



## INSTALLATION INSTRUCTIONS

Progress Technology Rear Sway Bar  
2008 – 2016 Subaru WRX / STI (Rear)  
Part # 62.2314  
No Revision 6/30/08

**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
Bushing	2
U-bracket	2
Backing Plate	2
Lube	1

**\*\*\*The factory end links can only be use in the center mounting hole.  
Adjustable function on this bar can only be achieved by purchasing a spherical end link kit.\*\*\***

**\*PN 65.2314 End Link Kit allows the use of the other tuning options this bar provides.\***

**Caution:** Always use jack stands securely and properly placed when working under a vehicle.

**Caution:** Exhaust systems can be EXTREMELY hot and may cause injury if touched. Allow the exhaust system to cool down before beginning installation.

1. Park vehicle on a smooth, level, asphalt or concrete surface. Block front wheels. Jack up rear end of car and support with jack stands.
2. Remove the nuts that hold the end links to the sway bar (Figure A). Next, remove the OEM bushings and brackets, keeping just the hardware (Figure B). Remove the OEM sway bar from the vehicle.



Figure A

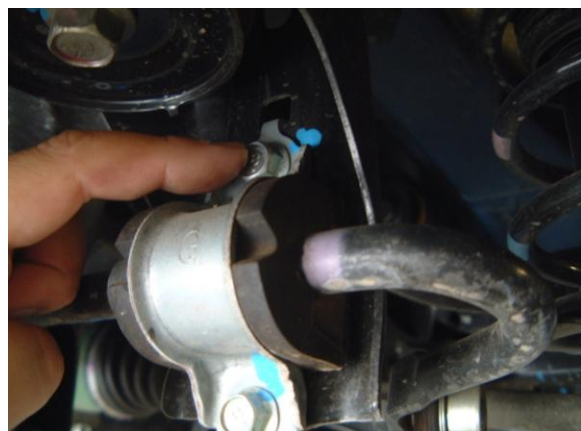


Figure B

3. 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 sway bar, as positioned on the OEM bar. Place the new brackets (supplied) over the new pivot bushings.
4. Place the backing plates (provided) behind the bushing brackets (Figure C), using the OEM hardware. Torque brackets to 28-32 ft/lbs and end links to 38-42 ft/lbs. **If using OEM end links use center mounting location only. If using a spherical end link kit see note below.**



Figure C

**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.

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

**Torque Check**

Hardware	Torque
End link nut	28 - 32 ft/lbs
Bushings bracket hardware	38 - 42 ft/lbs

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