



INSTALLATION INSTRUCTIONS

Progress Technology Rear Anti-Sway Bar

MY19-23 Toyota Avalon FWD Only

MY18-23 Toyota Camry FWD Only

Part # 62.2191

(6/13/2023)

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
Rear Sway Bar (28mm)	1	Bushings	2
Reinforced bushing brackets	2	Lube	1
Spacer Plates (M12)	2		

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 at the jack points.
2. Remove the bolts that attach the sway bar end links to the sway bar. *Note that the OEM end links will stay attached to the trailing arms.* (Figure A)

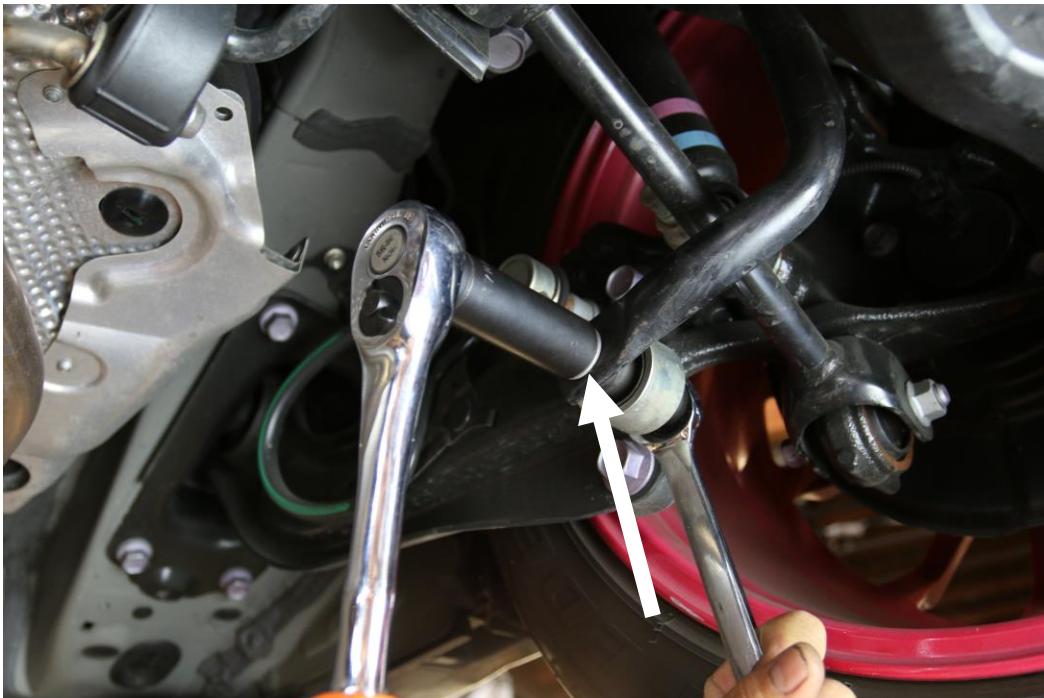


Figure A

3. Next, remove the factory bushing brackets & bushings (Figure B). Save the four bracket fasteners for re-assembly in Step 8.



Figure B

4. Note the orientation of the OEM sway bar and remove it from the vehicle. Install the new Progress sway bar in the original location as shown in Fig C.

