BMR Suspension SB031R Installation Instructions

Front and Rear Sway Bar Kit for GM G-Body

Part number: SB031R

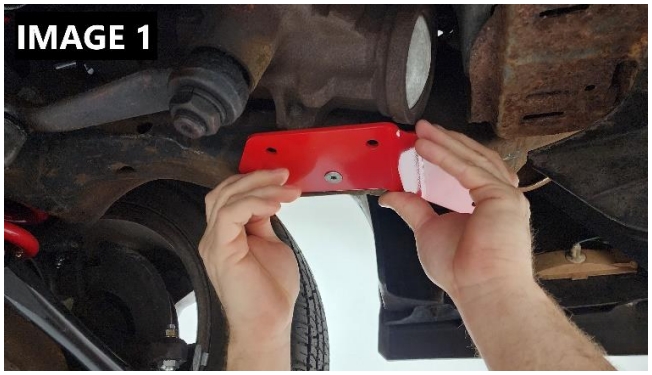
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Scan for fitment, price and install help

Sway Bar Kit Install Instructions

Tools Required:

- Socket Set and Wrenches
- 3/16” Allen
- Hydraulic Jack and Jack Stands or a Lift
- Drill
- 7/16” and ½” Drill Bit
- Rivet Nut tool



Front Instructions:

1. Raise vehicle and secure on lift or jack stands.

2. Remove and discard the factory front lower chassis bars (if equipped) Each chassis bar bolts to the center frame crossmember and to each frame horn.

3. Test the provided hardware to ensure the threads are the same in the center of the frame crossmember

NOTE: Only some models received factory chassis bars as an option. Depending on year, and model your hardware/thread sizes may vary.

4. Remove the sway bar end link nuts on the ends of the sway bar and remove the end links.

5. Using a **10mm** socket (some applications used a **13mm** socket), remove all (4) bolts on the sway bar mounting saddles then remove the sway bar.

6. Using the supplied countersink bolts, install the relocation brackets and mark the other holes to be drilled. **IMAGE 1**

7. Remove the relocation brackets

8. Remove the factory stud clips from each frame horn

9. Drill the front holes on the frame horns to **½”** and the hole next to the idler arm to **7/16” IMAGE 2**



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Sway Bar Kit Install Instructions

NOTE: 5 Rivet nuts are included so the four threaded holes for the stock sway bar mount can be riv-nutted for strength. These holes will also need to be drilled to **7/16”**





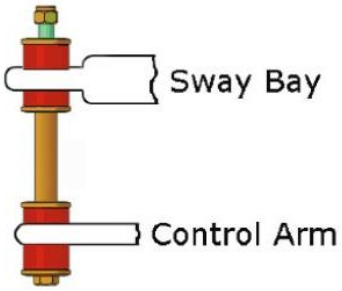
10. Using a rivnut tool, install the rivnuts into the frame. **IMAGE 3**

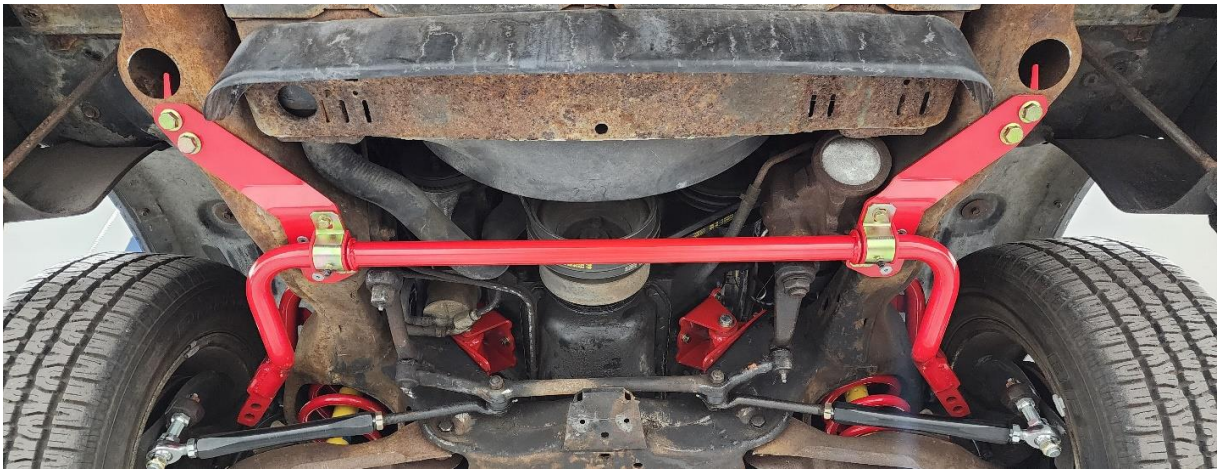
11. Place the relocation brackets back on the vehicle and using the provided nut plate and **½”** bolts, start all the bolts for the relocation brackets. Torque the outer four **½”** bolts to **45 ft lbs.** Torque the **5/16”** bolts to **20 ft lbs IMAGE 4**

