

# Sway Bar Kit Install Instructions

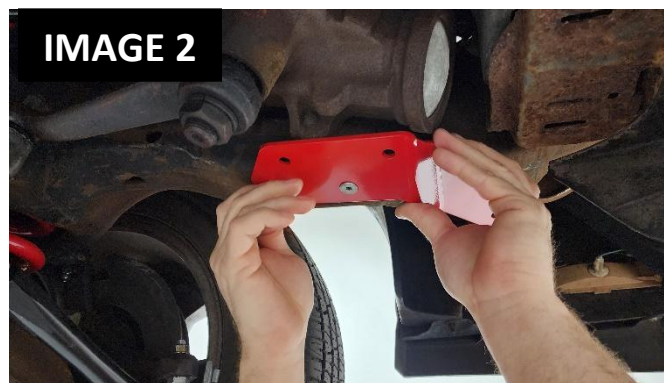
## Tools Required:

- Socket Set and Wrenches
- 3/16" Allen
- Hydraulic Jack and Jack Stands or a Lift
- Drill
- 7/16" and 1/2" Drill Bit
- 5/16" Rivnut tool (McMaster Carr #96349A407), as shown in **IMAGE 1**



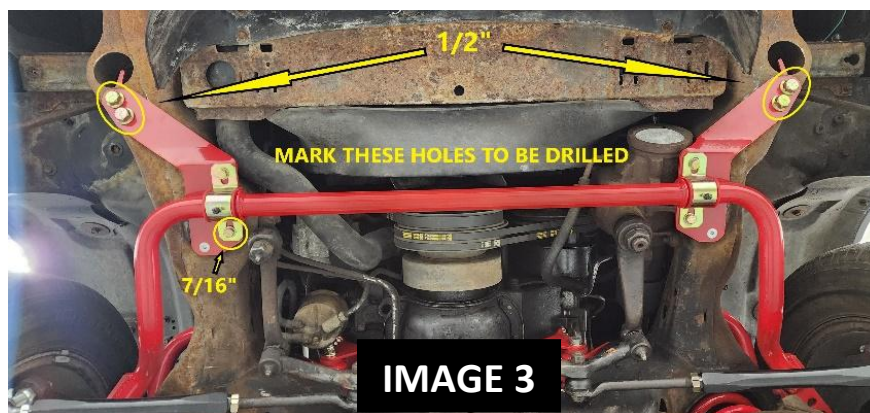
## Instructions:

1. Raise vehicle and secure on lift or jack stands.
2. Remove and discard the factory front lower chassis bars (if equipped) Each chassis bar bolts to the center frame crossmember and to each frame horn.
3. Test the provided hardware to ensure the threads are the same in the center of the frame crossmember



**NOTE:** Only some models received factory chassis bars as an option. Depending on year, and model your hardware/thread sizes may vary.

4. Remove the sway bar end link nuts on the ends of the sway bar and remove the end links.
5. Using a **10mm** socket (some applications used a **13mm** socket), remove all **(4)** bolts on the sway bar mounting saddles then remove the sway bar.
6. Using the supplied countersink bolts, install the relocation brackets and mark the other holes to be drilled. **IMAGE 2**
7. Remove the relocation brackets



[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.*

## Sway Bar Kit Install Instructions

8. Remove the factory stud clips from each frame horn
9. Drill the front holes on the frame horns to  $\frac{1}{2}$ " and the hole next to the idler arm to  $\frac{7}{16}$ "  
**IMAGE 3**

**NOTE:** 5 Rivet nuts are included so the four threaded holes for the stock sway bar mount can be riv-nutted for strength. These holes will also need to be drilled to  $\frac{7}{16}$ "

10. Remove the brace and use the  $\frac{5}{16}$ "-24 rivnut tool (McMaster Carr #96349A407) to install the rivnuts in the  $\frac{7}{16}$ " holes. (additional rivnuts are supplied to replace the factory threads if necessary)

**NOTE:** USE THE FINE THREADED BOLT THAT IS INCLUDED WITH THE RIVET NUT TOOL. FOR RIVNUT TOOL INSTRUCTIONS, REFER TO <https://www.youtube.com/watch?v=uXf6-a2gcCc>

