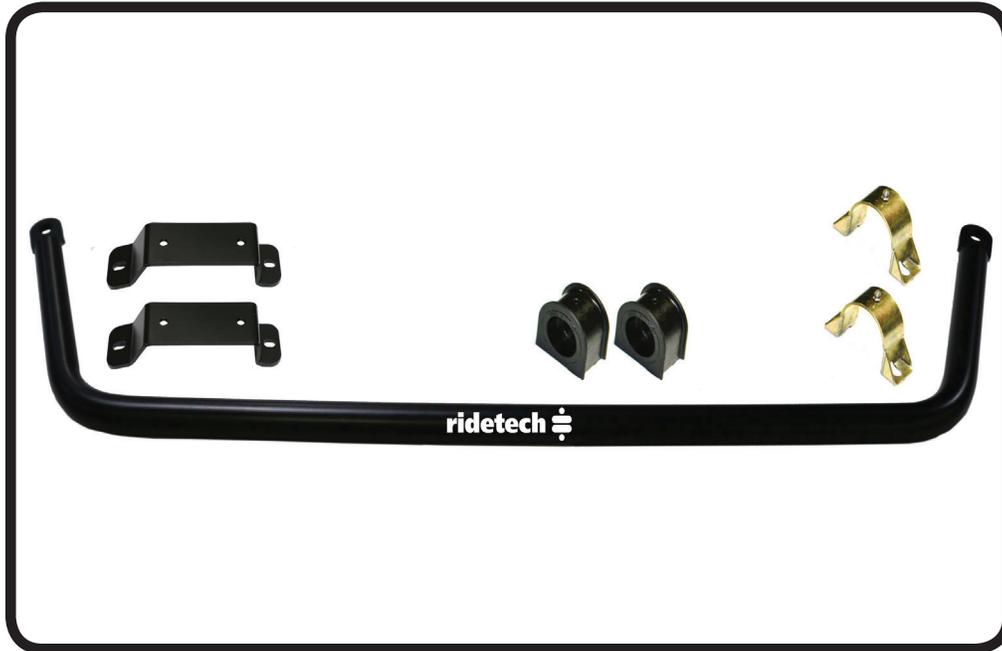




### Part # 11369100 - 1963-1987 C10 Front MuscleBar



#### Recommended Tools



## 1963-1987 C-10 Front MuscleBar Installation Instructions

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THIS MUSCLEBAR IS DESIGNED TO BE USED WITH RIDETECH STRONGARMS.



### Major Components .....In the box

Part #	Description	QTY
90002768	Front SwayBar	1
	12 mm PosiLink Assemblies (99125001, 90000922, & 90000921)	2
70013130	Delrin Sway Bar Bushing Liner	2
90002513	Bushing Strap	2
70012913	SwayBar Bushing	2
90002591	SwayBar Mounting Bracket	2

#### HARDWARE KIT #99010050

Part #	Description	Usage	QTY
	<b>SWAY BAR TO FRAME HARDWARE</b>		
99371004	3/8"-16 x 1 1/4" Hex Bolt	Frame & Control Arm Mount	8
99372002	3/8"-16 Nylok Nut	Frame & Control Arm Mount	8
99373003	3/8" SAE Flat Washer	Frame & Control Arm Mount	16
	<b>POSILINK HARDWARE</b>		
99122001	12mm Nylok Nut	PosiLink to Control Arm & MuscleBar	4
99433002	7/16" SAE Flat Washer	PosiLink to Control Arm & MuscleBar	8

### Getting Started.....

**Install all Front Suspension Components before installing the SwayBar.**

If your truck is equipped with an OEM Swaybar, remove it and the Frame Mount to prepare for the MuscleBar installation. The rivets on the frame mount will need to be removed to remove the mount.

This SwayBar kit utilizes a Delrin Liner in the SwayBar Bushing. The Delrin Liner allows the Swaybar to move freely and quietly in the Bushing. The Delrin is self-lubricating, no lubrication is required.



**1.** Some trucks are equipped with a OEM swaybar. If your truck has one, the OEM mount will need to be removed to install the MuscleBar. This is done by removing the rivets. The rivets can be removed by chiseling the heads off and driving them out or by drilling the rivets out. The new Frame Mount bolts directly in place of the old mount. If your truck doesn't have a sway bar, the mounting holes will still be in the frame.