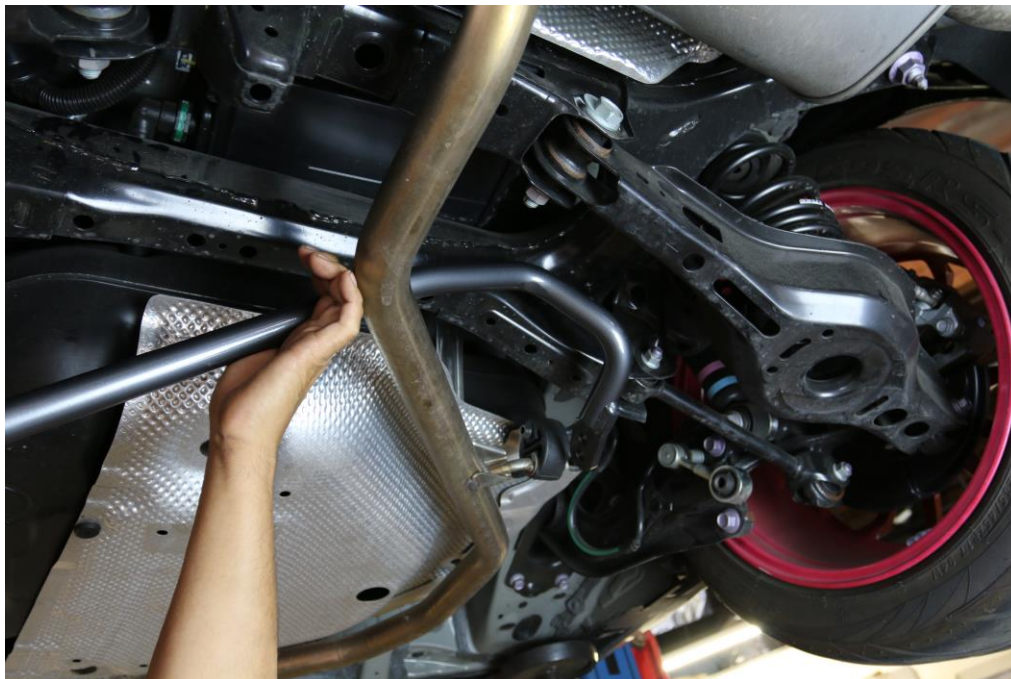


Figure C

5. Install the end links to the new sway bar using the OEM fasteners, Note: the end link bolt heads MUST be on the outboard side of the link, just as OEM. Install the link bolt in the hole nearest the end of the sway bar. This is the soft setting (Figures D & E).

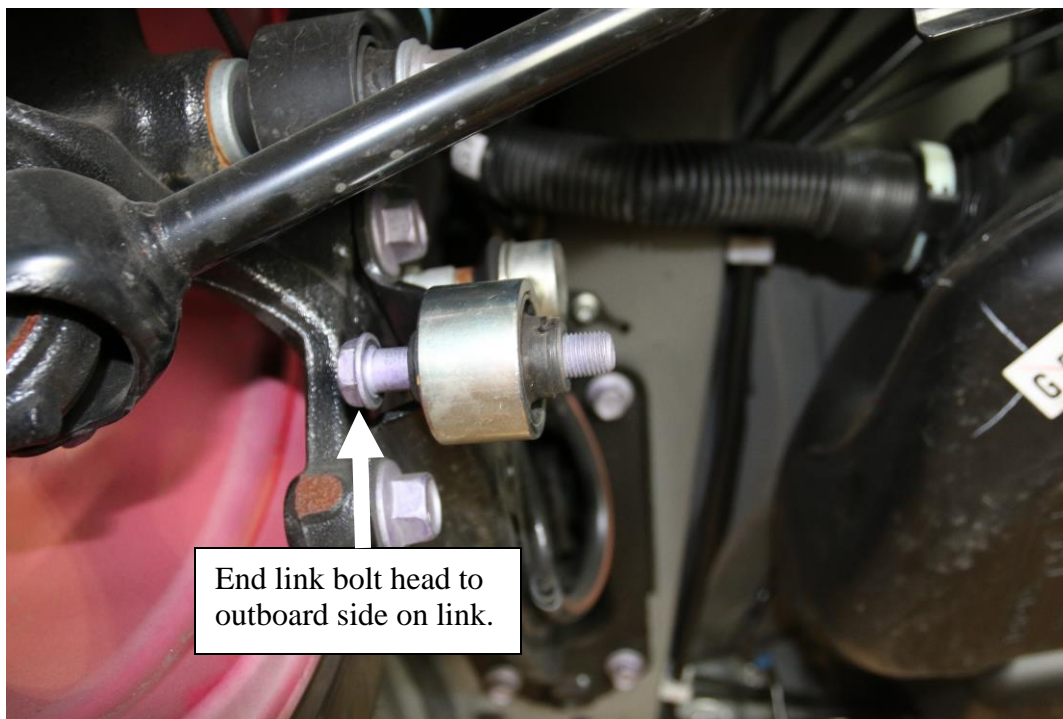


Figure D



Figure E

6. Locate the pivot "D" shaped polyurethane bushing and tube of special grease supplied in the hardware kit. Cut the end off the packet and apply grease to the **inside bore** of the bushings. Use all the grease in the packet! (Figure F)



