



## **SB030 SWAY BAR KIT**

### **FRONT SWAY BAR INSTALLATION**

**SB016 – 2010-2012 CHEVROLET CAMARO**

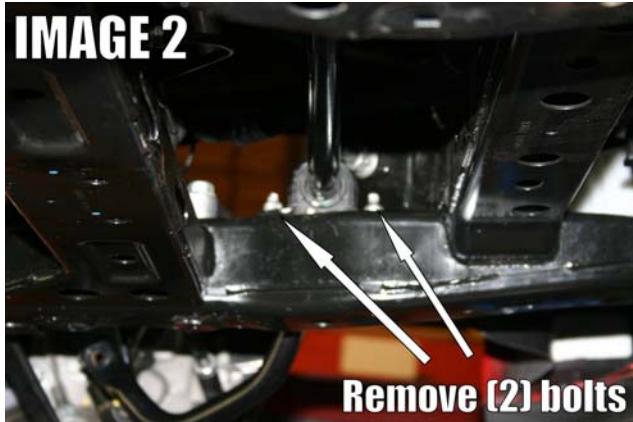
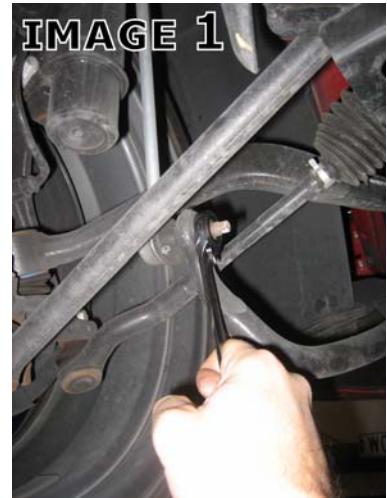
**NOTE:** Due to the elevated height necessary for removing and installing the sway bar on this particular application, it is recommended to perform this installation on a 2 post service lift to get adequate height.

#### **RECOMMENDED TOOLS:**

10mm, 15mm, 18mm wrench    3/8" drive ratchet    w/13mm socket    6mm Allen wrench

#### **INSTALLATION:**

1. Lift vehicle and remove both front wheels/tires.
2. If you do not have a ZL1, skip this step and proceed to step 3. On the ZL1, you will need to remove the plastic panel that covers the bottom of the engine compartment. Remove the 14 bolts using a 10mm socket then remove the panel to gain access to the sway bar.
3. Using a 15mm wrench (18mm for the 2012-newer), remove the nuts on the outer sway bar links. (**IMAGE 1**)
4. Access the frame mounts through the wheel wells as shown. Using a 13mm socket, remove the two bolts that retain the mounting bushings. (**IMAGE 2**)
5. Using an 18mm socket, loosen the (2) motor mount nuts as shown in **IMAGE 3**.
3. Place a block of wood under the oil pan and lift the motor approximately 2 inches to make room for the sway bar removal.



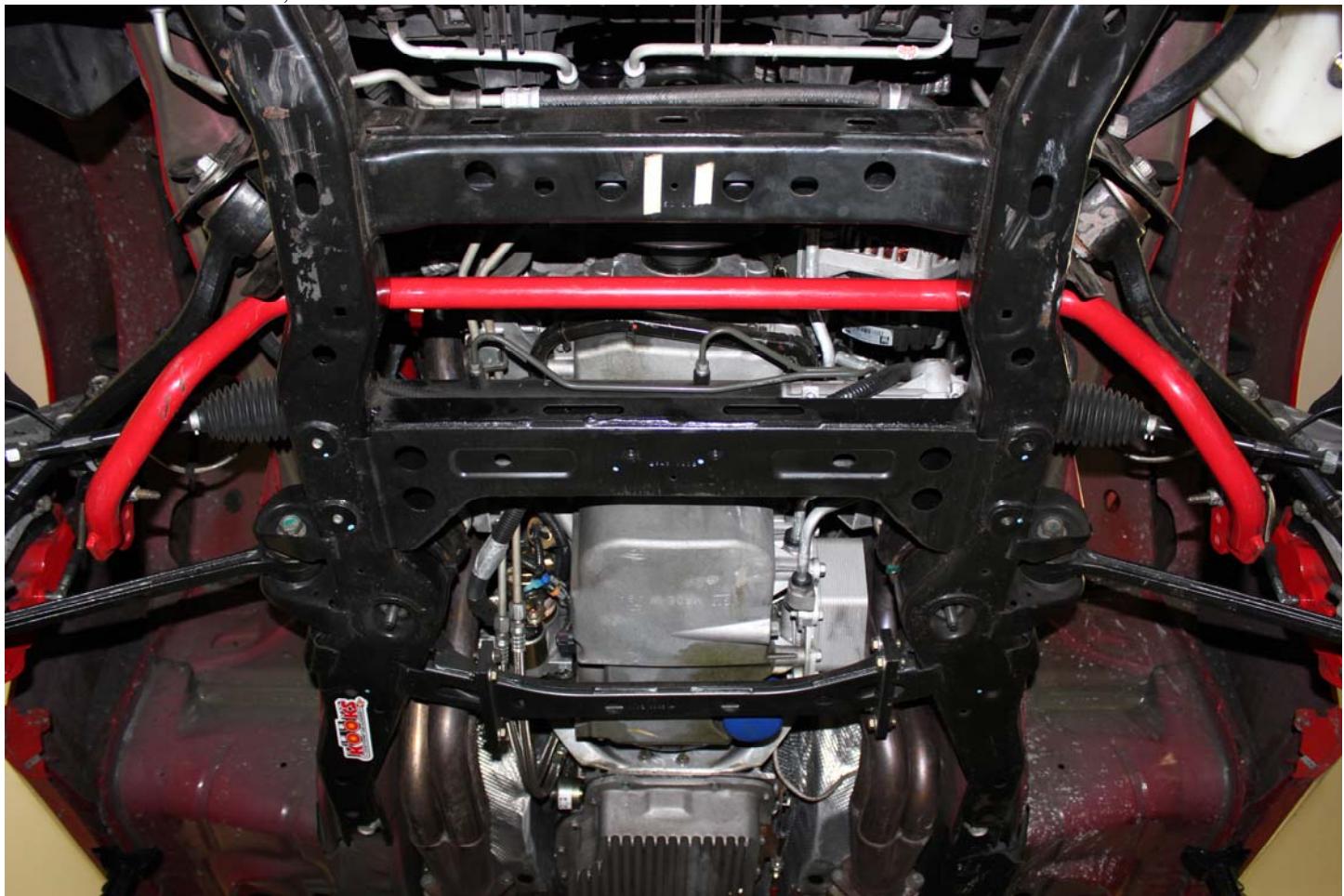
6. Begin working the sway bar out by rotating it up and around the tie rod on the drivers' side of the car, pushing and rotating the bar towards the passenger side. The sway bar can be pulled through from the passenger side by rotating and twisting it around any obstacles. In order to get the sway bar completely out, the bar must be rotated downward in the last step. (**IMAGE 4**)



