

QA1
GO DRIVE IT.



QA1 TRACTION BAR KIT 19-26 CHEVROLET SILVERADO 1500/19-26 GMC SIERRA 1500
INSTALLATION INSTRUCTIONS: 52099

WELCOME TO QA1!

OUR COMMITMENT

Congratulations on your purchase of this high-quality QA1 2019-2026 Chevrolet Silverado 1500/GMC Sierra 1500 Traction Bar Kit. They are engineered to the highest standards, utilizes the finest materials, and is built with exceptional craftsmanship and attention to detail.

While we understand your eagerness to start your build, please remember that your safety is our utmost priority. Always use an approved and appropriately rated jack, jack stand, or automotive lift, and take all necessary safety precautions to ensure the job is completed safely and correctly.

Before you start, read and understand all instructions thoroughly. With hand tools and essential equipment, you can do the main assembly and setup of your new traction bar kit in your home garage, but if you feel unsure of your abilities during the assembly or installation and need some help or have any uncertainties, please seek the assistance of a qualified mechanic or automotive repair shop.

If you have any product questions or need guidance, please don't hesitate to call and speak with QA1 technical support at 952-985-5675. Remember, we're here to support you every step of the way and are committed to ensuring your assembly and installation process is successful and enjoyable. We wish you all the best!

BEFORE INSTALLATION

Before you begin the QA1 2019-2026 Chevrolet Silverado 1500/GMC Sierra 1500 Traction Bar Kit installation, read and understand these instructions carefully. If instructions are not correctly followed, personal injury, equipment, or product damage can result. Products that have been installed are not eligible for returns. To prevent mistakes, thoroughly read these instructions before you start the traction bar kit assembly procedure.

Check your order as soon as possible upon delivery. QA1 has provided parts list tables and images, as shown on pages 4 and 5. Compare your order's contents against the tables. Call your authorized dealer immediately if you discover anything missing from your order. This kit requires no welding to assemble and install.

It is important to wear the appropriate personal protective equipment (PPE). However, the responsibility does not end there. Follow the manufacturer's instructions for safe use when working with power tools, and be cautious and responsible in your work. Make sure to ventilate combustible vapors and remove any nearby flammable materials.

ABOUT THIS MANUAL

PURPOSE

These instructions outline the installation of the QA1 Traction Bar Kit. This system is designed to work with the QA1 Rear Drop Kit for 19-26 Silverado 1500/Sierra 1500 with multi-leaf rear leaf springs.

ITS CONTENTS

The information that follows is described in this instruction set:

- Required tools and supplies.
- Safety, hazard, and warning rules.
- Product overview and included parts.
- Installation and the setup procedures required for use.

Pages with images will have paragraphs and sentences with callout numbers that refer to their respective images, steps, and parts.

Procedures, once described in the text, are generally not repeated. When it is necessary to refer to another procedure, the page and step reference will be given.

REQUIRED TOOLS AND SUPPLIES

- Floor Jack
- Jack Stands
- SAE and Metric Wrench Set
- SAE and Metric Socket Set
- Torque Wrench (lb-ft)

