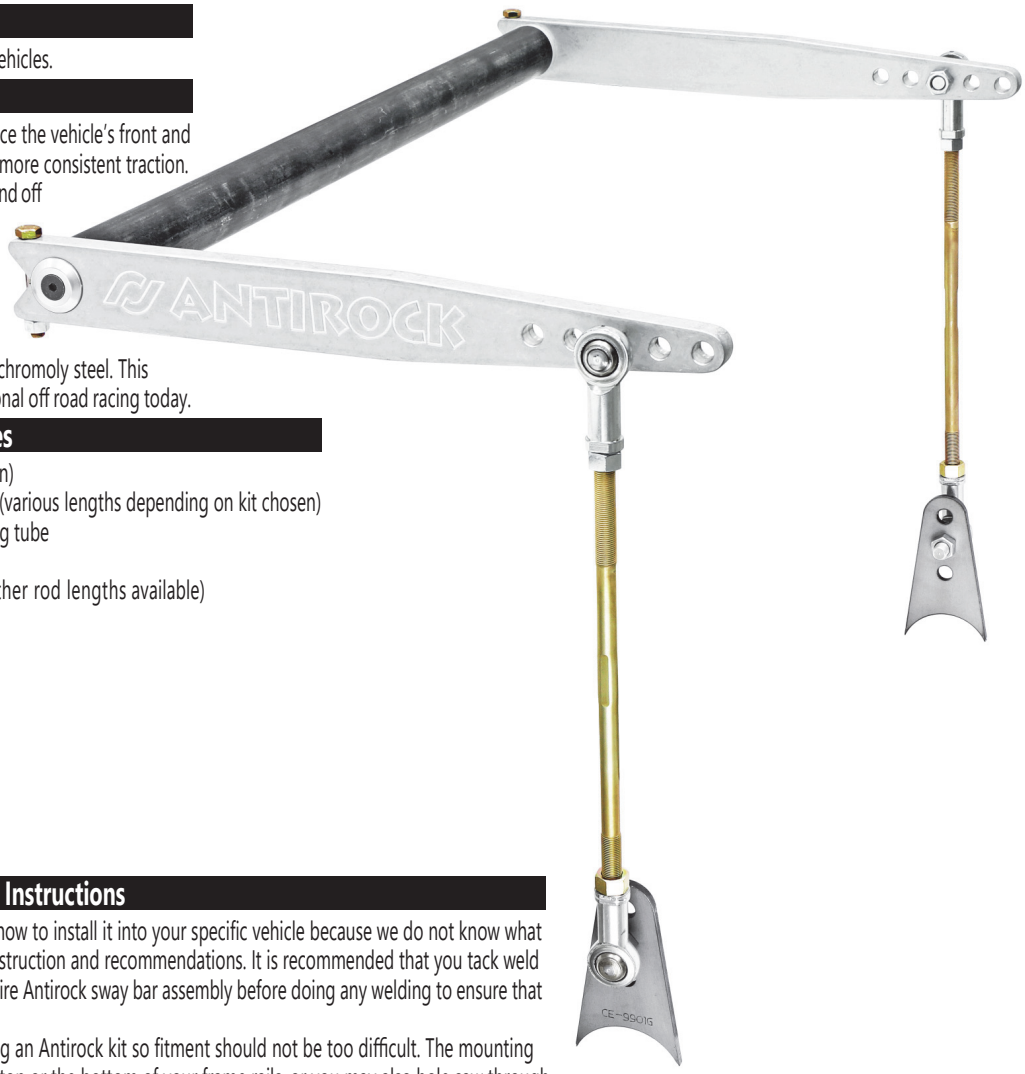
ANTIROCK®

OFFROAD SWAYBAR

UNIVERSAL ANTIROCK® SWAY BAR KITS
INSTALLATION INSTRUCTIONS & TECHNICAL MANUAL

ROCK JOCK® BY JOHN CURRIE



Fits

Universally installs on the front or rear of off road vehicles.

General Information

The Antirock® Off Road Sway Bar is designed to balance the vehicle's front and rear suspension when off roading, resulting in better, more consistent traction. Antirock® Sway Bars are designed to be connected on and off road. On the road, the vehicle will have more body roll than a stock vehicle normally would. Heavier Jeeps may need to increase the effect of the sway bar by decreasing the leverage point - there are 5 adjustment holes for changing the rate of the bar. The sway bar itself is of a torsion bar style design and is made out of 4130 chromoly steel. This matches the quality that is commonly used in professional off road racing today.