## FRONT SWAY BAR INSTALLATION (Continued)

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7. Begin sliding the BMR sway bar in from the passenger side the same way the OE bar was removed. Rotate and slide the bar in a spiral pattern until it gets to the drivers side. (**IMAGE 5**)
8. Grease the inside of the BMR polyurethane bushings. Position the bushings over the straight section of the sway bar. The bushings go to the outside of the welded thrust washers on the sway bar.
9. Place the provided bushing saddle over the polyurethane bushings and thread the OE nuts into place. Tighten.
10. Connect the outer end links to the sway bar and tighten.
11. Lower the engine and re-tighten the mounting nuts.
12. Grease the fittings on the sway bar mounting bushings until grease is visible protruding from the bushing.
13. If you have a ZL1, re-install the underbody plastic covers.
14. Re-install wheels, tires and lower vehicle.



## REAR SWAY BAR INSTALLATION

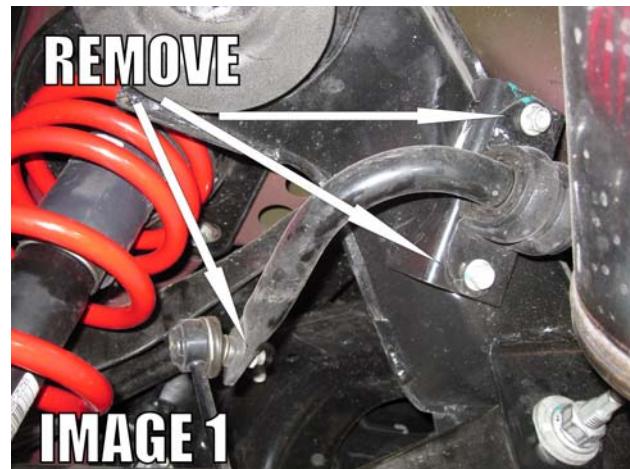
***SB017 – 2010-2011 CHEVROLET CAMARO***

### RECOMMENDED TOOLS:

15mm wrench  
 13mm socket  
 3/8" drive ratchet  
 5mm Allen wrench

### INSTALLATION:

1. Lift the vehicle and safely support it under the frame rails.
2. Using a 15mm wrench or socket, remove the nuts from the sway bar end links. (**IMAGE 1**) **NOTE:** A 5mm Allen wrench may be necessary to prevent the center stud of the end link from spinning while removing this nut.
3. Using a 13mm socket, remove the bolts that hold the sway bar to the rear suspension cradle. (**IMAGE 1**)
4. Remove the rear sway bar. **NOTE:** Most exhausts will allow the swaybar to be removed without lowering the exhaust. Sometimes it is possible to remove a wheel and slide the swaybar out from the side.
5. Slide the provided polyurethane bushings over the swaybar on the outside of the thrust washers as shown in **IMAGE 2**.
6. Position the BMR sway bar into place and install the provided saddles over the bushings. Insert the OE bolts and hand-tighten.
7. Insert the end links into the desired sway bar hole and tighten both nuts. See following page for swaybar hole recommendations.
8. Tighten the mounting bushings to 15 ft/lbs.
9. Lube both bushings with a synthetic bushing lube.
10. Lower vehicle.



### FRONT BAR RATES

Furthest hole (farthest away from main portion of bar)	98% stiffer than OE front bar
Middle hole	146% stiffer than OE front bar
Closest hole (closest to main portion of bar)	214% stiffer than OE front bar

### REAR BAR RATES

Furthest hole (farthest away from main portion of bar)	100% stiffer than OE rear bar
Middle hole	175% stiffer than OE rear bar
Closest hole (closest to main portion of bar)	300% stiffer than OE rear bar

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*This product is an aftermarket accessory and not designed by the vehicles manufacturer for use on this vehicle. As such, buyer assumes all risk of any damage caused to vehicle/person during installation or use of this product.*