12. Lube the inside of the sway bar bushings and install them over the BMR sway bar.

13. Slide the provided saddles over the bushings then install the bar to the frame using the supplied hardware.

14. Assemble the new end links on the sway bar and connect them to the A-arms as shown. Tighten using two **9/16”** wrenches.





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Sway Bar Kit Install Instructions

Rear Installation:

1. Lift the rear of the vehicle and safely support with jack stands under the frame rails.

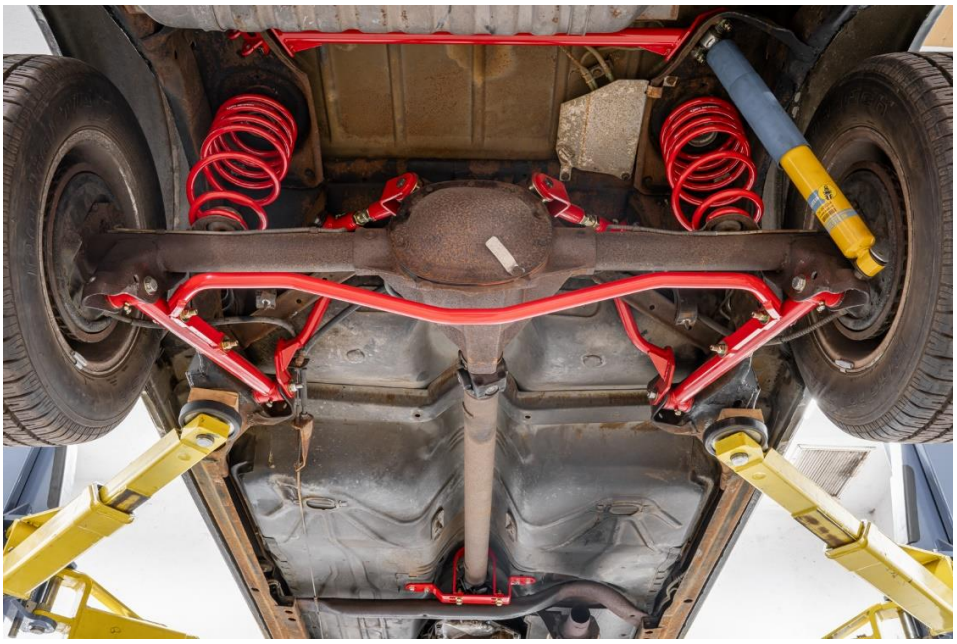
2. If the vehicle came equipped with a factory rear sway bar, remove the sway bar by un-bolting it from the control arms.



3. If your vehicle did not come with a factory rear sway bar you must either upgrade to an aftermarket set of lower control arms or upgrade your factory control arms with the spacer and shims shown (Part number GM #**10000097**).

4. Using the provided hardware, bolt the BMR sway bar to the lower control arms and tighten the bolts with a **5/8”** wrench and socket. torque to **45 ft lbs**

5. Lower vehicle.



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