Kit Includes

1) Torsion Bar (various lengths depending on kit chosen)
2) Black Steel Side Arms - or - 2) Aluminum Side Arms (various lengths depending on kit chosen)
1) 1 3/4" o.d. x .095 wall d.o.m. steel sway bar mounting tube
2) Black UHMW sway bar bushings
2) 14" long x 1/2"-20 RH/LH Threaded Link Rods (other rod lengths available)
2) 1/2"-20 RH Thread Male Rod End w/ Stud
2) 1/2"-20 LH Thread Male Rod End w/ Stud
2) 1/2"-20 RH Thread Jam Nuts
2) 1/2"-20 LH Thread Jam Nuts
4) 1/2"-20 Nyloc Nuts
2) 5/16"-24 x 3/4" Flat Head Allen Bolts
2) 5/16" Aluminum Body Washers
2) 3/8"-24 x 2 1/2" Bolts
2) 3/8"-24 Nyloc Nuts

Instructions

1) Being that this is a universal kit, we cannot tell you how to install it into your specific vehicle because we do not know what you have, however we can provide some general instruction and recommendations. It is recommended that you tack weld the unit into your vehicle and fully assemble the entire Antirock sway bar assembly before doing any welding to ensure that everything fits and works as you have intended.

2) Hopefully you measured your frame before ordering an Antirock kit so fitment should not be too difficult. The mounting tube supplied can be welded to your frame on the top or the bottom of your frame rails, or you may also hole saw through your frame rails and run the tube through your frame and simply weld it at the ends. Another option is only using enough of the tube on each end to just support the sway bar bushing and discarding the rest of the tube. You would just want to not that the initial tube is exactly 2" shorther than the torsion bar length - you will need to retain this width of mounting points if you choose to cut the tube. Mount the tube in a place where the tube and the sway bar will be as protected as possible.

3) After mounting your tube, use a good sized mallet and a block of wood and knock the black UHMW bushings into the tube. If you have cut the tube, heavy burrs in the ends of this tube may need to be removed with a file before installing the bushings. A few hard hits should get the bushing in and seated against the lip.

4) Next, grease the ends of the sway bar and the inside diameter of the bushings. Use moly-lube or multi-purpose grease.

5) Push the torsion bar through the bushings. Use a mallet to tap on the end of the torsion bar if necessary (never hit the torsion bar with a metal hammer!). Center the bar in the tube.

6) Install the sway bar arms on each end of the torsion bar. Push the arms snuggly up against the black bushings. The arms should be clocked on the splines of the bar so that they are parallel with each other. Use the 3/8"-24 x 2 1/2" bolts and the 3/8" nylock nuts to clamp the arms to the sway bar. The 5/16"-24 x 3/4" flat head allen bolts and the 5/16" aluminum body washers

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bolt into the end of the torsion bar on each side for safety. You may now install the "Antirock" stickers on the arms.

7) At this point you will need to mount the tabs on the axle housing for the axle end of the vertical link rods. You'll want to see the Antirock Adjustment guidelines below. Set your axle in the middle of it's travel, as stated below and level the Antirock arms. Fully assemble the link rods, install them into the middle of the 5 holes on the Antirock arms for a starting point and then position the axle tabs to the axle. You may find that the link rods in the kit are the wrong length. You can cut and shorten the links in the kit to fit - if they are close. Otherwise, you may want to look at purchasing the correct length rods (from the list below).

8) Once you are satisfied with the sway bar link lengths and the positioning of the axle tabs on the axle, go ahead and weld the axle tabs to the axle.

9) CAUTION: Before operating the vehicle, articuate the suspension and check for proper function, within the guidelines of the adjustment recommendations below!

10) Test drive the vehicle. The sway bar rate may be increased by moving the end link location to one of the 5 holes holes on the arm that is closer to the torsion bar, thus shortening the arm. The sway bar rate may be decreased by moving the end link location to one of the 5 hole further toward the end of the arm, away from the torsion bar. NOTE: Each hole toward the sway bar that you move the linkage, you will lose approximately 1/2" of articulation.

