



## 2010-2011 Camaro Rear Sway Bar Installation Instructions

### RECOMMENDED TOOLS:

15mm wrench  
13mm socket  
3/8" drive ratchet  
5mm Allen wrench

### INSTALLATION:

1. Lift the vehicle and safely support it under the frame rails.

2. Using a 15mm wrench or socket, remove the nuts from the sway bar end links. **(IMAGE 1)**

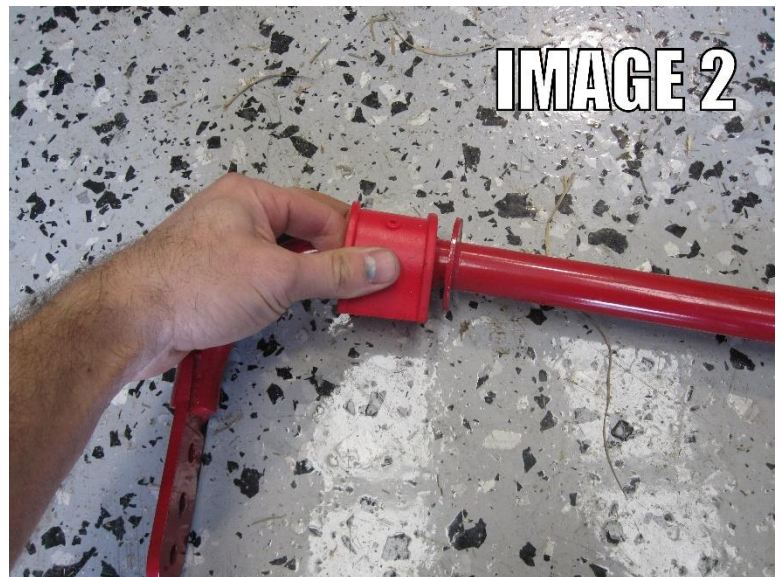
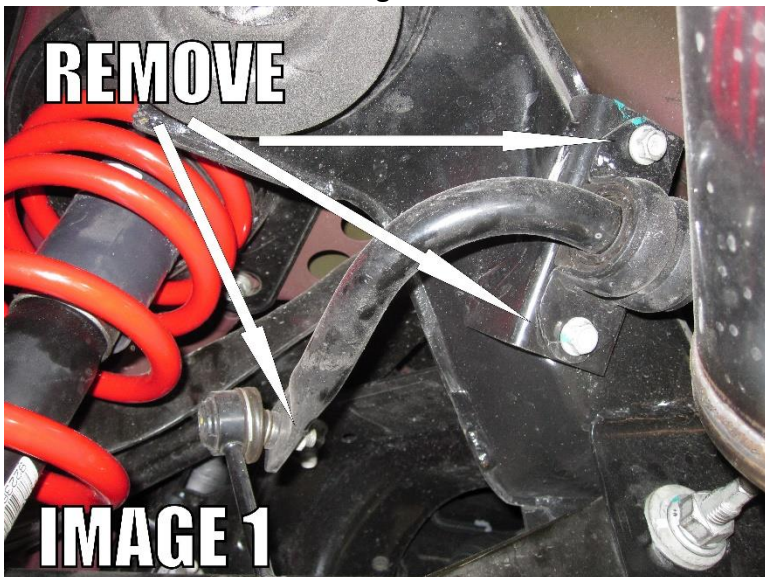
**NOTE:** A 5mm Allen wrench may be necessary to prevent the center stud of the end link from spinning while removing this nut.

3. Using a 13mm socket, remove the bolts that hold the sway bar to the rear suspension cradle. **(IMAGE 1)**

4. Remove the rear sway bar. **NOTE:** Most exhausts will allow the swaybar to be removed without lowering the exhaust. Sometimes it is possible to remove a wheel and slide the swaybar out from the side.

5. Slide the provided polyurethane bushings over the swaybar on the outside of the thrust washers as shown in **IMAGE 2**.

6. Position the BMR sway bar into place and install the provided saddles over the bushings. Insert the OE bolts and hand-tighten.