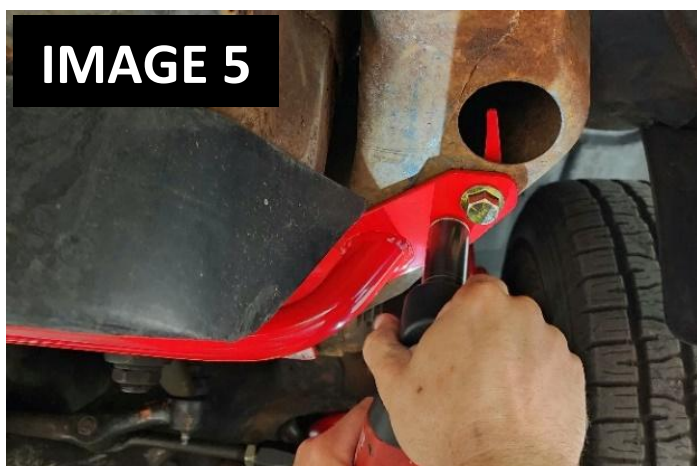
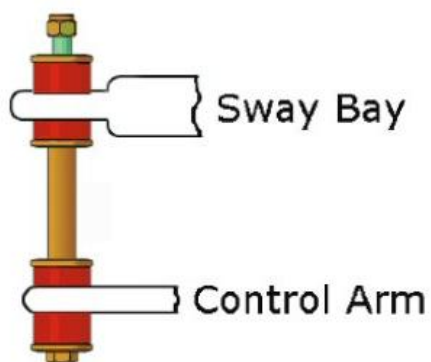


**WWW.BMRSUSPENSION.COM**

*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.*

## Sway Bar Kit Install Instructions

11. Place the relocation brackets back on the vehicle and using the provided nut plate and  $\frac{1}{2}$ " bolts, start all the bolts for the relocation brackets. The outer four  $\frac{1}{2}$ " bolts need to be **45 ft lbs**. The  $\frac{5}{16}$ " bolts need to be tightened to **20 ft-lbs**. **IMAGE 5**
12. Lube the inside of the sway bar bushings and install them over the BMR sway bar.
13. Slide the provided saddles over the bushings then install the bar to the frame using the supplied hardware.
14. Assemble the new end links on the sway bar and connect them to the A-arms as shown. Tighten using two  $\frac{9}{16}$ " wrenches.
15. 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.*

## Sway Bar Kit Install Instructions

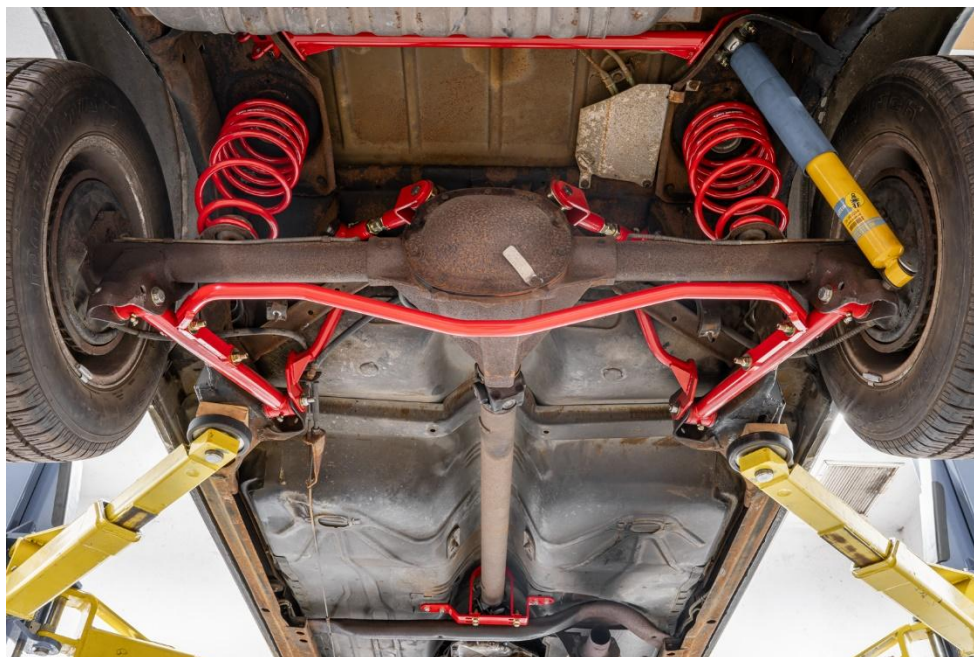
### Rear Installation:

1. Lift the rear of the vehicle and safely support with jack stands under the frame rails.
2. If the vehicle came equipped with a factory rear sway bar, remove the sway bar by unbolting it from the control arms.

3. If your vehicle did not come with a factory rear sway bar you must either upgrade to an aftermarket set of lower control arms or upgrade your factory control arms with the spacer and shims shown (Part number GM #10000097).



4. Using the provided hardware, bolt the BMR sway bar to the lower control arms and tighten the bolts with a **5/8"** wrench and socket. torque to **45 ft lbs**
5. Lower vehicle.



**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.*