

Optional Hardware Kit(s) Include

Rear Track Bar Hardware

- (2) 9/16" x 2.75" bolts
- (4) 9/16" washers
- (2) 9/16" Top-Lock nuts

Required Tools

- Basic hand tools
- Torque Wrench
- Tools to torque down jam nuts can be an adjustable wrench or appropriate-sized crow foots adapters.

Torque Specs

- 9/16": 125 ft-lbs
- 1-1/2" jam nuts: 225 ft-lbs

Index

- Installation Notes: 2
- Length Chart: 3
- Rear Track Bar: 4

Installation Notes:

- We leave the grease fittings out of our control arm when we assemble them so that they do not break off during shipping. They are tapered fittings and may not sit flush with the sleeve on the control arm. Do not force the grease fitting to be flush as it might break the fitting off in the sleeve resulting in needing to extract the broken part or to send it back in to us to repair the threads.
- Depending on the year of your vehicle, you might need to open up the track bar bracket on the rear axle and frame. The Johnny Joints and polyurethane bushings we use are a larger diameter than the factory panhard bar bushings. This causes some interference with the track bar brackets welds and pinch seams. If the Johnny Joint or poly bushing is too big for the bracket, you might need to clearance those welds and pinch seams with a grinder or a punch and hammer for better fitment.

Length Chart:

FJ Cruiser/4Runner Length Chart						
	Stock	2"	3"	4"	5"	6"
Rear Loweres	26.75"	26.875"	26.92"	27.1"	27.25"	27.45"
Rear Uppers	12.3"	12.46"	12.66"	12.9"	13.25"	13.7"
Rear Track Bar	40.13"	40.13"	40.25"	40.35"	40.45"	40.6"

2003-2024 Toyota 4Runner Rear Track Bar Installation

REMOVAL

Raise and support the rear of the vehicle.

Step 1: Remove the axle side bolt and nut.

Step 2: Remove the frame side bolt and nut.

Step 3: Remove the old track bar.

Installation

Unscrew the new track bar and apply anti-seize to the threads. Set the new adjustable bar to length. New length varies based on lift height, bumper, spare tire, etc. For lifts 3" and higher you want to start at about 3/8" to 1/2" longer than the factory track bar.

Step 4: Slide the adjusting end of the bar into the frame side bracket, insert bolt and tighten only finger tight.

Step 5: Slide the other end the bar into the axle mounting bracket, insert bolt and tighten only finger tight. *Note that in order to line up the holes, using something like a ratchet strap to pull the axle into place might be necessary.

Step 6: Set the vehicle on the ground under its own weight.

Step 7: Tighten all bolts to factory torque specifications.

Step 8: Tighten the jam nut to the shaft of the track bar. *Note: keeping the jam nuts tight is a part of regular maintenance and failure to do so will result in premature thread damage and will not be covered under warranty.

Step 9: Grease all joints and bushings (where applicable) grease every 6 months. Re-torque all bolts and nuts after 300 miles and check suspension for tightness every 3,000 miles thereafter.