



INSTALLATION INSTRUCTIONS
Progress Technology Rear Sway Bar
2000->Subaru WRX (Rear)
Rev B (2/16/04)

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

Item	Quantity	Item	Quantity
Sway bar	1	3/8-16 X 1 HHCS	4
Drop Bracket	2	3/8-16 Lock Nut, Nylon	4
U bracket	2	3/8 Flat Washer	8
Pivot bushing	2	M8 x 1.25 x 25 HHCS	4
5/16 Flat Washer	4	Grease tube	1

1. Park vehicle on a smooth, level, asphalt or concrete surface. Block front wheels. Jack up rear end of car and support with jackstands. NOTE: SUPPORT THE VEHICLE UNDER THE LOWER CONTROL ARMS TO HELP WITH THE INSTALLATION. Remove rear wheels and tires. Remove stock anti-sway bar, bushing brackets, factory mounts and endlink bolts.
2. Figure one shows correct placement of the drop down brackets. Brackets are pictured the way they mount on the car. Use new hardware provided to fasten brackets.

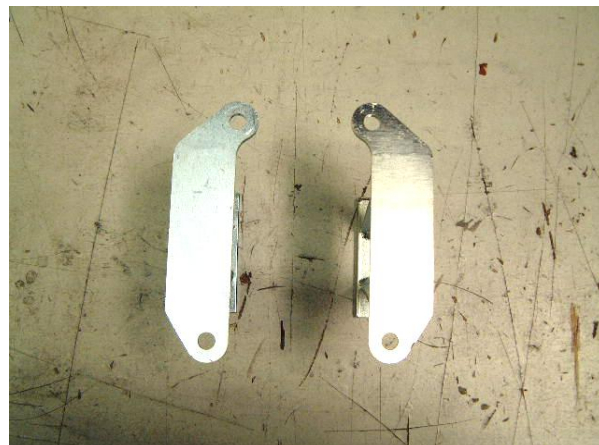


Figure 1 Brackets facing front of car ↑

3. Locate the "D" shaped polyurethane pivot bushings and tube of special grease supplied in the hardware kit. Cut off the end of the grease tube and apply the grease to the bore of the bushing (in the hole).
4. Open the bushing and snap them over the new sway bar, as positioned on the stock bar. Place new brackets (supplied) over pivot bushings. Using 3/8 hardware and washers provided, attach the bar and brackets to the drop-down brackets.
5. Reconnect the end links using the stock hardware. There are three positions to choose from, the hole towards the front of the car is the softest setting. The stiffest setting will reduce under steer/increase oversteer. The **Sti** bar has two settings. See figure two.



Figure 2 bar and bracket passenger side

6. Install wheels and tires. Lower rear of car onto ground, and roll car back and forth to settle suspension.
7. Installation is complete. Check assembly periodically for tightness.