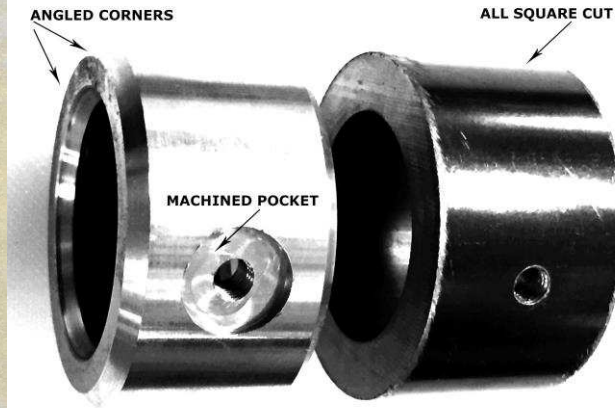


TRACK BAR UPGRADE KIT



- Kit includes extra set of bushings in case one gets damaged during install or for future use, **bushings and sleeve are a press fit.**
- Identify if your track bar has a machined bushing housing by referencing the picture above, the housing on the left has a milled pocket for the grease fitting and angled corners. If your track bar has a machined housing, then it will use one o-ring on the back side each bushing instead of the shims. The O-ring will sit on the between the bushing flange and angled edge of the bushing housing.
- If the track bar does not have a machined bushing housing and the sleeve sticks out past the busing use the shims, they will fit over the sleeve and are designed to keep pressure on the bushings so they cannot come out of the bushing housing, they may or may not be needed.
- This kit is designed to upgrade a 14mm bolt track bar to a 16mm bolt track bar
- Use a 5/8 bit to drill out the mounting holes on the frame and axle. It may help to remove the driver's side bump stop to drill the frame side, it should pull down out of the mount
- If track bar does not have grease fitting on the frame side bushing housing, please drill and tap a 1/4x28 hole in the middle of the bushing housing so it will point down when mounted in the truck and install the zerk fitting included.

Common specs

ALIGNMENT:

0.00-0.05 Total toe in & 3.7-4.5 deg caster . Please see Tech section of website for more information.

Radius arm trucks: Less then .5deg of cross caster , upper and lower axle mounting bolts must be loose when performing adjustment.

GREASE for all Thuren products: Thin synthetic grease such as Amsoil or Lucas.

TORQUE VALUES:

Lug nuts: 140 ft/lbs

14mm track bar bolts: 150 ft/lbs

16mm and 18mm track bar bolts: 215 ft/lbs

Heim joint jamb nut: 175 ft/lb minimum

Shock mounting bolts (Eyelet mounts): 100 ft/lbs

Shock mounting nuts (Stem top): Turn nut until washer is snug then tighten 2 full rotations.

Shock tower nuts: 55 ft/lbs

Factory tie rod ends: 40 ft/lbs then additional 90 deg.

Factory sway bar end link: 100 ft / lbs.

Factory sway bar end link with stem mount through sway bar if equipped: Turn nut until washer is snug then tighten 2 full rotations

Sway bar frame mounts: 45 ft/lbs

Upper control arm bolts 03-13: 150 ft/lbs

Lower control arms 03-09: 215 ft/lbs

Lower control arm bolt on axle end of 2010+ trucks: 225 ft/lbs, frame end still 215 ft/lbs.

Leaf spring mounting bolts: 180 ft/lbs

Shackle mounting bolts: 180 ft/lbs

Factory U-bolt nuts: 110 ft/lbs