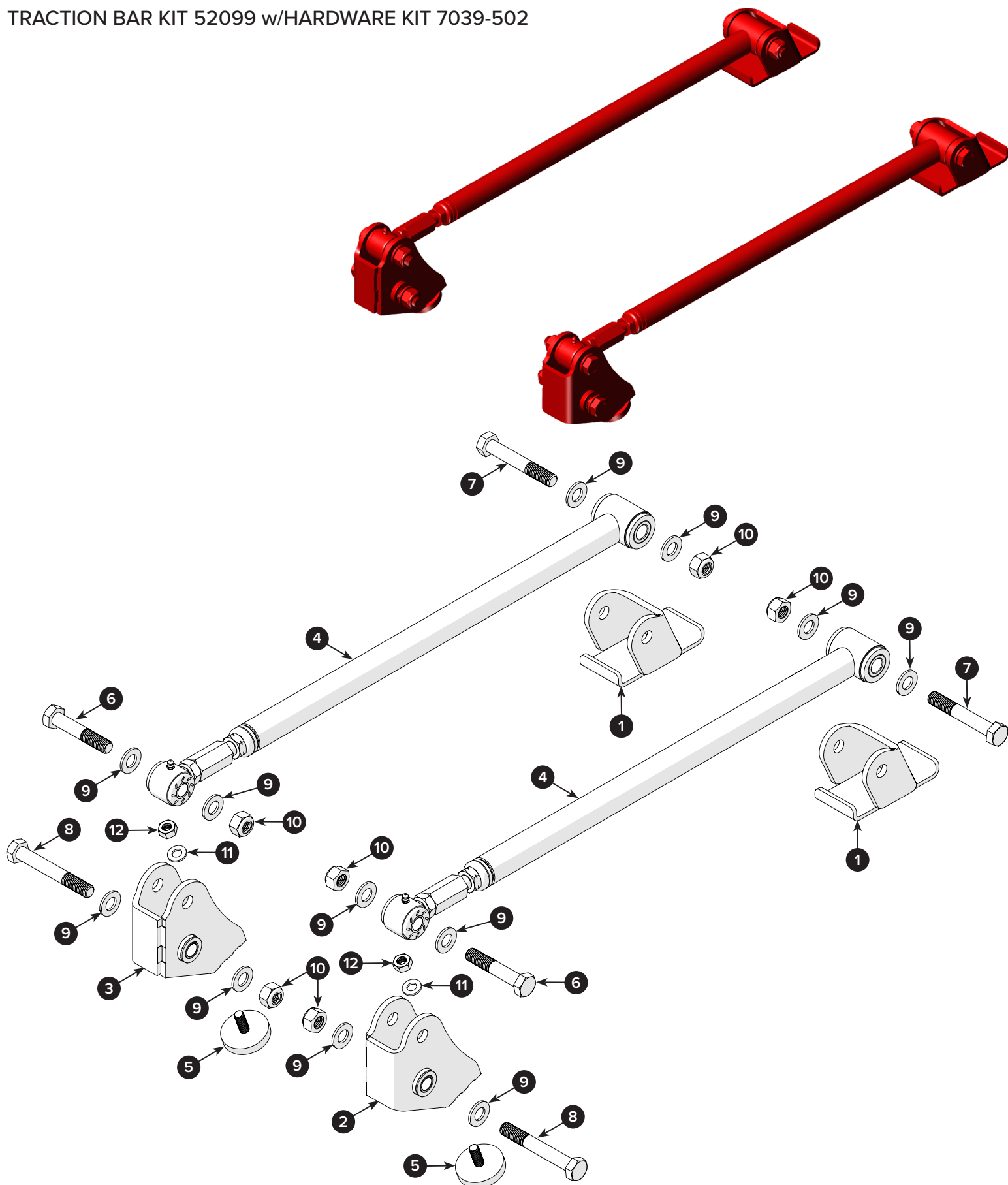
SAFETY FIRST

- Work on your vehicle in an appropriate location.
- Park your car on a level surface.
- Use wheel chocks to prevent vehicle roll.
- Check your owner's manual for the correct jack lift points.
- Always support your vehicle with jack stands.
- Wear personal protection like safety glasses, gloves, and a fine particle respirator mask.
- Never use compressed air to clean brake or metal grinding dust from the brake, suspension components, frame, or rear axle housing.
- Grind metal only in a well-ventilated area, and wear a respirator until the dust has settled and the work area air has been cleared.
- Dispose of damaged or old parts in accordance with local laws. Do not throw any hazardous waste in the trash.
- Follow the manufacturer's instructions for safe use when working with power tools, and be cautious and responsible in your work.

