



# LAKEWOOD TRACTION BARS

## #21710

### INSTALLATION INSTRUCTIONS

Fits 1988-2000 Chevy/GMC 1/2-ton Pick-Up Trucks with 2-Wheel Drive

**WORK SAFELY!** Installation of these 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.**

#### 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 front wheels to prevent movement in either direction.
3. Raise rear of vehicle and support axle housing using approved automotive support stands having adequate load capacity. **DO NOT** put support stands under the frame.

**CAUTION:** DO NOT BEGIN THIS INSTALLATION UNTIL YOU ARE CONFIDENT THAT VEHICLE IS SECURE AND SAFELY SUPPORTED.

#### TRACTION BAR INSTALLATION

**NOTE:** Both right & left side traction bars are the same, however we recommend working on one side at a time.

1. Spray penetrating oil on factory U-bolt threads, below the hex nuts. Remove all 4 nuts from both U-bolts retaining the stock axle plate.
2. Remove both factory U-bolts and replace with the new longer ones supplied. Be sure to locate them in the seat above the spring properly.
3. Install the urethane snubber in the 2nd hole from the front of the traction bar. Attach a 3/8"-16 Ny-Lok hex nut (supplied) to the snubber stud and tighten securely.

4. Place factory axle plate on to the new U-bolts and slide two of the supplied spacers on to the front U-bolt. Install the traction bar over the two U-bolts and loosely install two flat washers and self-locking nuts (supplied) to the front U-bolt only. Let the traction bar hang by the front U-bolt.
5. Install two more of the supplied spacers onto the rear U-bolt between the factory axle plate and the traction bar. Loosely attach two flat washers and self-locking nuts (supplied) to the rear U-bolt.
6. Install two of the supplied 3/8"-24 hex nuts onto one of the supplied 3/8" U-bolts. Run these nuts all of the way up the threads of the U-bolt. Put the U-bolt over the leaf spring and through the holes in front plate of the traction bar. Loosely install two more 3/8"-24 nuts onto the U-bolt.
7. Tilt the traction bar assembly slightly until there is a 1/2" air gap between the urethane snubber and the leaf spring on the right side bar and 3/8" gap on left side bar. Carefully tighten all four spring U-bolt nuts evenly, making sure that the U-bolts remain seated in their pockets above the spring.
8. Adjust the upper nuts on the 3/8" front U-bolt down until there is a 1/4" air gap between the U-bolt and the top of the leaf spring. Make sure that the U-bolt is parallel to the leaf spring and tighten the lower 3/8" nuts securely.
9. Repeat steps 1-8 for opposite side traction bar installation.
10. Lower the vehicle to solid level surface. Measure distance (clearance gap) between top of snubber and spring. On competition vehicles it is recommended to eliminate the gap. On street/strip vehicles, a 1/2" gap on the right side bar and a 3/8" gap on the left side bar will allow for a much better ride. See Recommended Adjustments, on back of this page.

**IMPORTANT:** Do not attempt to level the vehicle with the snubbers, as this can cause radical chassis preloading and torque steer problems.

**NOTE:** When traction bars are properly installed with vehicle on level surface, snubber end of traction bars must angle up or be parallel with chassis. Under no circumstances should vehicle be operated with snubber end angled down.

### RECOMMENDED ADJUSTMENTS

1. Your rear suspension can be fine-tuned for the street or strip. For a better ride, the snubber air gap should be increased. For a firm ride, the snubber air gap can be decreased. If vehicle torque steers (pulls to left or right) under acceleration due to traction bars, the snubber air gap can be adjusted to eliminate this problem.
2. To correct unequal traction, try the following:
  - a) Be sure tire pressure is equal in both rear tires.
  - b) If vehicle torque steers to the right under acceleration, decrease the snubber air gap on the right side.
  - c) If torque steer is to the left, decrease snubber air gap on the left side.

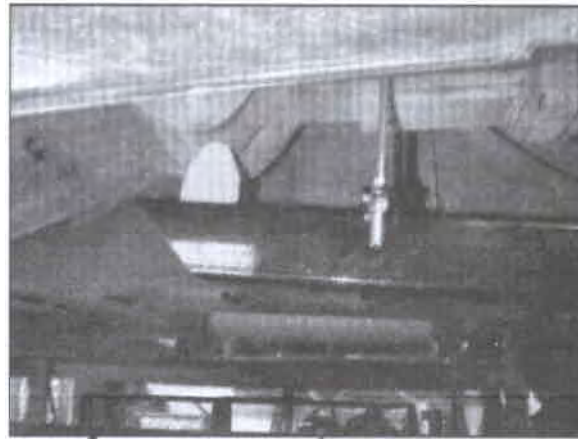
### REPLACEMENT PARTS

- Urethane Snubbers (2/set) . . . . .#20700
- Rubber Snubbers (2/set) . . . . .#20530
- 3/8" U-bolts with hardware (2/set) . . .#20570

### TECHNICAL SERVICE

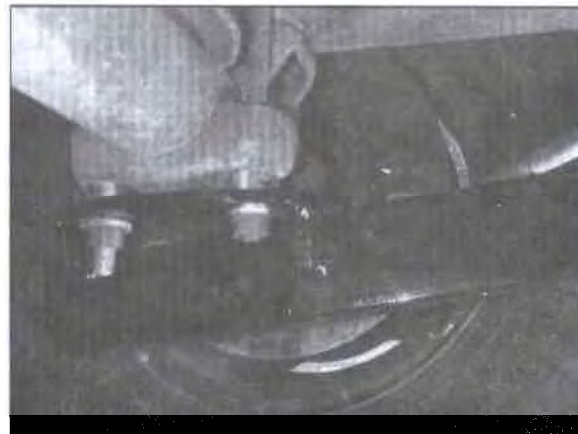
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**RETAIN THIS INSTRUCTION SHEET  
FOR FUTURE REFERENCE.**



Locate snubber under front spring eye.

Adjust U-bolt height until there is a 1/4" gap between U-bolt and top of spring.



Install supplied spacers onto rear U-bolts between factory axle plate and traction bar mounting plate.