

PROGRESS

LT sway bars

INSTALLATION INSTRUCTIONS

Rear Sway Bar
2022+ Toyota Tundra 2wd/4wd
Part #22.2121.000
No Revision 3/14/23



WHO SHOULD INSTALL THIS PRODUCT?

Progress LT Suspension 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
32mm Sway Bar	1
Lube	2
Bushing	2
Bushing Bracket	2
Backing Plate	2

1. Park the vehicle on a smooth, level, asphalt or concrete surface. Block the front wheels. Jack up the rear end of the vehicle and support frame with jack stands.
2. Remove the left rear wheel. Next remove the lower shock bolt and slide the shock from the mounting pin. (Figure A)



Figure A

3. Remove the front lower track arm bolt that attaches at the frame and loosen the rear track arm bolt (at the axle) and allow track arm to hang down. (Figure B)



Figure B

4. Locate and remove the nuts that attach the ends of the OEM sway bar to the end links. **Retain the nuts** as you will reuse them to install the new bar. (Figure C)



Figure C

5. Remove the nuts that attach the sway bar mounting brackets to the axle (Figure D). **Retain the hardware** as you will reuse it to install the new sway bar. Remove the OEM sway bar from the vehicle.

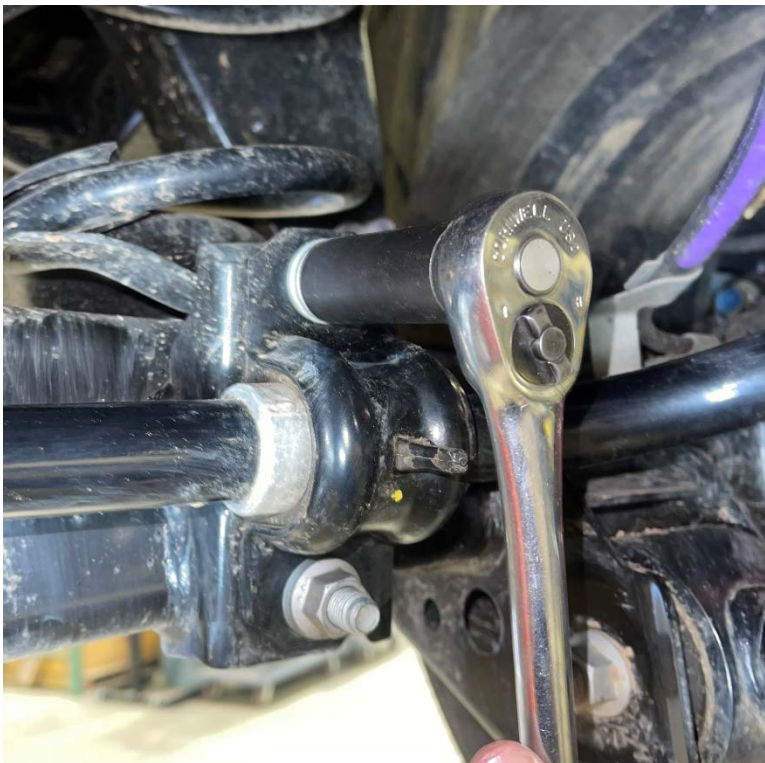


Figure D

6. Liberally grease the inner bore of the new polyurethane bushings with the lubricant provided. Only grease the inside of the bushing as shown below (Figure E). Use all the lubricant provided, one pack for each bushing.



Figure E

7. Install the Progress sway bar into the factory position. Open the bushings and place them over the new sway bar, then place the brackets over the bushings. Align the bar and brackets with the factory mounting locations. Place the backing plates behind the bushings and use the OEM fasteners to mount the brackets. Only hand tighten at this time. (Figure F)

