

Hellwig PRODUCTS.com

559-734-7451 800-367-5480 FAX 559-734-7460

INSTALLATION INSTRUCTIONS REAR STABILIZER BAR

90-04 FORD EXPLORER, MAZDA NAVAJO

Thank you for purchasing a quality Hellwig Product.

PLEASE READ THIS INSTRUCTION SHEET COMPLETELY BEFORE STARTING



END LINK ASSY

U-PLATE BRACKETS

TORQUE TABLE

BOLT SIZE: 3/8" = 20-30 ft. lbs. - 7/16" = 35-45 ft. lbs. - 1/2" = 50-70 ft. lbs. - 9/16" = 70-90 ft. lbs.

SAFETY: BEFORE STARTING YOUR INSTALLATION, BE SURE TO SET PARKING BRAKE AND CHOCK TIRES.

NOTE: TO EASE INSTALLATION AND TO PROPERLY ADJUST BAR, THE WEIGHT OF THE VEHICLE MUST BE ON THE SUSPENSION, AS IF DRIVING DOWN THE ROAD. DO NOT RAISE VEHICLE BY FRAME.

NOTE: THIS UNIT IS DESIGNED TO REPLACE THE FACTORY INSTALLED REAR SWAY BAR USING THE FACTORY END LINK HANGER AND AXLE BRACKETS.

1. Remove the factory installed anti sway bar. Remove the mounting bolts on the rear axle mounting brackets. Leave the end link hanger brackets attached to the frame as they will be reused in installing the new rear sway bar. **Do not discard the mounting hardware it will have to be reused as well.**
2. Install the D-shaped poly bushing on the new sway bar in the same location as the factory sway bar. SEE PHOTO ONE.
3. Install the U-plates over the D-bushing and install on the axle brackets using the mounting bolts that were removed in step one (1). **Leave loose at this time to allow for adjustment later.** SEE PHOTO TWO.
4. Raise the arms of the sway bar up to the factory hanger brackets and attach with the mounting hardware that was removed in step one (1).
5. Align the sway bar to be centered and so the end links are straight up and down as possible. SEE PHOTO ONE.
6. Torque all mounting hardware to the specified rate.
7. After one week of driving recheck your installation. Recheck on a monthly regular basis thereafter.

ATTENTION INSTALLER: BE SURE THAT THE CUSTOMER RECEIVES THIS INSTRUCTION SHEET, ALL IMPORTANT NOTE CARDS AND THE WARRANTY FORM



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PARTS LIST

RSB KIT # 7569

“90-94” FORD EXPLORER, MAZDA NAVAJO

PART #	QTY	DESCRIPTION
20217569	1	(7/8") SWAY BAR
111000489	2	(7/8") POLY BUSHING
20800670	2	U-PLATE
125020312	1	SMALL PARTS BAG # BG-312
102320049	8	(3/8") FLAT WASHER
107302003	4	(3/8") STOVER LOCK NUT
101500072	4	(3/8" X 1-1/4") CAP SCREW
135007569	1	INSTRUCTION SHEET R-7569 (R-328)

**ON A PROBLEM OF THE SWAY BAR MAKING CONTACT WITH THE DIFERENTIAL
USE THE FOLLOWING PARTS**

111000541	2	(7/8") POLY BUSHING
20800715	2	U-PLTAE