



INSTALLATION INSTRUCTIONS

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50010 FRONT ANTI-SWAY BAR BMW 318, 325 & M3 (E30)

Thank you for being selective enough to choose our high quality SUSPENSION TECHNIQUES PRODUCT. We have spent many hours developing out line of products so that you will receive maximum performance with minimum difficulty during installation.

- Note: Confirm that all of the hardware listed in the parts list is in the kit. **Do not** begin installation if any part is missing. Read the instructions thoroughly before beginning this installation.
- Warning:** **DO NOT** work under a vehicle supported by only a jack. Place support stands securely under the vehicle in the manufacturer's specified locations unless otherwise instructed.
- Warning:** **DO NOT** drive vehicle until all work has been completed and checked. Torque all hardware to values specified.
- Reminder: Proper use of safety equipment and eye/face/hand protection is absolutely necessary when using these tools to perform procedures!
- Note: It is very helpful to have an assistant available during installation.

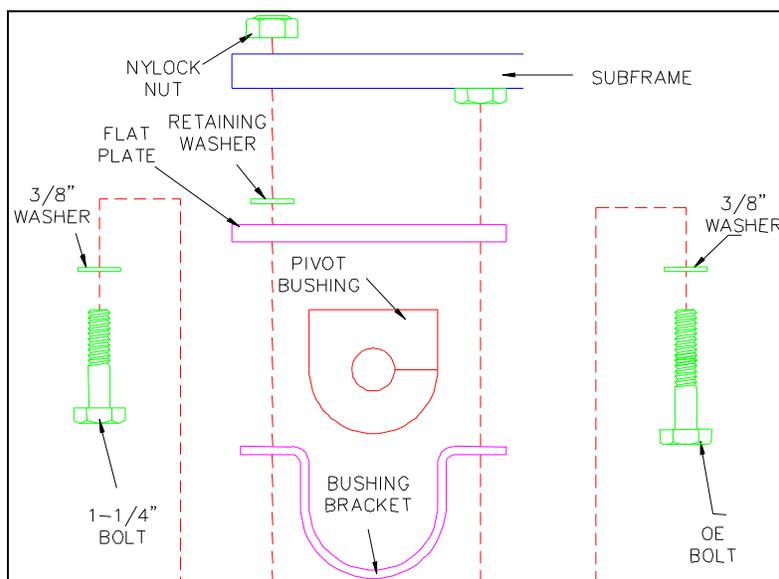
RECOMMENDED TOOLS:

- Properly rated floor jack, support stands, and wheel chocks
- Combination wrench set
- Socket wrench set
- Safety Glasses

REMOVAL & INSTALLATION

1. Open the hardware kit and remove all of the contents. Refer to the part list (Page 2) to verify that all parts are present.
2. Park the vehicle on a smooth, level concrete surface and activate the parking brake. Block the REAR wheels of the vehicle with appropriate wheel chocks; making sure the vehicle's transmission is in 1st gear (manual) or "Park" (automatic).
3. Using a properly rated floor jack, lift the front wheels of the vehicle off the ground. Place support stands, rated for the vehicle's weight, and in the factory specified locations. Refer to the vehicle Owner's Manual. Prior to lowering the vehicle onto the stands, make sure the supports will securely contact the chassis.
4. It is very important that the vehicle is properly supported during this installation to prevent personal injury and chassis damage! Make sure that the supports stands are properly placed prior to performing the following procedures. We **DO NOT RECOMMEND** using wheel ramps while performing this installation.

5. Slowly lower the vehicle onto the stands and, before placing the vehicle's entire weight on them, again check that they properly and securely contact the chassis as described above. Check for possible interference with any lines, wires, cables, or other easily damaged components.
6. Remove the two retaining bolts securing the rear portion of the passenger's side lower control arm to the chassis. Separate the rear of the control arm from the chassis.
7. Remove the end links and bushing brackets from the original equipment anti-sway bar. Remove the anti-sway bar from the vehicle.
8. Thoroughly lubricate the inside of your new bushings using the supplied grease. Place the bushings on the new ST anti-sway bar.
9. Position the ST anti-sway bar on the vehicle and fasten the bushing & bracket to the subframe as shown in the diagram. Slide the supplied, thick retaining washer into the slot on the subframe. Tighten the OE bolt to approximately 50 ft/lbs, and supplied 3/8" bolt to 23 ft/lbs.



10. Fasten the rear portion of the control arm to the chassis and torque the 2 bolts to approximately 44 ft/lbs. Fasten the original equipment end links to the ends of the anti-sway bar and tighten the link nut to 23 ft/lbs.
11. Go over the entire installation procedure and make sure all appropriate hardware is properly tight & torqued. Install the wheels and lower the vehicle.
12. Check brake hoses, steering and other components for any possible interference.
13. Lift the vehicle and remove support stands. Carefully lower vehicle to the ground.
14. Installation is complete. Check all of the hardware and re-torque at intervals for the first 10, 100, 1000 miles.

PARTS LIST - 50010

PART No.	DESCRIPTION	QTY.
50010-300	FRONT ANTI-SWAY BAR	1
113205	7/8 INCH BUSHING	2
114032	BUSHING BRACKET	2
114038	BUSHING SUPPORT PLATE	2
110255	3/8" - 16 NYLOCK NUT	2
112094	3/8" - 16 x 1.25" HHCS	2

110625	3/8" SAE WASHER	2
112520	3/8" x 1.5" x .1.25" Thick Washer	2
55000-10	Grease Pack	1