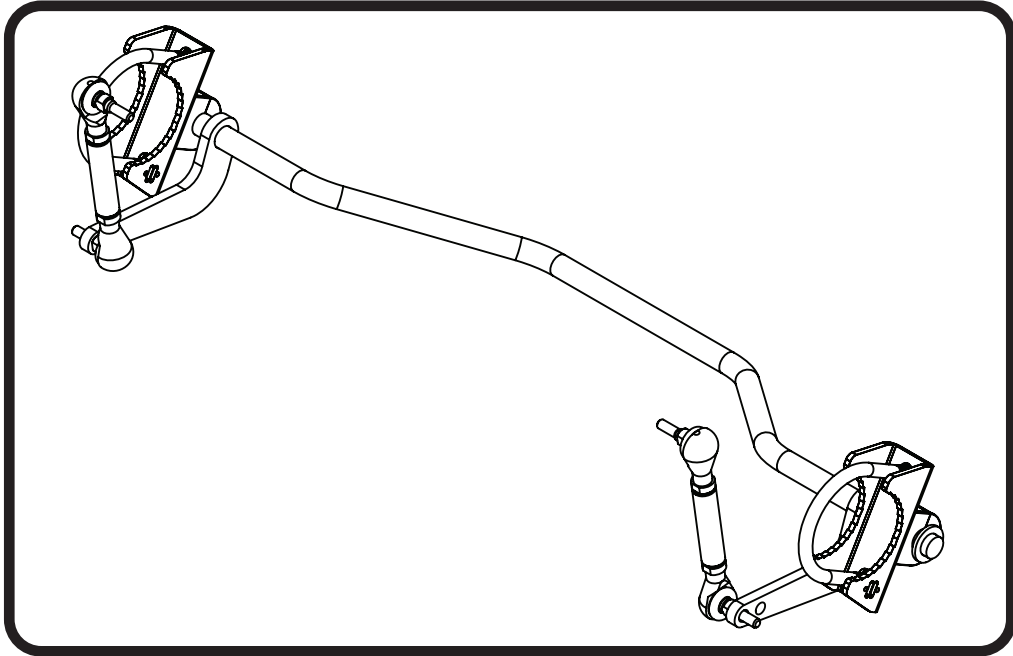
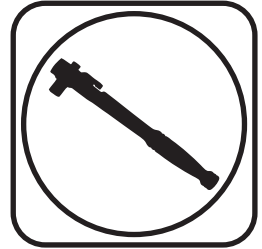




### Part # 11179122 - 1970-1981 GM F-Body Rear Sway Bar



#### Recommended Tools



## 1970-1981 F-Body Rear Sway Bar Installation Instructions

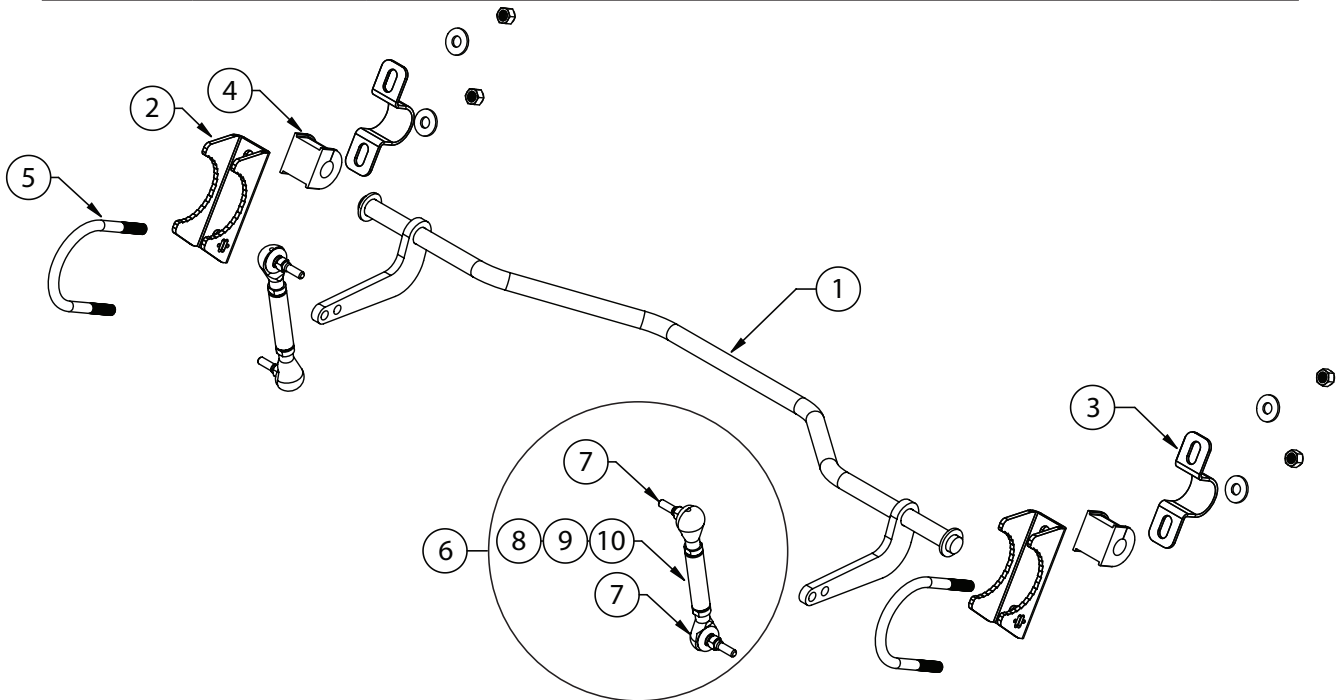
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Page 3.....	Getting Started
Page 4-5.....	Sway Bar Installation

