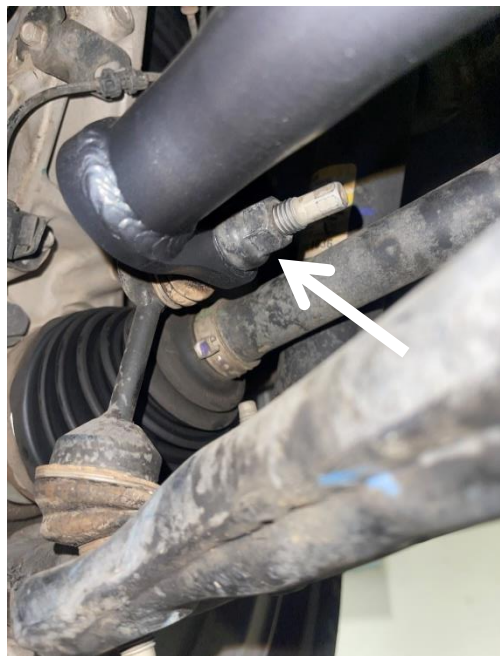
(E)

6. Rotate the sway bar up into position on the frame and place the bushing brackets over the bushings, use the OEM fasteners and torque them to 36-38 ft.-lbs. (F)



(F)

7. Torque the end links fasteners to 86-89 ft/lbs. (G)



(G)

8. Installation is complete. Check assembly periodically for grease and tightness.

Torque Check

Hardware	Torque
Bushing Bracket Hardware	36-38 ft/lbs
End link nuts	86-89 ft/lbs