



LAKEWOOD

UNIVERSAL HEAVY DUTY TRACTION BAR

#22026 & 22030

INSTALLATION INSTRUCTIONS

Congratulations! You have just purchased one of the finest sets of traction bars on the market today. Whether it be strictly street or professional competition, Lakewood Industries has the proven engineering it takes for all racing applications.

WORK SAFELY!

Installation of traction bars requires working underneath vehicle and should be performed one side at a time. Use extreme care and caution when working underneath vehicle. Never get near or under vehicle until you are confident that it is safely supported and will not move or fall from its raised position. **DO NOT USE A BUMPER JACK!**

IMPORTANT! On some models shims may be necessary to obtain the necessary clearance around the spring plate, or to make changes in the bars horizontal attitude. (Use Lakewood shim kit part number 20504)

CAUTION: When properly installed, the traction bars' snubber end must angle up or be parallel with chassis. Do not operate vehicle with snubber end down.

1. Place vehicle on a solid level surface such as a garage floor to insure safe installation.
2. Place wheel blocks or wedges in front of and behind both front wheels to prevent movement in either direction.
3. Carefully place floor jack under rear differential housing. Be careful not to damage seal or companion flange shield with jack.
4. Lift rear of car up with floor jack and place automotive approved support stands under frame in front of rear wheels far enough forward that traction bar installation will not be interrupted and the wheels do not touch the ground. Lower floor jack to set vehicle on support stands.
5. Inspect spring plate area for possible interference from emergency brake cables and brackets. These might have to be relocated.
6. Temporarily place traction bar under spring as shown (Figure 1). Adjust bar so there is adequate clearance and no interference from any suspension component (U-bolts, shock mounts, etc.). Try to locate one of the snubber holes just behind forward spring mounting eye.
7. Loosely attach front and rear clamps with fasteners provided in hardware kit (Figure 2).
8. Measure distance between snubber hole and bottom of spring to determine snubber height. Use a hacksaw to cut snubber to size. **NOTE:** We recommend an 1/8" air gap as a good starting point. The gap can be adjusted to suit your driving requirements (see Tuning Tips).
9. Remove front clamp and securely install snubber. Reinstall and tighten front and rear clamps to 45 to 50 ft. lbs. At this time repeat steps 5 thru 9 to install the opposite side.
10. With proper traction bar snubber clearance and all bolts tightened securely, raise vehicle, remove support stands, and lower vehicle to the ground. This completes the installation.