THIS SWAY BAR KIT IS DESIGNED TO BE USED WITH THE RIDETECH 4 LINK SYSTEM.



### Major Components .....In the box

Item #	Part #	Description	QTY
1	90003504	Rear MuscleBar	1
2	90001249	Axle Bracket	2
3	90001345	Sway Bar Bushing Strap	2
4	70015011	Lined Sway Bar Bushing	2
5	90000088	7/16"-20 U-bolt	2
<b>6</b>	<b>PosiLink Assembly</b>		
7	90000926	10mm 90 degree elbow	4
8	99115003	M10-1.5 115mm stud	2
9	90000114	PosiLink Spacer	2
10	90002275	Crush Washer	4



### Hardware Kit .....#99010221

QTY	Part Number	Description
<b>PosiLink to Sway Bar</b>		
4	99112002	M10-1.5 Nylok Nut
8	99373003	3/8" SAE Flat Washer

QTY	Part Number	Description
<b>Sway Bar to Axle</b>		
4	99433002	7/16" SAE Flat Washer
4	99432002	7/16"-20 Nylok Nut



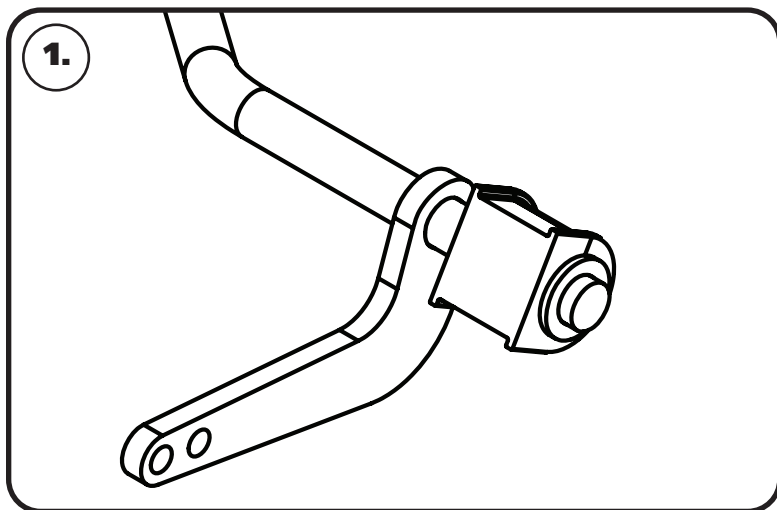
### Getting Started.....

Congratulations on your purchase of the Ridetech Rear Sway Bar. This kit has been designed to give your Camaro excellent handling along with a lifetime of enjoyment. Some of the key features of this Sway Bar: PosiLinks - The PosiLink makes the reaction of the swaybar instantaneous; Tunability - this Sway Bar has 2 positions to aid in the tuning of the handling of your Camaro.

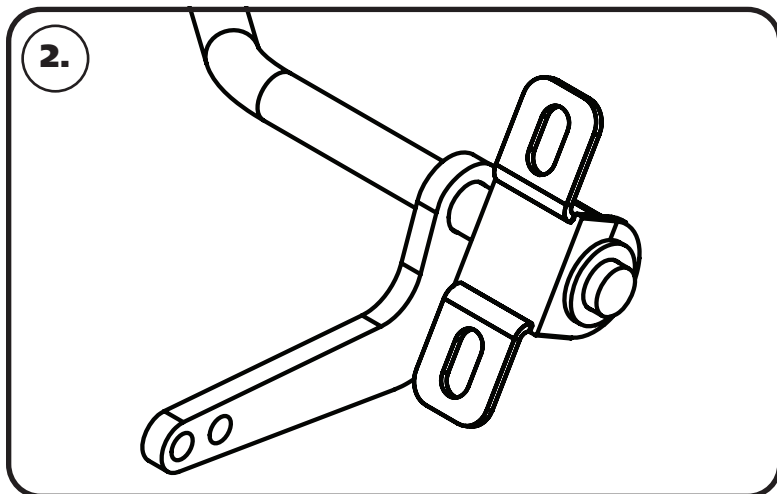
**Note:** This MuscleBar is designed to be used with the Ridetech Rear 4 Link kit.

