TGK Sway Bar Install

Part Availability: TGK Motorsports

Tools Needed:
· 16mm Wrench
· Another 16mm Wrench
· 3” Extension
· 12” Extension
· 6mm Allen Key
· 13mm Socket
· 16mm Socket
· 10mm Triple Square
· Swivel Socket Adapter
· Torque Wrench
· Lift, Ramps, or Jackstands

Sway bars in the photos were a prototype colorway for their final colorway, so the images will look different than OEM for removal

Front Sway bar

1. Raise the vehicle securely using a lift, jack stands, or ramps in order to access the Front sway bar.

2. Remove the factory under tray.



3. Remove the bolts securing the factory sway bar mounting brackets to the Front sub frame. **(This is by far one of the most important steps to do first in removing the sway bar, failure to loosen these bolts first will not relieve the tension on the end link bolts possibly causing the end link bolts to snap).**



4. Remove the front sway bar end link bolts and nuts and remove the front sway bar end links. With the end links
removed, slide out the sway bar.



5. Install the TGK Motorsport Solid Front Sway Bar, and install the end links, loosely snugging up the hardware. Do not fully tighten the end link hardware at this time! (Furthest holes from the center of the sway bar will be the softest setting, closer to the sway bar the stiffer the setting.)

6. After applying the supplied grease, install the polyurethane sway bar bushings onto the bar (goes on outside of bar locking collar).



7. Install the OEM Mounting Brackets, snug up the hardware, but do not tighten fully.



8. If raised on a lift or jack stands, lower the vehicle onto the ground or ramps to compress the front suspension.

9. Torque the sway bar end link hardware to 40 Nm + 90 Degrees.

10. Tighten the sway bar mount bracket bolts to 28 Nm.

11. Reinstall the under trays as your install is done!



Rear Sway bar:

1. Raise the vehicle securely using a lift, jackstands, or ramps in order to access the rear sway bar.



2. Remove the bolts securing the exhaust hangers to the vehicle. This will allow the exhaust to sag slightly and give you more room to remove the rear sway bar from the vehicle.

3. Remove the triple square bolts securing the factory sway bar mounting brackets to the rear sub frame. **(This is by far one of the most important steps to do first in removing the sway bar, failure to loosen these bolts first will not relieve the tension on the end link bolts possibly causing the lower control arm bolts to snap during removal).**
(photo doesn't have OEM bolts being used)



4. Remove the rear sway bar end link bolts and nuts and remove the rear sway bar end links. With the end links removed, slide out the rear sway bar from underneath the vehicle and over the exhaust.



5. Install the TGK Motorsport Solid Rear Sway Bar, and install the end links, loosely snugging up the hardware. Do not fully tighten the end link hardware at this time! (Furthest holes from the center of the sway bar will be the softest setting, closer to the sway bar the stiffer the setting).



6. After applying the supplied grease, install the polyurethane sway bar bushings onto the bar.

7. Install the Aluminum Sway Bar Mounting Brackets, snug up the hardware, but do not tighten fully.



8 Install the two supplied sub frame keys, attach them to the sway bar with both being on the inside of the sway bar mounts. This prevents movement side to side of the sway bar.



9. If raised on a lift or jack stands, lower the vehicle onto the ground or ramps to compress the rear suspension.

10. Torque the sway bar end link hardware to 40 Nm + 90 Degrees.



11. Tighten the sway bar mount bracket bolts to 28 Nm.

12. Raise the exhaust and reinstall the exhaust hanger bolts you removed.

Revision #1
Created 2025-04-01 22:41:57 UTC by Deutsche Auto Garage
Updated 2025-04-01 22:42:06 UTC by Deutsche Auto Garage