



DON'T FORGET

These instructions can be found in color and expandable at QA1.net

Technical Support Line: (952) 985-5675 Email: sales@QA1.net

INSTALLATION INSTRUCTIONS

QA1 P/N 5222 Adjustable Panhard Bar
1982-2002 Camaro/ Firebird

READ ALL INSTRUCTIONS CAREFULLY AND THOROUGHLY PRIOR TO STARTING INSTALLATION. PRODUCTS THAT HAVE BEEN INSTALLED ARE NOT ELIGIBLE FOR RETURN. USE THE PROPER JACKING LOCATIONS. DEATH OR SERIOUS INJURY CAN RESULT IF INSTRUCTIONS ARE NOT CORRECTLY FOLLOWED. A GOOD CHASSIS MANUAL, AVAILABLE AT YOUR LOCAL PARTS STORE, MAY ALSO AID IN YOUR INSTALLATION.

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TOOLS AND SUPPLIES REQUIRED

- Floor Jack
- Jack Stands
- Blue Loctite™
- 18mm, 21mm, 1/2" sockets and ratchets
- Tire Chocks
- Lug wrench
- Torque Wrench
- 18mm, 21mm, combination wrenches

Removal of Stock Panhard Bar

1. Place the car on a level surface and place tire chocks in front of and behind the front tires. **Figure 1.**
2. Support the rear of the car on jack stands. See **Figure 2.**
Note: The vehicle must be supported with vehicle's normal weight on rear axle.
3. Remove the bolts at each end of the stock panhard bar and remove the panhard bar from the vehicle. Inspect hardware and replace if needed. See **Figure 3.**

Note: Keep floor jack under car during the complete removal and installation procedure.



Installation of QA1 Panhard Bar

1. Install the QA1 panhard bar with the grease fittings facing down. See **Figure 4**. QA1 panhard bars are greased during assembly, but it is good practice to grease the bushings during installation.

Note: Your new adjustable panhard bar is to be installed with the adjuster sleeve on the driver's side of the vehicle.

2. Place a drop of Blue Loctite™ on clean bolt threads and torque to 50 lb. ft.
3. QA1 panhard bars are adjusted to the stock length. To adjust loosen the two jam nuts and turn the adjuster sleeve until the rear axle is centered under the car. To check, measure from the tire sidewall to the fender lip.
4. Remove the jack stands and lower the vehicle.

Re-check all nut and bolt tightness after first 10 miles.

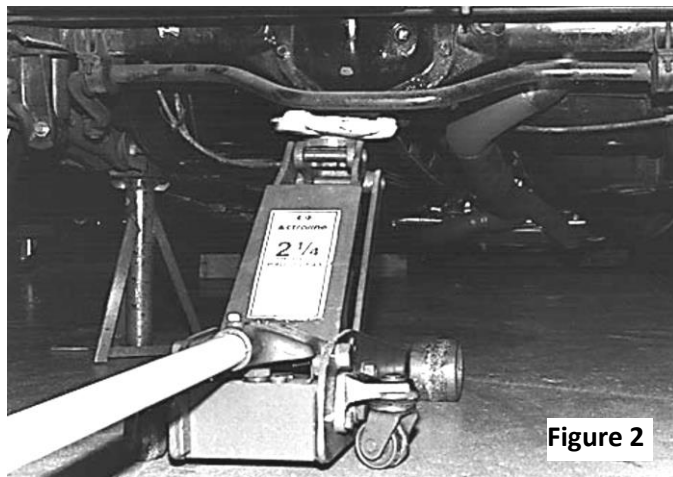


Figure 2

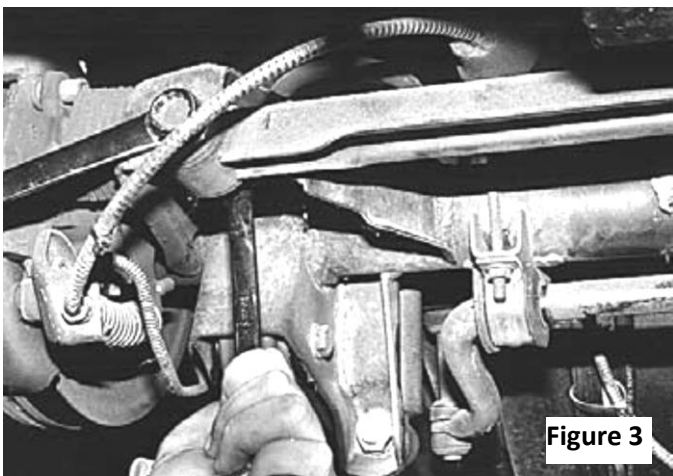


Figure 3

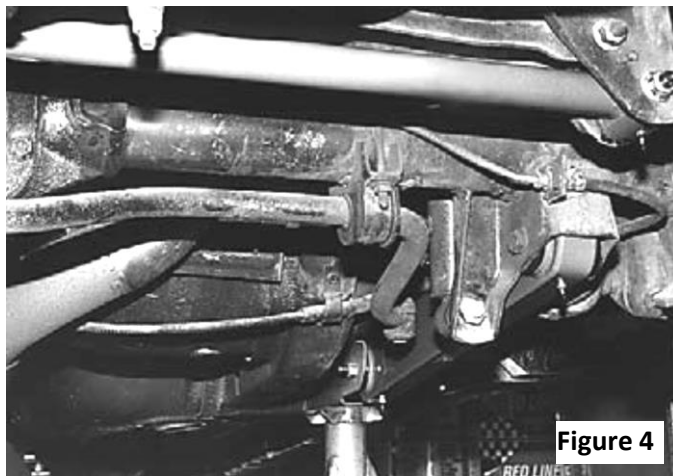


Figure 4

To further upgrade your suspension, use other QA1 suspension products such as coil-overs, shocks, struts, springs, K-members, torque arms, panhard bars, sub-frame connectors, strut tower braces, rod ends, sway bars, tubular control arms, spherical bearings, carbon fiber driveshafts and more. For more information, please visit www.QA1.net.

Dedicated Technical Support Team

QA1 is dedicated to providing quality support and instructions. We employ passionate racers and car enthusiasts that know our products and the industry to better serve you.

Check out our tech videos at www.YouTube.com/QA1Tech for:

- Frequently Asked Questions
- Quick Tips
- Install Information
- Tuning and Repair Guides
- Other technical information

Or call to speak with one of our experts: 1.800.721.7761

*Our technical support and order lines are open Monday - Friday, 8 am to 5 pm CST.



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