**THE REAR 4 LINK NEEDS TO BE INSTALLED BEFORE INSTALLING THE REAR MUSCLEBAR. THE AXLE NEEDS TO BE HANGING AT FULL DROOP ON THE SHOCKWAVE/COILOVER FOR INSTALLATION.**

**Note:** *This sway bar kit utilizes a anti-friction lining in the sway bar bushing. The lining allows the sway bar to move freely and quietly in the bushing. No lubrication is required.*



1. Install the bushings by opening them up at the split and sliding them over the bar. They are positioned on the inside of the stop ring.



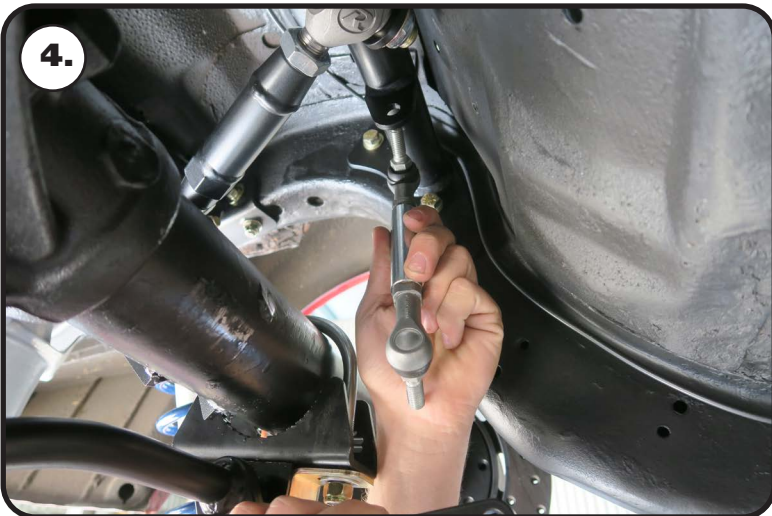
2. Slip the bushing strap over the bushing.



### Sway Bar Installation



**3.** Install the u-bolts onto the axle tube with the threads pointing down. THE U-BOLTS WILL BE POSITIONED ON THE WHEEL SIDE OF THE AXLE TABS. You may need to raise the brake lines in the area of the u-bolts. Install an axle bracket onto each u-bolt with the flat side to toward the ground. The "teeth" of the mount should touch the axle tube. Hold the sway bar in position on the car with the center bend toward the ground. Install a 7/16" flat washer & 7/16"-20 nylok nut on the threads of the u-bolts. YOU CAN SNUG DOWN THE HARDWARE, BUT LEAVE IT LOOSE ENOUGH TO ROTATE THE SWAY BAR MOUNTS ON THE AXLE.



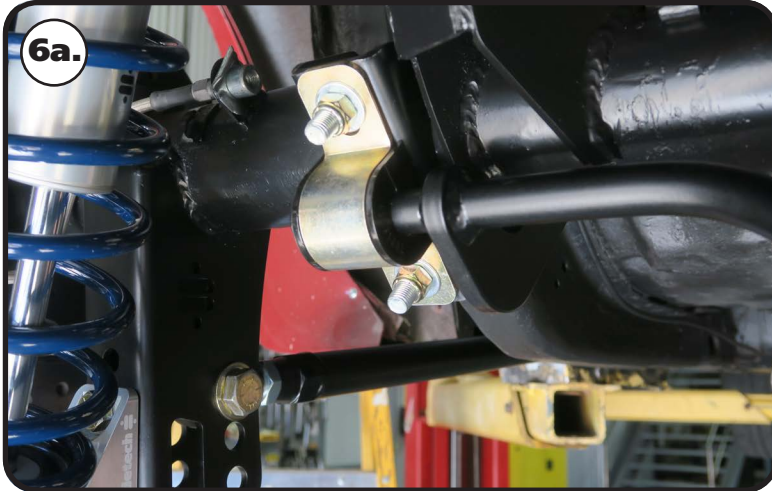
**4.** Install a 3/8" flat washer on each end of the PosiLink sway bar linkage. Attach one end of the PosiLink to the tab on the 4-link cradle. The threads of the top PosiLink will point to the center of the car. Install a 3/8" flat washer and M10-1.5 nylok nut.



**5.** Attach the bottom of the PosiLink to the front hole of the sway bar arm. We recommend starting in the front hole. Install a 3/8" flat washer and M10-1.5 nylok nut. Install the 2nd PosiLink in the other sway bar arm and torque the nuts to 37 ft-lbs.



### Sway Bar Installation



**6a & 6b.** For this step, the axle needs to hanging at full droop on the ShockWaves/ CoilOvers. Rotate the sway bar mounts rearward until the sway bar arms just clear the bottom of the axle.



**6b.** Image 6b shows the sway bar arm position in relationship to the axle. The shocks will not allow the rear differential to droop any lower than this position. You need just enough clearance on the axle tube to keep it from hitting. Torque the u-bolt hardware to 55 ft-lbs.

The MuscleBar has 2 positions to aid in the tuning of your Camaro's handling. We start in the outer position and tune from there. The Position to the rear of the car will make the Musclebar stiffer. The position to the front of the car will make the MuscleBar softer.

**Note:** The sway bar bushing used in this kit is a lined bushing, it does NOT require any type of lubrication.