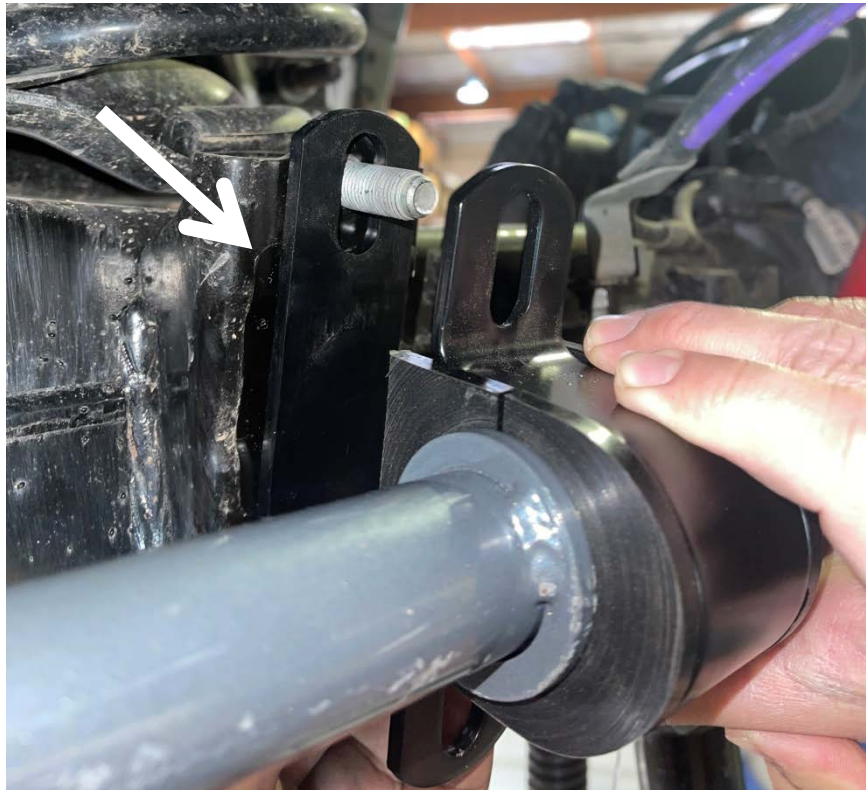


Figure F

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 vehicle 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. (Figure G)

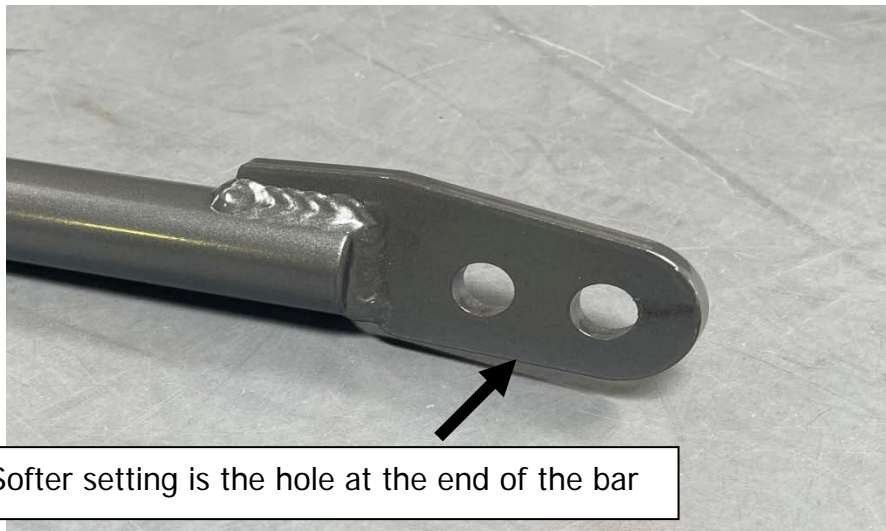


Figure G

8. Attach the end links to the bar. Torque the end links to 78-80 ft/lbs. (Figure H)



Figure H

9. Torque the bushing bracket fasteners hardware to 50-52 ft/lbs. (Figure I)



Figure I

10. Attach the rear track arm to the frame mount, **DO NOT TORQUE YET**. Install the rear wheel and torque to factory specification (154 ft/lbs for steel / 94 ft/lbs for aluminum). Lower the vehicle onto the ground and attach the shock to its mounting location. **Now with the vehicle on the ground**, torque the track arm fasteners to 103 ft/lbs and the shock bolt to 72 ft/lbs.
11. Installation is now complete, periodically check bar for tightness.



Torque Check

Hardware	Torque
Bushing Bracket Hardware	50-52 ft/lbs
End link nuts	78-80 ft/lbs
Track arm	101-103 ft/lbs
Shock Mount	70-72 ft/lbs
Wheel Nuts	154 ft/lb Steel / 94 ft/lbs Alum

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