### MuscleBar Installation

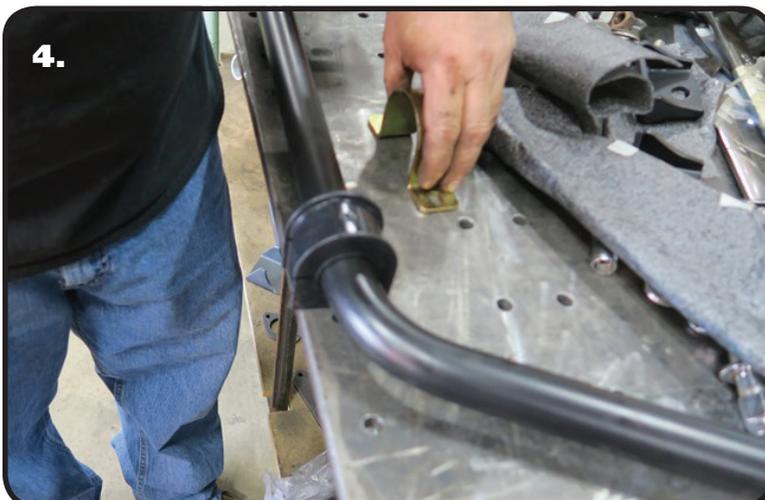


2. The MuscleBar Mount attaches to the frame using the holes from the OEM mount. The end of the frame bracket with the angled bends goes forward. Attach the bracket using a 3/8"-16 x 1 1/4" bolt, 3/8"-16 Nylok nut and a 3/8" Flat Washer on top and bottom. The same hardware setup is used in each hole. Repeat on the other side and tighten hardware.



3. The Delrin Liner is split on one side to ease installation. We found it easier to install by opening up the Liner enough to slide it onto the end of the SwayBar, then sliding it into position. It will open up and slide over the curves in the Bar. Install a Liner on each side of the SwayBar in the approximate location they will need to be when installing the SwayBar on the Truck.

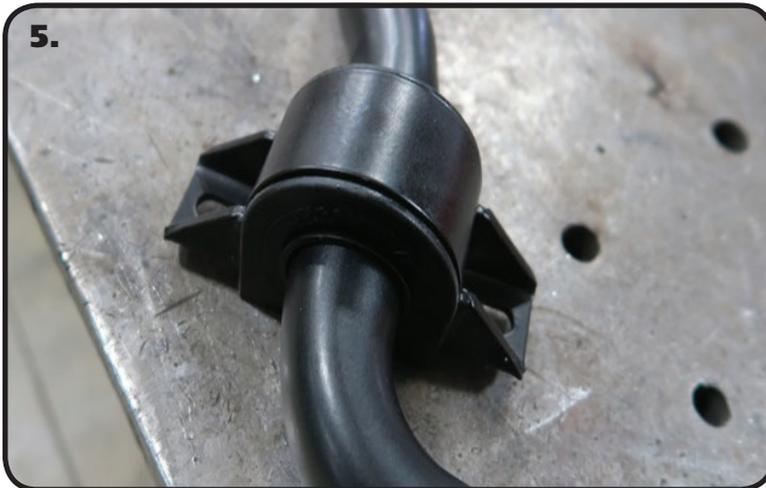
**Note:** The Delrin is self-lubricating, no lubricant is needed.



4. Open up the Poly SwayBar Bushings and install them over the Delrin Sleeves.



### MuscleBar Installation



5. Install Bushing Straps Over the Poly SwayBar Bushings.



6. Hold the SwayBar into position on the truck with the SwayBar arms below the tie rods. Align the holes in the Bushing Straps with the holes in the Frame Brackets. Install a 3/8" Flat Washer on (4) 3/8"-16 x 1 1/4" Hex Bolts and insert them into the holes. Install a 3/8" Flat Washer and 3/8"-16 Nylok Nut on each Bolt. Center the bar in the bushings before snugging up the hardware. Do **NOT** completely tighten the Hardware. It will be left partially loose until the End Links are installed.



7. Attach the PosiLinks to the MuscleBar and StrongArm using a 7/16" SAE Flat washer on each side of the arm on the MuscleBar and each side of the bracket on the StrongArm. The 90 degree PosiLink needs to be installed with the **THREADS POINTING IN TOWARD THE FRAME**. Install 12mm Nylok nut on each posilink and tighten down. Torque to 50 ftlbs.

8. Tighten the bolts attaching the bushings bracket to the frame. After installation, be sure that the Musclebar will go through the entire suspension travel without contacting anything.