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**Part # 11019100**  
**55-57 Chevy Front MuscleBar**

**Components:**

1	90000731	Sway Bar	
2	90001100	Bushing and strap kit	
2	90000729	Frame plate	
4	90000717	Aluminum step washer	
2	90000924	10mm straight PosiLink	
2	90000926	10mm 90 degree PosiLink	
1	90001092	Tube of lithium grease	
2	99115001	10mm x 1.5 stud	In PosiLink (use Loctite)

**Hardware Kit: 99010047**

2	99115006	10mm lock washer	90 degree PosiLink
2	99112002	10mm Nylok nut	Straight PosiLink
8	99371005	3/8" x 1 1/4" USS bolt	Frame plate
8	99372002	3/8" USS Nylok nut	Frame plate
18	99373003	3/8" SAE flat washers	Frame plate & PosiLink

**POSI** • *Link*<sup>TM</sup>

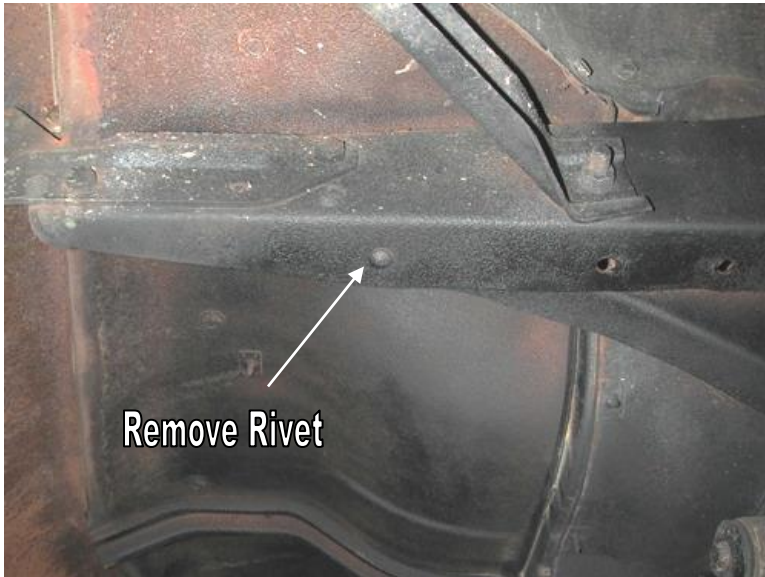
**MUSCLEbar**<sup>TM</sup>

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This sway bar is designed for use with Air Ride Technologies StrongArms.

## 11019100 Installation Instructions

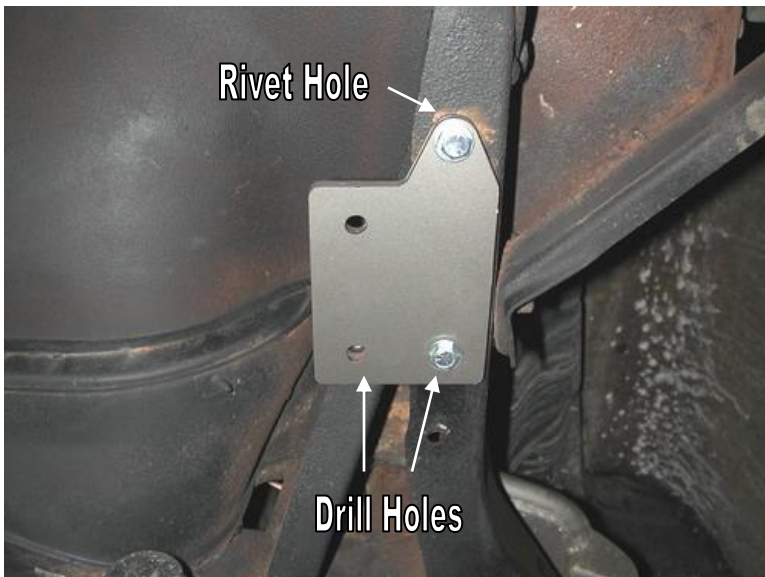
55-56



**55-56 ONLY** For 57, go to Step 6.

1. The sway bar frame plate will index off of this factory support brace rivet. Remove the rivet by grinding the head smooth, then drive it out with a hammer and punch.

2. Drill hole to 3/8".



3. Using a 3/8" x 1 1/4" bolt, flat washer and Nylok nut, bolt the frame plate to the bottom of the frame rail.

4. Make sure the side of the plate is aligned with the outside of the frame rail. Drill the remaining holes.

5. Bolt the outside rear hole of the plate to the frame using a 3/8" x 1 1/4" bolt, Nylok nut and flat washer.

Skip to Step 7

57 ONLY



**57 ONLY**

6. There isn't a rivet to use as a locator on the 1957 Frame. The Frame Mount is position 5" from the FRONT of the frame rail to the FRONT EDGE of the Frame Mount. The Center of the Bolt hole is 1 1/2" from the outside edge of the frame. Use the Frame Mount as a template to drill the 2 holes. The hardware will need to installed from the top with the threads pointing down. Use a 3/8" x 1 1/4" Hex Bolt with a Flatwasher in each one. Do this for both sides. With the hardware installed, install a Frame Mount on the hardware with the SMALL bolt pattern to the inside of the car. Tighten down with a 3/8" Flatwasher and 3/8" Nylok Nut.



7. Apply lithium grease to the poly bushing. Install the bushing over the sway bar, and then place the bushing strap over the bushing.

8. Bolt the sway bar to the frame plate using two 3/8" x 1 1/4" bolts, Nylok nuts and flat washers. Do not tighten yet.



9. Bolt the 90 degree end of the PosiLink to the sway bar. A 3/8" flat washer and 12mm lock washer must be installed between the PosiLink and the bar.

10. Bolt the straight end of the PosiLink to the lower control arm. An aluminum step washer must be installed on each side of the control arm tab. Fasten with a 12mm Nylok nut. Then tighten the bushing frame bolts.



Your MuscleBar installation is now complete. If you have any further questions, please call our technical support line at 812-482-2932.