



INSTALLATION INSTRUCTIONS

Progress Technology Rear Anti-Sway Bar

2005 – 2010 Chevrolet Cobalt, 2006 – 2011 Chevrolet HHR

2005 – 2007 Saturn Ion, 2004-2007 Saturn Ion Redline

Part # 62.0430

No Revision

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
22mm Sway Bar	1
Nut Plate	2
M10-1.5 x 30 FHCS	4
M10 USS Washer	4

1. Park vehicle on a smooth, level, asphalt or concrete surface. Block front wheels. Jack up rear end of car and support with jackstands. Remove wheels and tires.
2. Place bar under the rear beam. Align the holes on the bar with the holes on the rear beam. Insert the flag nuts in the beam as shown, and install two bolts and washers (per side).



Insert Nut plate into end of beam and thread bolts into the nuts.

3. Tighten all hardware to 45 ft/lbs.



Torque to 45 ft/lbs.

4. Install and tighten wheels and tires to factory specifications. Lower rear of car onto ground, and roll car back and forth to settle suspension.
5. Installation is complete. Check assembly periodically for tightness.

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