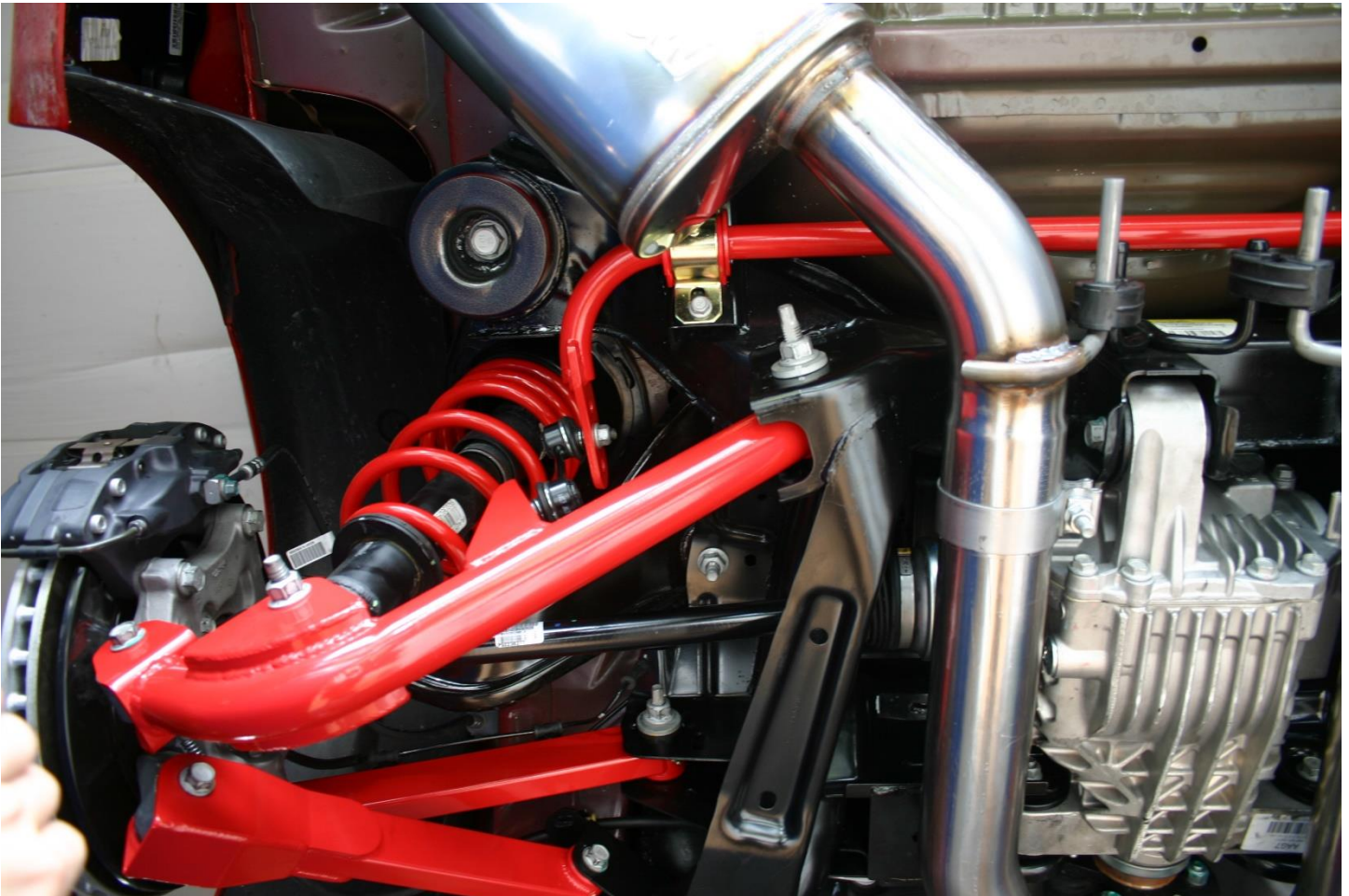
[WWW.BMRSUSPENSION.COM](http://WWW.BMRSUSPENSION.COM)

*This product is an aftermarket accessory and not designed by the vehicles manufacturer for use on this vehicle. As such, Buyer assumes all risk of any damage caused to the vehicle or person during installation or use of this product.*



## 2010-2011 Camaro Rear Sway Bar Installation Instructions

7. Insert the end links into the desired sway bar hole and tighten both nuts. See following page for swaybar hole recommendations.
8. Tighten the mounting bushings to 15 ft/lbs.
9. Lube both bushings with a synthetic bushing lube.
10. Lower vehicle.



[WWW.BMRSUSPENSION.COM](http://WWW.BMRSUSPENSION.COM)

*This product is an aftermarket accessory and not designed by the vehicles manufacturer for use on this vehicle. As such, Buyer assumes all risk of any damage caused to the vehicle or person during installation or use of this product.*



## 2010-2011 Camaro Rear Sway Bar Installation Instructions

### SWAYBAR SETUP

Everybody will have different opinions on this subject and there is not an ideal setup that will work for every application but as a general rule of thumb, we recommend the following swaybar settings:

- **Furthest hole:** This setting works well when using the stock front swaybar. The 2010 Camaro has a significant amount of understeer. Using this setting helps neutralize the understeer and balance the car out.
- **Middle hole:** Recommended when using our “matched “1.125” front swaybar. Also recommended if you are running a larger rear tire than front tire. Running larger rear tires creates more understeer and can be compensated with a stiffer rear bar.
- **Closest hole:** Works well at the drag strip. A stiff rear swaybar helps load both rear tires more evenly resulting in better traction and control at launch. Also recommended when using our “matched” front swaybar AND larger rear tires.

Furthest hole (farthest away from main portion of bar)	100% stiffer than OE
Middle hole	175% stiffer than OE
Closest hole (closest to main portion of bar)	300% stiffer than OE

[WWW.BMRSUSPENSION.COM](http://WWW.BMRSUSPENSION.COM)

*This product is an aftermarket accessory and not designed by the vehicles manufacturer for use on this vehicle. As such, Buyer assumes all risk of any damage caused to the vehicle or person during installation or use of this product.*