

2004-09 MAZDA 3 FRONT SWAY BAR - Installation Instructions

TOOLS REQUIRED:

- Torque wrench
- 30" ratchet extension
- 17mm universal joint socket (or)
- 17mm shallow socket with a universal joint
- 12mm Socket
- 3/8" ratchet
- 21mm socket
- 14mm socket
- 5mm Hex
- 14mm Crowfoot socket (optional)

ESTIMATED TIME: 1-2 hrs. **PEOPLE REQUIRED:** 2

Note: If you are installing the Racing Beat Heavy Duty End links, begin with the installation instructions for the end links before proceeding. If not, proceed to step #1.

Read these installation instructions before starting:

1. Loosen the front wheel lug nuts, then raise the car and place on safety stands. NEVER work under a car supported only by a floor jack! Remove the front wheels.
2. Unscrew the one (1) 17mm head securing bolt from both the left and right forward side of the steering rack by using a 30" extension and universal joint. To access these bolts, guide the socket extension through an opening as shown in Photo A and have an assistant position the socket head onto the bolt. This process allows access to the steering rack bolts and prevents undue stress on the steering column during the following steps.
3. Remove the 17mm head bolt from the bottom of the rear engine mount. See Photo B.
4. Remove the 14mm head nuts which attach the sway bar ends to the end links. See Photo C.
5. Loosen both forward (left & right) upper subframe bolts (17mm head) approximately 1/2". See Photo C.

NOTE: You do NOT need to support the engine in the following steps.

6. Remove the (2) brackets from each side of the rear of the subframe [(2) 12mm head bolts and (1) 21mm head bolt with washer.] See Photo D.
7. Pull the subframe downward at the rear.
8. Remove the sway bar retaining brackets on both sides. (14mm head bolts) On the left side, lift the steering rack so you can gain access to the bolts.
9. Remove the sway bar from the car. (If you are installing the Racing Beat End links, proceed with Step 3 in the instructions supplied with the links.)
10. Lubricate the urethane bushings with the supplied grease. Install the Racing Beat sway bar in the reverse order of removal. (Install the bushings and clamps once the bar is on the car.)
11. Retighten the attachment bolts using the following torque specifications:

Sway bar ends to links:

- 14mm head nuts: 40-45 ft/lbs

Stock end links - If needed, insert a 5mm hex wrench into the end of the end link stud to prevent the stud from rotating. Place a 14mm Crowfoot Socket onto your torque wrench and place the socket onto the retaining nut. While firmly holding the hex wrench, use the torque wrench to tighten the retaining nuts to 40-45 ft/lbs. Alternatively, you may be able to use a box or open end wrench to partially tighten the nut and then finish torquing with a 14mm socket.

Sway bar retaining brackets:

- 14mm head nuts: 30-36 ft/lbs

Others:

- Subframe bracket - 12mm head: 13-19 ft/lbs
- Subframe bracket - 21mm head: 69-86 ft/lbs
- Steering rack bolt - 17mm head: 55-79 ft/lbs
- Upper subframe bolt - 17mm head: 72-97 ft/lbs
- Rear engine mount - 17mm head: 69-85 ft/lbs
- Misc - 14mm Head bolts: 28 ft/lbs

