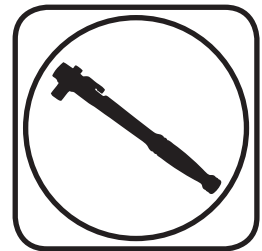




Part # 11179100 - 1970-1981 F-Body Front MuscleBar



Recommended Tools



1970-1981 F-Body Front MuscleBar Installation Instructions

Table of contents

Page 2..... Included components and Hardware List

Page 3..... SwayBar Installation

Page 4..... SwayBar Installation

Page 5..... SwayBar Installation



Major ComponentsIn the box

Part #	Description	QTY
90002489	Front MuscleBar	1
70012394	Delrin MuscleBar Bushing Liner	2
90002513	Bushing Strap	2
90001099	MuscleBar Bushing	2
90002509	Bushing Mount Adapter	2
90002263	Red Loctite	1
90000924	10mm Straight PosiLink (Assembled in PosiLink Assembly)	4
90000717	SwayBar T-bushing	8
99115001	M10-1.5 x 1.5" Threaded Stud (Assembled in PosiLink Assembly)	2

Hardware Kit 99010058

Part #	Description	Usage	QTY
99371032	3/8"-16 x 1 1/4" Flat Head	Adapter to Frame	2
99311025	5/16"-18 x 1 1/4" Flat Head	Adapter to Frame	2
99371004	3/8"-16 x 1 1/4" Hex Bolt	Bushing Strap to Frame	2
99311002	5/16"-18 x 1 1/4" Hex Bolt	Bushing Strap to Frame	2
99372002	3/8"-16 Nylok Nut	Bushing Strap to Adapter	2
99373003	3/8" SAE Flatwasher	Bushing Strap to Adapter & Frame	4
99313003	5/16" SAE Flatwasher	Bushing Strap to Frame	2
99373005	3/8" Split Lockwasher	Bushing Strap to Frame	2
99313002	5/16" Split Lockwasher	Bushing Strap to Frame	2
99112002	M10-1.5 Nylok Nut	PosiLink	4

Getting Started.....

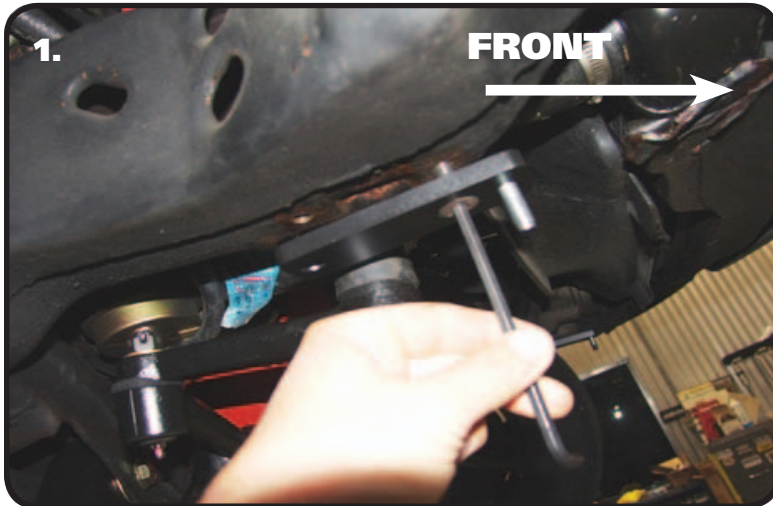
Remove the OEM Swaybar to prepare for the MuscleBar installation.

Note: The Threaded Holes in the Frame can be either 5/16"-18 or 3/8"-16. Hardware is supplied for both.

This SwayBar kit utilizes a Delrin Liner in the SwayBar Bushing. The Delrin Liner allows the Swaybar to move freely and quietly in the Bushing. The Delrin is self-lubricating, no lubrication is required.



SwayBar Installation



1. Attach the Adapter Plate to Frame positioned with the 3/8"-16 Stud to the Front of the Car and the Rear Hole aligned with the Rear OEM Hole. The Adapter Plate is attached to the Frame using a Flat Head Bolt and Red Loctite. The OEM Threaded holes can be either, 5/16"-18 or 3/8" -16, hardware is supplied for each. Apply Red Loctite to the proper Bolt and insert it through the Adapter. Thread the Bolt into the Front OEM Hole and tighten.