Figure F

7. Open the bushings and snap over the Progress sway bar. Position them in the stock locations on the bar as shown. (Figure J).



Figure J

- Place the reinforced bracket over the bushing & slide the spacer plate under the bracket as shown. See arrow. Use the original OEM fasteners to hold the bracket in place. Repeat on the other side (Figure K).

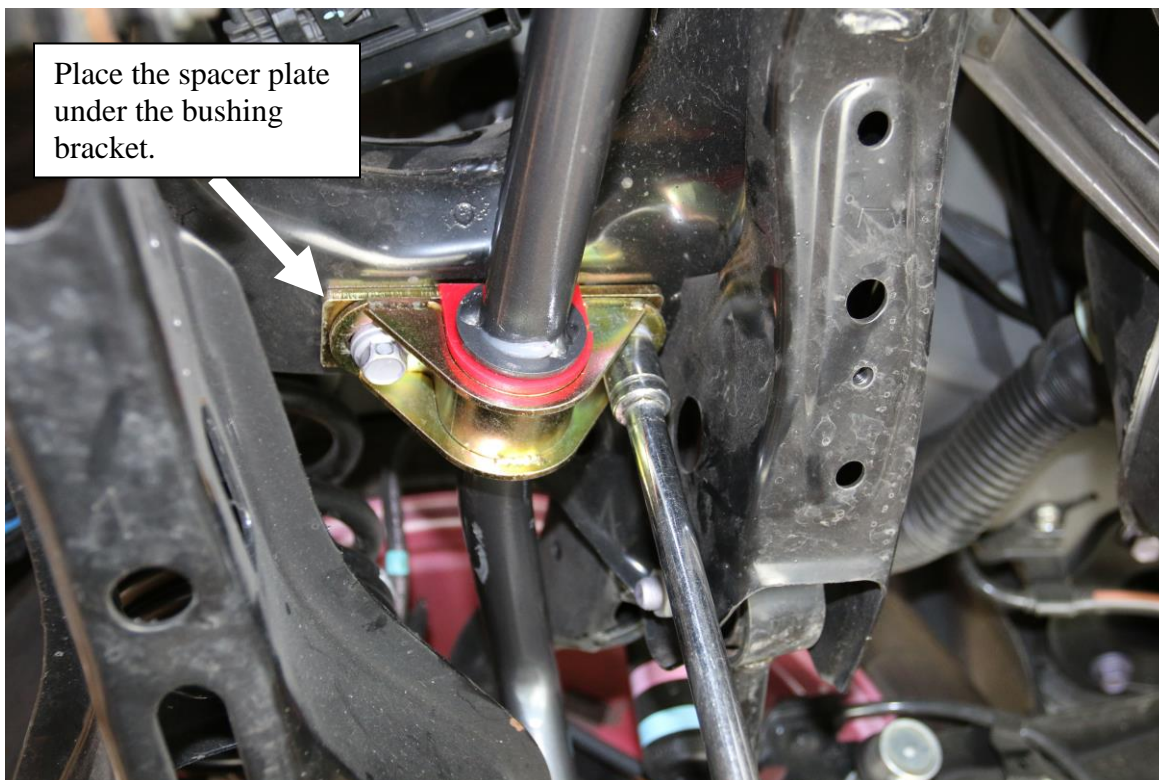


Figure K

- Torque the bushing brackets to 65-70 ft-lbs. Please note: these fasteners **MUST** be tightened to the specified torque setting or they will loosen during vehicle use (Figure J).



