



559-734-7451

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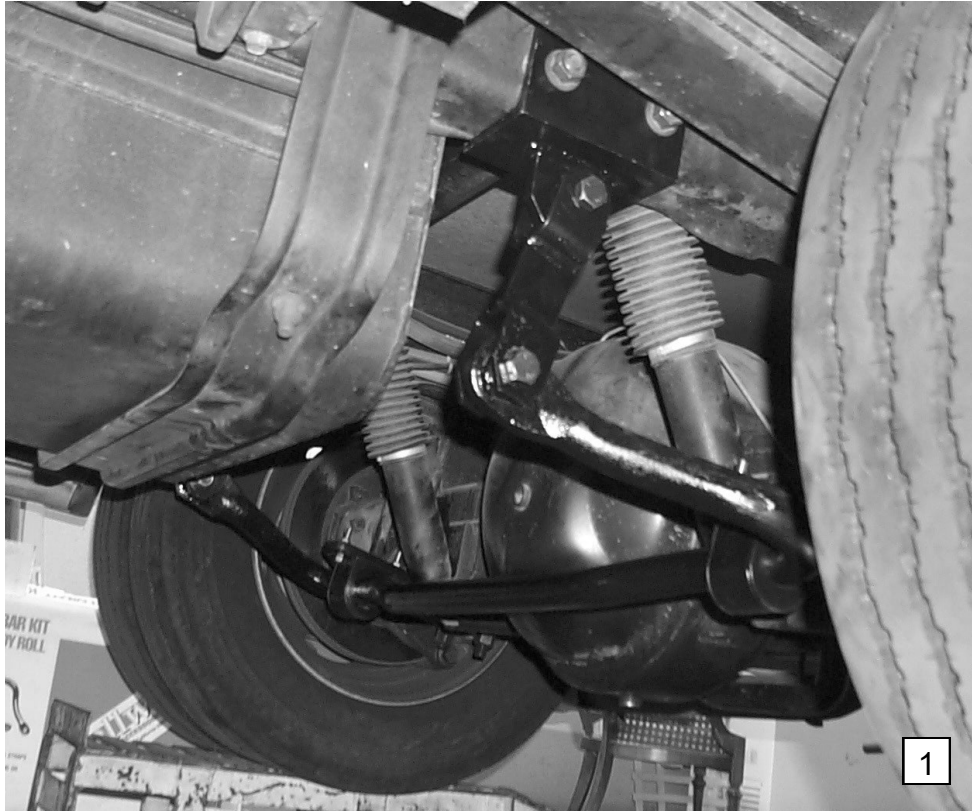
TechSupport@HellwigProducts.com

## INSTALLATION INSTRUCTIONS

### Ford F-53 Rear Stabilizer Bar

Thank you for purchasing a quality Hellwig Product.

**PLEASE READ THIS INSTRUCTION SHEET COMPLETELY BEFORE STARTING YOUR INSTALLATION**



**SAFETY: BEFORE STARTING YOUR INSTALLATION, PARK YOUR VEHICLE ON A FLAT LEVEL SURFACE, SET THE PARKING BRAKE, CHOCK THE FRONT TIRES.**

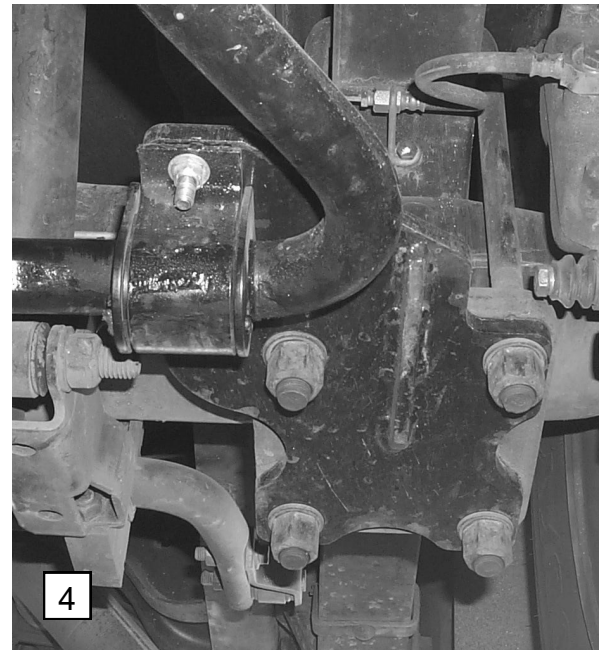
#### IMPORTANT NOTES:

- 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.
- THIS KIT INCLUDES LOCK NUTS WHICH REQUIRE TIGHTENING WITH A WRENCH AFTER BEING STARTED BY HAND.
- THIS KIT IS DESIGNED TO BE IN ADDITION TO THE FACTORY INSTALLED FRONT SWAY BAR.