CONTENTS

QA1 TRACTION BAR KIT	4-12
PARTS LIST	4
VEHICLE PREPARATION	6
RETROFIT	7-8
TRACTION BAR MOUNT	7
ASSEMBLY	9-13
TRACTION BAR ROCKER	9
TRACTION BAR.....	10
TRACTION BAR ADJUSTMENT	13
WARRANTY.....	14

TRACTION BAR KIT 52099 w/HARDWARE KIT 7039-502



2019-2026 SILVERADO 1500/SIERRA 1500 TRACTION BAR KIT 52099

POSITION	DESCRIPTION	QTY	TORQUE SPECIFICATION
1	WELDMENT, REAR TRACTION BAR MOUNT	2	—
2	ROCKER ASSEMBLY, LH	1	—
3	ROCKER ASSEMBLY, RH	1	—
4	TRACTION BAR ASSEMBLY	2	—
5	BUMP STOP, FLAT 1.626" OD X .688" TALL	2	—

2019-2026 SILVERADO 1500/SIERRA 1500 TRACTION BAR HARDWARE KIT 7039-502

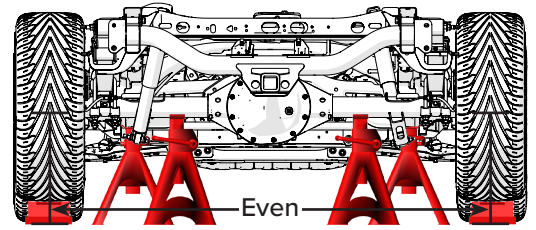
POSITION	DESCRIPTION	QTY	TORQUE SPECIFICATION
6	BOLT, HEX M14-2.0 X 75 mm	2	75 lb-ft
7	BOLT, HEX M14-2.0 X 90 mm	2	75 lb-ft
8	BOLT, HEX M14-2.0 X 100 mm	2	75 lb-ft
9	WASHER, FLAT 14 mm	12	—
10	NUT, NYLOCK M14-2.0	6	—
11	WASHER, FLAT 10 mm	2	—
12	NUT, HEX M10-1.5	2	10 lb-ft

Note: The part positions listed above will be called out in this installation manual as a visual reference to their respective positions during the installation procedure. Refer to these pages during the installation. Count and compare all parts and fasteners to the list above. If parts are missing, contact QA1 at sales@qa1.net.



Installer's Note: This traction bar kit is designed to work only with the QA1 Rear Drop Kit and will not work with a factory setup. Therefore, these instructions assume your truck is already equipped with the QA1 Rear Drop Kit for the 2019-2026 Chevrolet Silverado 1500.

This instruction set shows only the frame and chassis of the pickup truck. The body has been removed for visual clarity.

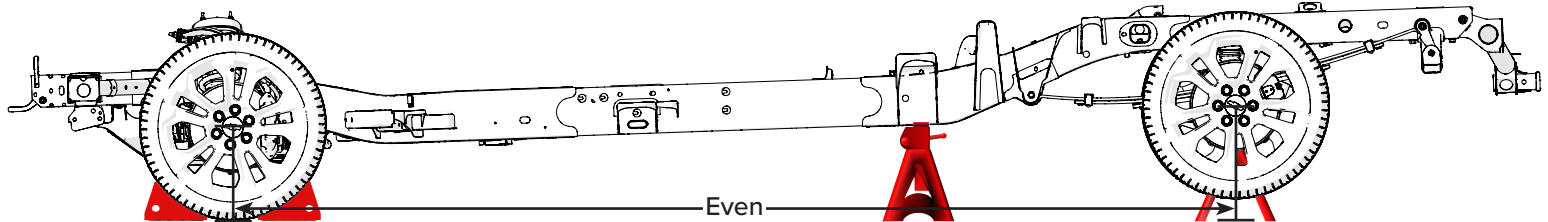


1

Chock the front tires, then use a floor jack and lift the rear of the vehicle at its designated lift points.

Put a pair of jack stands under the frame to support it, then lower the floor jack.

Make sure the jack stands are level and evenly positioned for a safe vehicle load.