Figure J

10. Torque the end link mounting nuts to 65-70 ft-lbs. Please note: these fasteners **MUST** be tightened to the specified torque setting or they will loosen during vehicle use (Figure K).



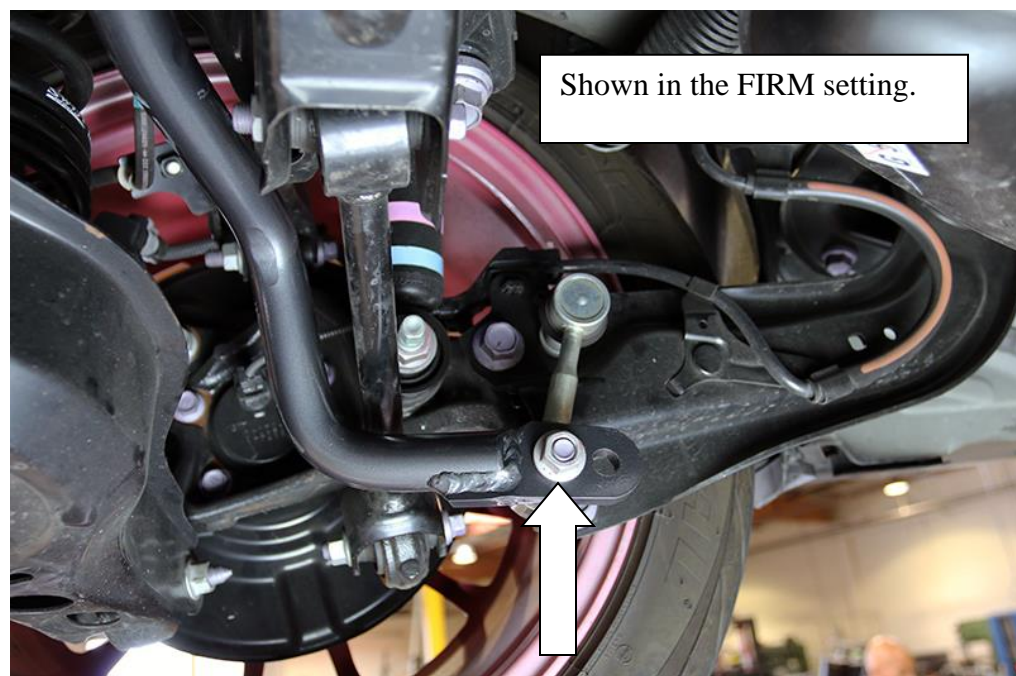
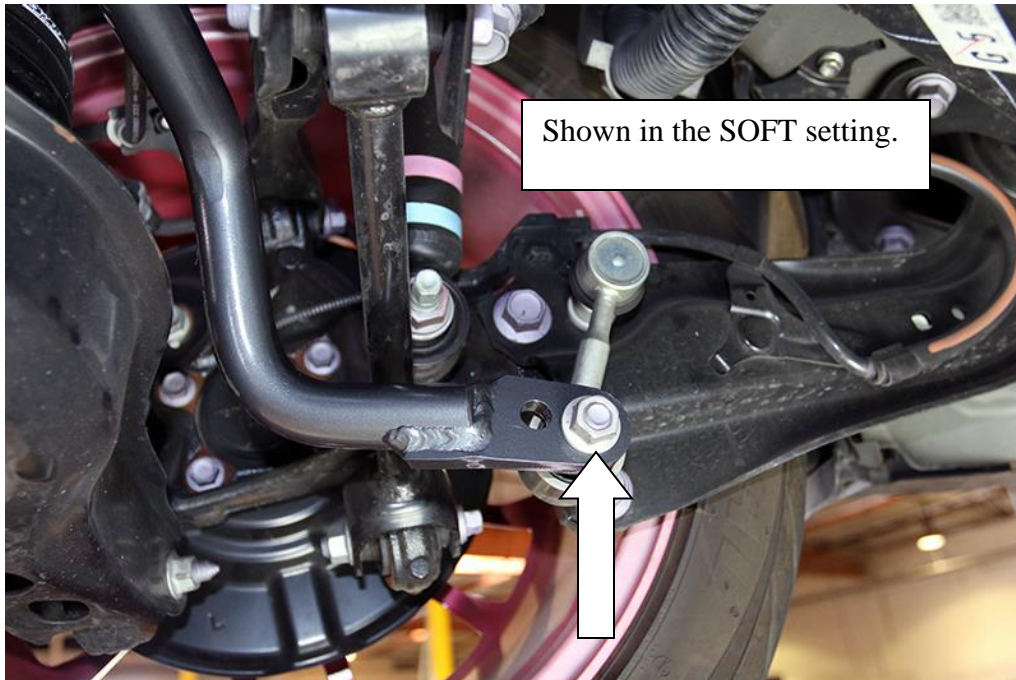
Figure K

