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**Part # 11249100**  
**68-72 GM "A" Body Front MuscleBar**

**Components:**

1	90000151	Front sway bar (38.750" Tube length)
1	90000148	Driver side arm
1	90000149	Passenger side arm
1	90000146	Driver side frame plate
1	90000147	Passenger side frame plate
1	90000153	Driver side frame bracket
1	90000154	Passenger side frame bracket
2	90000926	90 degree 10mm PosiLink
2	90000924	Straight 10mm PosiLink
4	90000717	T-bushing (PosiLink to lower arm)
2	90001099	Polyurethane frame bushing – 1.5" I.D.
2	99250001	¼-28 straight grease zerk
1	90001092	Tube of Lithium grease
2	99115001	10mm x 1.5 x 36mm stud (use Loctite) In PosiLink

**Hardware Kit: 99010041**

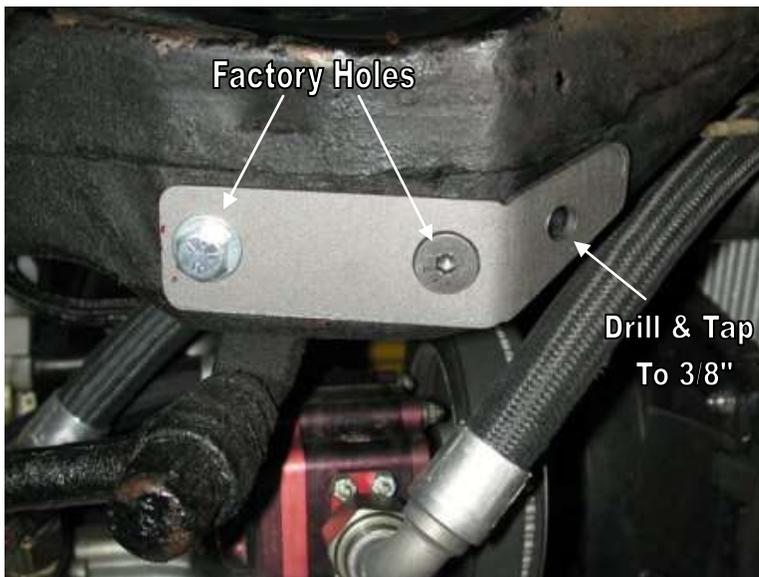
2	99371028	3/8" x 3/4" USS Flat head Allen bolt	Frame plate to frame
4	99371004	3/8" x 1 ¼" USS bolt	Frame bracket
14	99373003	3/8" SAE flat washer	Frame bracket / Sway bar arm to bar
10	99373005	3/8" lock washer	Frame bracket / Sway bar arm to bar
6	99371017	3/8" x 1" Button head Allen bolt	Sway bar arm to bar
4	99112002	10mm Nylok nut	PosiLink
2	99502003	½" SAE Nyloc jam nut	Steering arm

# MUSCLEbar™

by Air Ride Technologies

## 11249100 Installation Instructions

1. This sway bar was designed for use with our lower StrongArms. Installation with other control arms may require modification.
2. Remove the end links from the factory sway bar. Then remove the bolts attaching the sway bar to the frame.



3. Bolt the frame plate to the frame using the factory sway bar holes. The front hole will use a 3/8" x 3/4" flat head Allen screw. The rear hole will use a standard 3/8" x 1 1/4" hex bolt.

4. Using the bracket as a guide, drill the front hole with a 5/16" bit and thread with a 3/8"-16 tap.

**Note:** On some cars the factory bolt holes may be 5/16" and will need to be drilled and tapped to accept a 3/8" bolt.



5. Slide the poly bushing over the bar and lubricate with the lithium grease supplied.

6. Slide the bracket over the bushing and fasten the bar to the frame using  $3/8"$  x  $1\ 1/4"$  bolts, flat washers and lock washers.

**Note:** Future lubrication should only be done with non-petroleum based lubricants.



7. Bolt the sway bar arm to the bar using  $3/8"$  x  $1"$  Button head screws with flat washers and lock washers.

8. Fasten the 90 degree end of the PosiLink to the sway bar arm using a  $3/8"$  flat washer on each side of the arm and a 10mm Nylok nut.

9. Two T-bushing will be used on each side to attach the straight end of the PosiLink to the lower control arm. Secure with a 10mm Nylok nut.

10. Install the thin  $1/2"$  Nylok nuts on the front bolt of the steering arm, and cut off excess threads.

11. Check PosiLink alignment through full suspension travel to ensure that it does not bind.