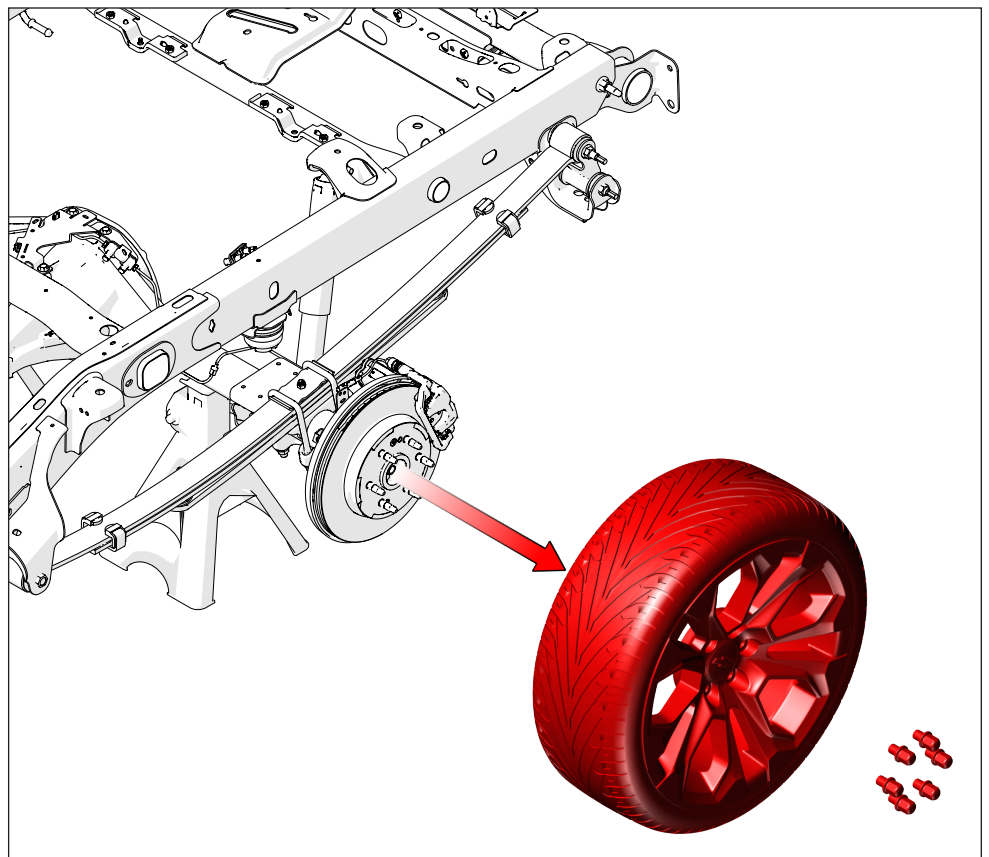
Installer's Note: These instructions begin on the rear driver's side (LH) of the vehicle.

2

First, remove the lug nuts and wheels from both the left and right rear sides of the vehicle.

To update a previously installed system, proceed to step 3.

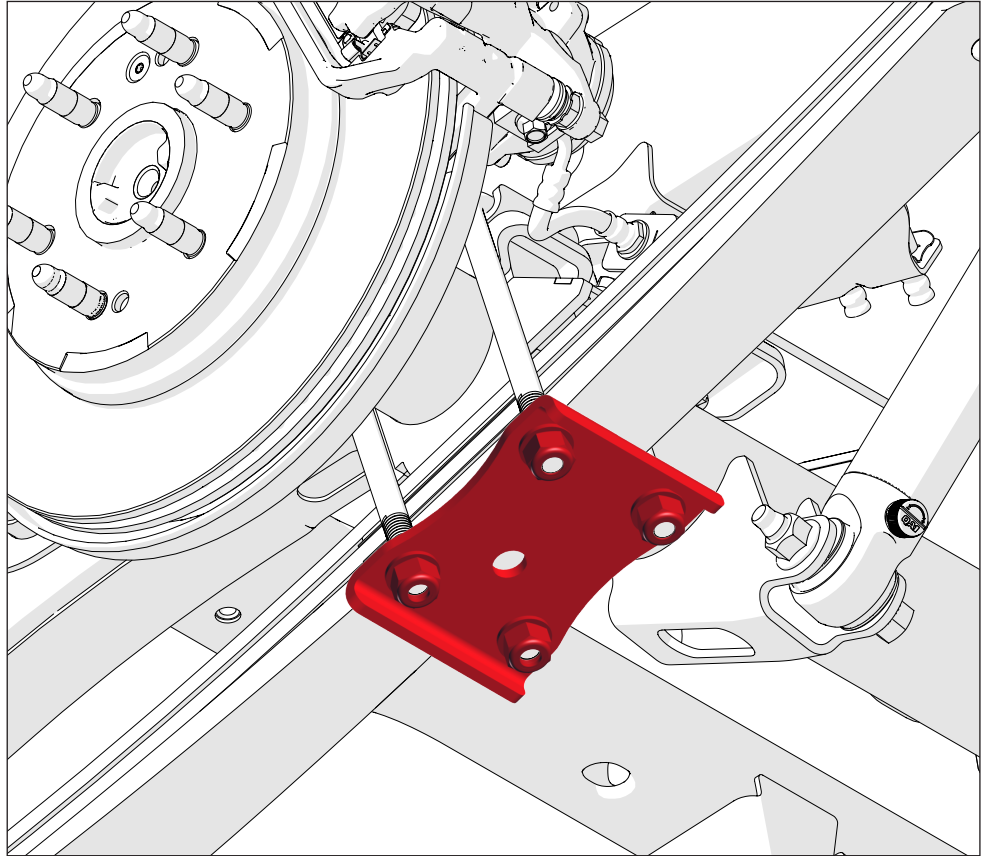
If the traction bars will be installed at the same time as the rear drop kit, go to step 5..