IMPORTANT NOTE ABOUT ADJUSTABLE SETTINGS:

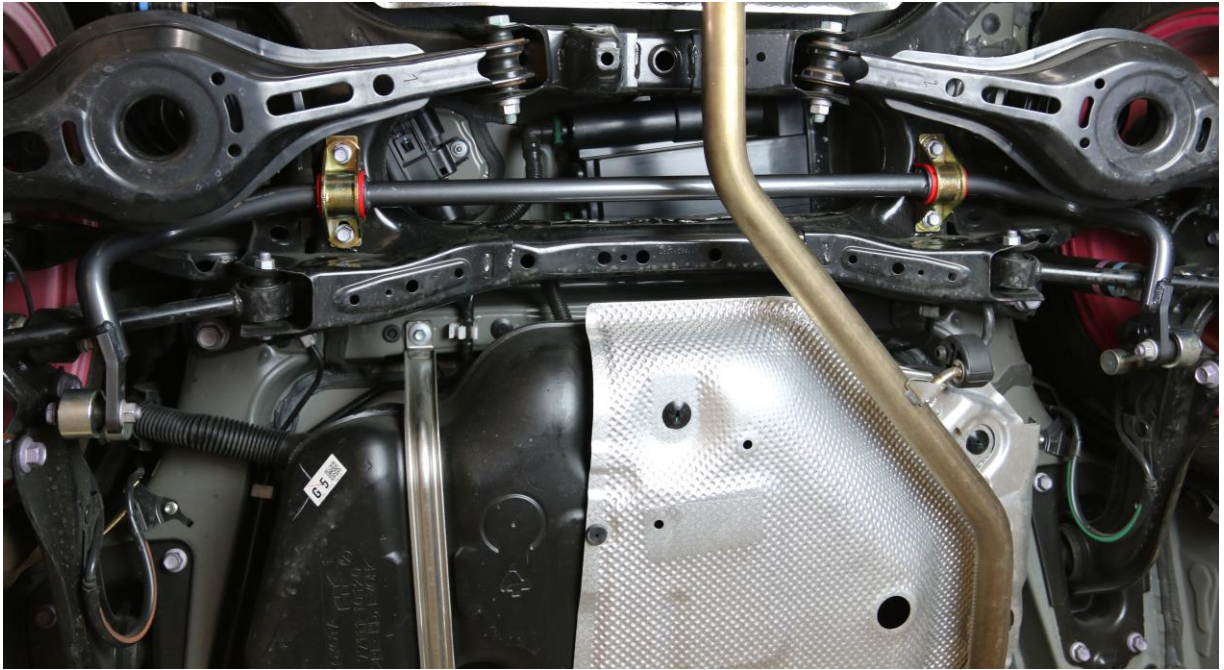
We strongly suggest that your technician initially sets the end links in the softest setting. The softest setting will be the setting with the end links closest to the end or tip of the sway bar, furthest from the mounting bushings.

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.



11. Check all fasteners for proper torque values. Your installation is now completed.



Torque Check

Hardware	Torque
Rear sway bushing brackets	65-70 ft/lbs
Rear end link mount	65-70 ft/lbs

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