Notes:

1) Vehicle will have more body roll than a normal vehicle with stock sway bars.

2) Antirock Sway Bars ultimately work best when they are installed on both ends of the vehicle.

3) The 2 hole settings on the Antirock arms closest to the torsion bar are intended for on-road use only.

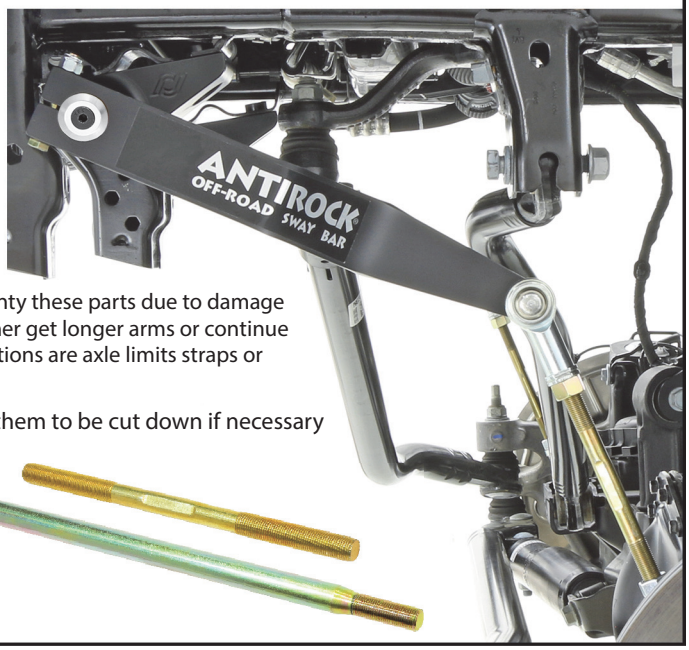
CALIFORNIA PROP 65 WARNING

WARNING: These products can expose you to chemicals including Chromium, Lead, Lead Compounds, Nickel (Metallic), Nickel Compounds, Diisonyl and Di(2-ethylhexyl) Phthalates (DEHP)(DINP) which are known to the State of California to cause cancer or birth defects or other reproductive harm. **For more information, visit www.P65warnings.ca.gov**

Proper Antirock® Adjustment

To correctly adjust a **front** or **rear** Antirock sway bar and determine how long the end links should be, we recommend the following process. You will need to determine how much suspension up travel and down travel that your vehicle has. Once you have those numbers, you will add them together to determine total overall travel. For example, if your vehicle has 4" of up travel and 8" of down travel, adding those number together, you get 12" of overall travel. Next, you'll need to find the midway point of your suspension travel, so, 12 divided by 2 is 6. So, the 6" point is the midway point of your vehicle's travel. You'll then need to set the axle at the 6" point – so the midway point of it's travel. When the axle is at the midway point of it's travel – this is the **ONLY** time the Antirock arms should ever be level. So, now that your axle is set to the midway point, go ahead and level the Anitrock arms. Next, measure center to center from the link mounting hole in the end of the Antirock arm, to the link mounting hole on your differential housing. This dimension is your mandatory link length for your specific vehicle build.

It is very important that, upon down travel, the link rod and the arm never become a straight line (see diagram to the right of a safe angle). If they do, you are in danger of them flipping upside down toward, the bumper, and not returning upward to their original location. If this situation does occur, the link rods and or the Antirock arms may be destroyed. RockJock **does not** warranty these parts due to damage caused by improper set up! If you foresee this being an issue, you'll need to either get longer arms or continue to adjust the link length (or both), until this situation can never occur. Other options are axle limits straps or shorter shocks that limit the axle's down travel.



Available Link Rods: feature long, trimmable RH & LH threads allowing them to be cut down if necessary for an exact fit in your application. See our website for exact specs.

CE-9901RD3	6.5" long Antirock sway bar link rod
CE-9901RD4	8.5" long Antirock sway bar link rod
CE-9901RD5	10.5" long Antirock sway bar link rod
RJ- 517200-1	12" long Antirock sway bar link rod
CE-9901RD2	14" long Antirock sway bar link rod
RJ- 253200-1	15.5" long Antirock sway bar link rod

If you have any questions on our products or require any assistance during the installation process of this product, please feel free to contact our technical staff at:

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