



INSTALLATION INSTRUCTIONS

Progress Technology Rear Anti-Sway Bar

Mini Cooper

Part # 62.0210

No Revision 6/10/03

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
22mm Sway Bar	1	U-Bracket	2
Bushing	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 frame with jackstands. Remove rear wheels and tires.
2. Remove rear struts and end links from the vehicle. Do **not** disconnect the brake lines from the caliper or the hub.
3. Remove the bolts that connect the sub frame to the chassis. Do **not** remove the bolts that are in the trailing arms.
4. Remove sway bar bushings and brackets, retaining the hardware. Slide the bar out the driver side of the car. Movement of the sub frame might be required for removal of the bar.
5. Slide the Progress Technology sway bar into place from the driver side of the car.
6. 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.
7. Place the new brackets (supplied) over the pivot bushings.
8. Mount both rear strut assemblies to the chassis. Install the bolts that connect the sub-frame to the chassis. Torque all bolt to factory specifications.

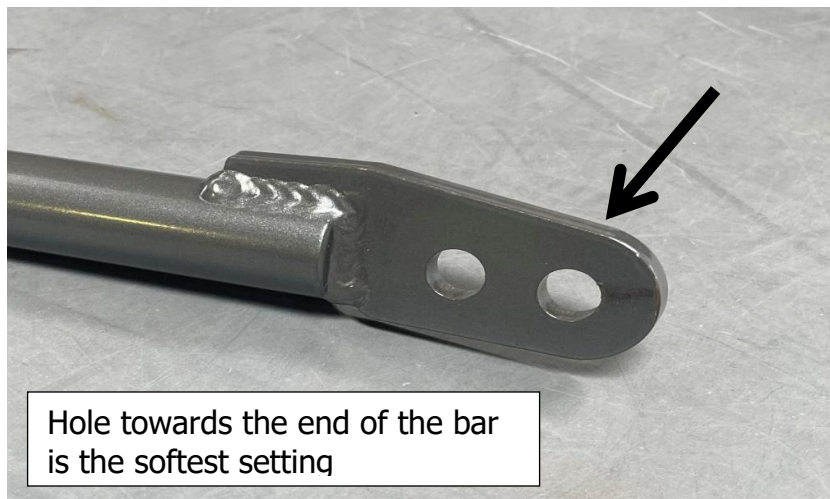
9. Attach factory end links to the sway bar. See note below

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.



10. Torque all hardware to factory specifications.

11. Install wheels and tires. Lower rear of car onto ground, and roll car back and forth to settle suspension.

12. Installation is complete. Check assembly periodically for tightness.

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