2. The Delrin Liner is split on one side to ease installation. We found it easier to install by opening up the Liner enough to slide it onto the end of the SwayBar, then sliding it into position. It will open up and slide over the curves in the Bar. Install a Liner on each side of the SwayBar in the approximate location they will need to be when installing the SwayBar on the Car.

Note: The Delrin is self-lubricating, no lubricant is needed.



3. Open up the Poly SwayBar Bushings and install them over the Delrin Sleeves.



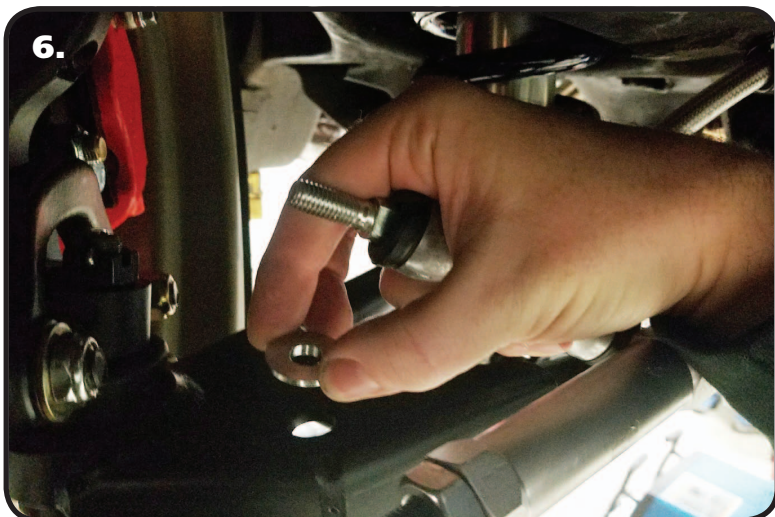
SwayBar Installation



4. Install Bushing Straps Over the Poly SwayBar Bushings.



5. Slide the SwayBar into position on the Car. The SwayBar Arms will be above the Tie Rods. Slide the Front Hole of the SwayBar Bushing onto the 3/8"-16 Stud. Hold it in place with a 3/8" SAE Flatwasher and 3/8"-16 Nylok Nut. Install the Correct Lockwasher and Flatwasher on the Correct Hex Bolt. Do **NOT** Complete tighten the Hardware. It will be left partially loose until the End Links are installed.



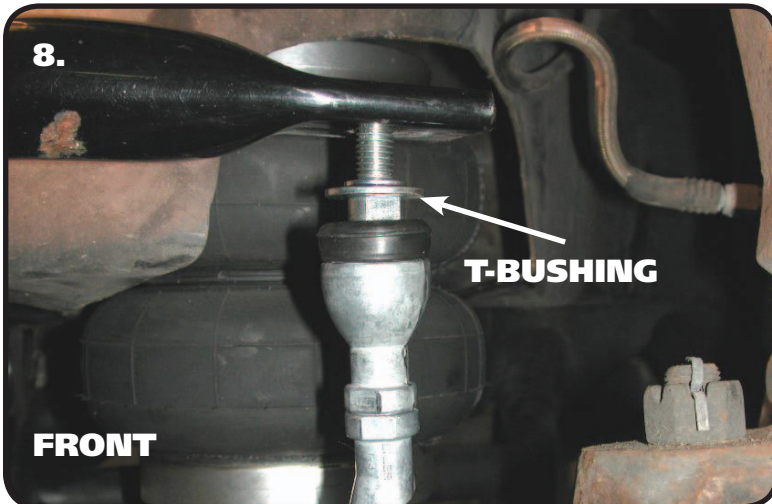
6. Insert a T-Bushing into the sway bar hole in the control arm. The SMALL diameter goes into the hole on the control arm.



SwayBar Installation



7. Insert one end of the PosiLink assembly into the hole in the T-bushing. Install a second T-Bushing up from the bottom of the control arm, sandwiching the control arm with the T-bushings. Install a M10-1.5 Nylok Nut on the threads of the PosiLink that is sticking through the t-bushings. Repeat steps 6 & 7 on the other side and tighten then nuts.



8. Install a T-Bushing on the threads of the straight PosiLink with the LARGE diameter toward the PosiLink. Do this for both sides.



9. Swing the SwayBar down onto the PosiLink. Install a 2nd T-Bushing on the threads with the LARGE diameter up. The T-bushing should seat into the SwayBar. Install a M10-1.5 Nylok Nut on the stud and tighten.

10. Tighten the Sway Bar Mounting Hardware.