



LAKEWOOD TRACTION BARS

(STEEL) #50100, (TITANIUM) #50101

Fits the following applications:

HONDA CIVIC 1992-2000 • ACURA INTEGRA 1994-2000

INSTALLATION INSTRUCTIONS

FEATURES

- Available in both steel and lightweight titanium construction
- Ideal for drag racing as well as Autocross and road racing
- Allows front tires to remain firmly planted to pavement
- Pre-loads front suspension to completely eliminate wheel hop
- Racing grade spherical rod ends with left and right adjustable threads
- Easy bolt-on application with adjustable lower control arms

WORK SAFELY

Installation of these traction bars requires working under the vehicle.

USE EXTREME CARE AND CAUTION WHEN WORKING UNDERNEATH THE VEHICLE.

Never get near or under any 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.

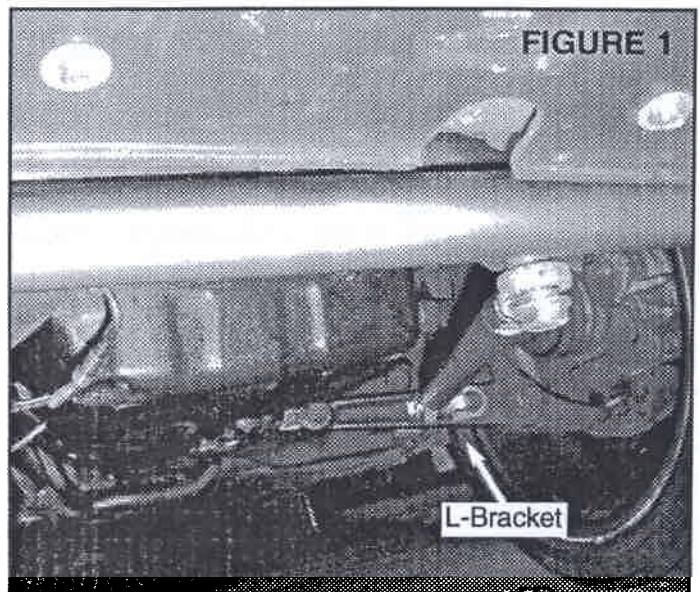
PREPARATION FOR INSTALLATION

1. Place vehicle on a solid level surface to ensure safe installation.
2. Place wheel blocks in front of and behind both rear wheels to prevent movement of vehicle in either direction.

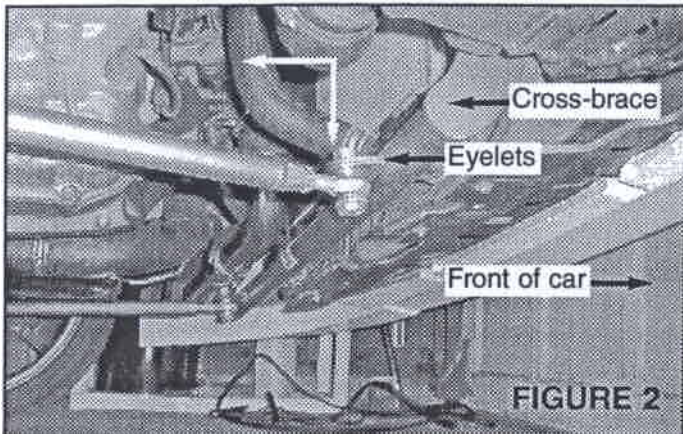
3. Raise front of vehicle off the ground and use approved automotive support stands having adequate load capacity to support vehicle weight.

INSTALLATION INSTRUCTIONS

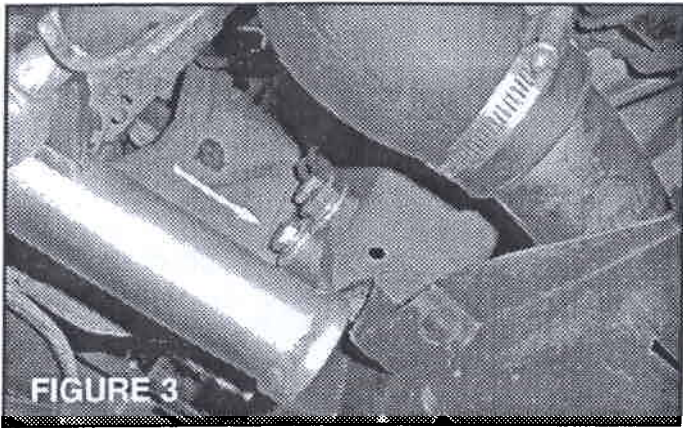
1. Remove lower splash pan from vehicle. This will not be re-used.
2. Remove factory tow hooks (3 bolts) on both sides of the radiator core support with an 8mm socket.
3. Save the factory tow hook bolts to be re-used on your new "Lakewood / G-sport " Traction Bars.
4. Remove the 12mm bolt on each of the front lower control arms that are not attached to the strut fork.
5. Place supplied "L" bracket onto control arm and secure with the 12mm bolt previously removed. Refer to Figure 1.



6. Attach long G-sport cross-brace to front of vehicle with eyelets facing to the rear of the car. Refer to Figure 2.



7. Re-install all OEM 8mm tow hook bolts into their locations. Refer to Figure 3.



8. Tighten 8mm bolts to 60 lbs. ft. torque with a proper torque wrench.
9. Attach radius arms with supplied hardware.
NOTE: The stop bolts should be left loose until vehicle is placed back onto the ground.
10. Install the spherical rod-ends below eyelets.
(see fig. 2.)
- 11 Tighten all eyelet bolts to 60 lbs. ft. torque.
NOTE: Be sure to have "L" brackets on the lower control arms running vertical with bolts running horizontal to the ground.
(see fig. 1.)

12. Once all bolts are secure, excluding the radius stop bolts, lower the vehicle to the ground for proper final adjusting.

Adjusting your Traction Bars

Your Lakewood / G-sport Bars are supplied with radius arms that are threaded with a left hand and right hand thread. These rod-ends are tightened and loosened by adjusting the jam nuts. These threads allow you to adjust the bars without removing them from the vehicle.

Therefore, turning the radius bars one way will extend the length of the bar. Turning them the opposite way will shorten the bar. For increased traction, you will want to extend the bars. The more you extend the bars, the more force they will put onto the lower control arms. For road race and autocross applications, you will need to adjust them according to your car's suspension setup.

Pre-loading the bars will not only prevent wheel hop, but will also slightly change front wheel alignment. Generally, loading the bars will increase the amount of tow out. We suggest only a few turns for street use. Be sure to keep rod-end threads oiled for easy adjusting.

NOTE: Prolonged use of a heavy race-load may cause premature tire wear.

TECHNICAL SERVICE

A highly-trained Technical Services Department is maintained by Mr. Gasket Performance Group to answer your technical questions, provide additional product information and offer various recommendations. See your local Lakewood retailer for specific prices.

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FOR FUTURE REFERENCE.**