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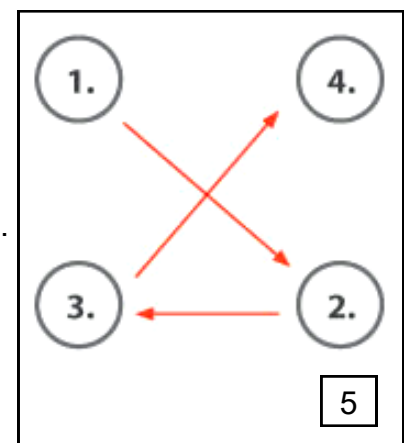


#### TORQUE TABLE:

3/8" = 35 ft. lbs. – 7/16" = 45 ft. lbs. – 1/2" = 75 ft. lbs. – 9/16" = 90 ft. lbs. – 5/8" = 120 ft. lbs.  
3/4" Axle U-Bolts = 250 ft. lbs. — 7/8" Axle U-Bolts = 345 ft. lbs.

#### STEPS:

1. Remove the U-bolts holding the axle to the leaf spring on one side of the vehicle. **Only loosen the axle U-bolts one side of the vehicle at a time.** Leave the factory sway bar installed.
2. Place the new U-bolts over the leaf spring making sure they sit properly in the grooves of the top spring plate and that the legs pass through factory bottom plate. Slide the Hellwig u-plate mounting plate over the U-bolts below the OEM bottom plate and loosely attach with provided hardware as shown in photos 3 & 4.
3. Tighten the axle U-bolts to 40 ft. lbs. using the cross pattern shown in photo 5. If the top of the U-bolt starts to lift on one side you have tightened the opposing leg too much. Loosen said leg then move on to next nut in pattern.
4. Tighten the axle U-bolts to 100 ft. lbs. using the cross pattern.
5. Tighten the axle U-bolts to 175 ft. lbs. using the cross pattern.
6. Tighten the axle U-bolts to 250 ft. lbs. using the cross pattern.
7. For 7/8" diameter U-bolts only tighten the axle U-bolts to 345 ft. lbs. using the cross pattern. For 3/4" U-bolts 250 ft. lbs. is the final torque spec.
8. Re-torque axle U-bolts to spec. It is recommend to use a calibrated torque wrench to confirm these values as this torque value is critical.
9. Repeat process on the opposite side of the vehicle.





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10. Locate the crossmember for the shocks behind the rear axle on the upper frame rail. Remove three of the bolts that hold the crossmember to the frame rail, **leaving one bolt in the upper front corner** (see photo 5).
11. Install the left & right frame brackets with provided hardware and torque to 120 ft. lbs.
12. Attach the end links to the frame brackets with provided hardware as shown in photo 5. **Leave loose at this time.**
13. Attach the end of the sway bar to the end links with provided hardware as shown in photo 5. **Leave loose at this time.**
14. Place the "D" shaped bushings and u-plates on the sway bar in the approximate area of the bar to match up with the mounting holes on the large U-bolt plates.
15. Lift the sway bar up to the axle U-bolt plates and attach u-plates with provided hardware as shown in photo 3 . **Leave loose at this time.**
6. Adjust the bar side to side as necessary to center on vehicle.
7. Tighten all end link and u-plate hardware and torque to spec.
8. Check for clearances between undercarriage, fuel lines, electrical, brake lines, etc.
9. Test drive the vehicle and recheck your installation including torque on axle U-bolts.
10. Recheck on a regular basis thereafter including axle U-bolt torque.



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

#### Maintenance and Inspection:

Your Hellwig Suspension Product is built to last. However, as with all vehicle systems, it requires routine inspection. Inspect your Hellwig installation looking for secure hardware and tight fitting brackets and bushings. If you do not perform this inspection, have your professional mechanic inspect as described.

Thank you for purchasing a quality Hellwig Product.

Hellwig Products Company, located in Visalia, California was founded in 1946 with solutions for load control of loaded passenger cars. The family operated company produces components for trucks, RVs, muscle cars and military vehicles. Hellwig is ISO9001 certified and is proud to develop, test and manufacture products in the USA.