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2007 - 2016 Jeep Wrangler JK
0"- 4" Lift
Adjustable Front Track Bar
Installation Instructions

REQUIRED TOOL LIST:

- Safety Glasses
- Metric / Standard Wrenches & Sockets
- Adjustable Wrench
- Tape Measure
- Torque Wrench



Before beginning the installation, thoroughly & completely read these instructions & the enclosed driver's WARNING NOTICE. Affix the WARNING decal in the passenger compartment in clear view of all occupants. Please refer to the Parts List to insure that all parts & hardware are received prior to the disassembly of the vehicle. If any parts are found to be missing, contact SKYJACKER® Customer Service at 318-388-0816 to obtain the needed items. If you have any questions or reservations about installing this product, call SKYJACKER® Technical Assistance at 318-388-0816.

Component Box Breakdown:

Part #: FTBA45

Item #	Description	Qty	Item #	Description	Qty
JKFTBA10-B	FRONT ADJUST TRACK BAR	1	34RFTJN	3/4" RIGHT HAND JAM NUT	1
RR34X14RB	3/4" ROD END W/14MM BUSHING	1	I-FTBA45	INST SHEET: FTBA45	1

Installation:

1. Park the vehicle on a level asphalt or concrete surface & chock the front & rear tires / wheels.
2. Remove the OEM track bar bolt from the lower axle mounting location using a 21mm socket or wrench. **Note:** If needed, attach a ratchet strap between the frame & the front differential to take the load off of the lower OEM track bar bolt.
3. Remove the OEM track bar bolt from the upper frame mounting location using a 21mm socket or wrench.
4. Remove the OEM track bar & install the fixed end of the new Skyjacker adjustable front track bar to the upper track bar mounting location using the OEM hardware & a 21mm socket or wrench. **Do not tighten at this time.** (See Photo # 1)



Photo # 1

5. Using a tape measure, check the vehicle to make sure the body is centered over the front tires / wheels & adjust the new Skyjacker rod end to align with the lower track bar mounting location.
6. Install the adjustable end of the new Skyjacker adjustable front track bar to the lower track bar mounting location using the OEM hardware & a 21mm socket or wrench. **Do not tighten at this time.** (See Photo # 2)
7. Tighten the upper & lower track bar mounting hardware to the OEM specifications using a 21mm socket or wrench.
8. Tighten the jam nut of the new Skyjacker rod end using an adjustable wrench.



Final Notes:

- After the installation is complete, double check that all nuts & bolts are tight. Refer to the following chart below for the proper torque specifications.
- With the vehicle placed on the ground, cycle the steering lock to lock & inspect the steering, suspension, brake lines, front & rear drivelines, fuel lines, & wiring harnesses for proper operation, tightness, & adequate clearance.
- After the first 100 miles, check all of the hardware for the proper torque & periodically thereafter.

<u>TORQUE SPECIFICATIONS</u>					
<u>INCH SYSTEM</u>			<u>METRIC SYSTEM</u>		
Bolt Size	Grade 5	Grade 8	Bolt Size	Class 8.8	Class 10.9
5/16	15 FT LB	20 FT LB	6MM	5 FT LB	9 FT LB
3/8	30 FT LB	35 FT LB	8MM	18 FT LB	23 FT LB
7/16	45 FT LB	60 FT LB	10MM	32 FT LB	45 FT LB
1/2	65 FT LB	90 FT LB	12MM	55 FT LB	75 FT LB
9/16	95 FT LB	130 FT LB	14MM	85 FT LB	120 FT LB
5/8	135 FT LB	175 FT LB	16MM	130 FT LB	165 FT LB
3/4	185 FT LB	280 FT LB	18MM	170 FT LB	240 FT LB

- The above specifications are not to be used when the bolt is being installed with a bushing.

Seat Belts Save Lives, Please Wear Your Seat Belt.