Installer's Note: Steps 3 and 4 apply only to retrofitting the traction bars onto a previously installed QA1 rear drop kit.

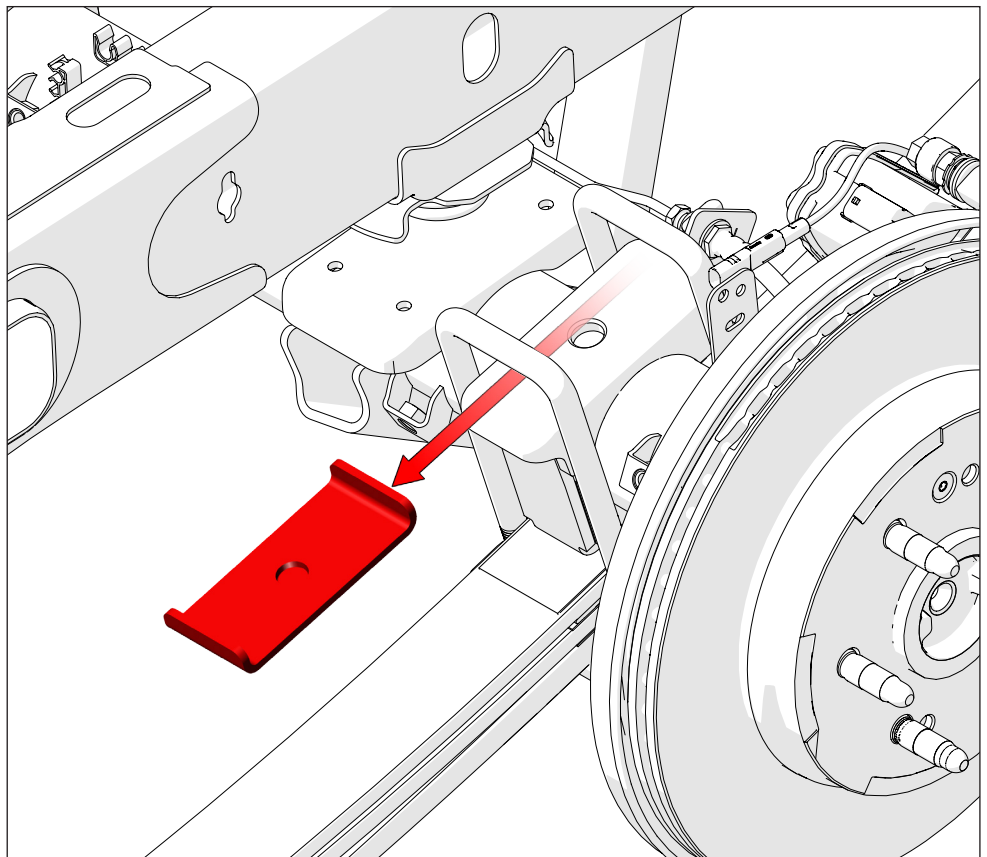
3

Loosen, but do not remove, the nuts and washers on the bottom of the lower leaf spring plate.



4

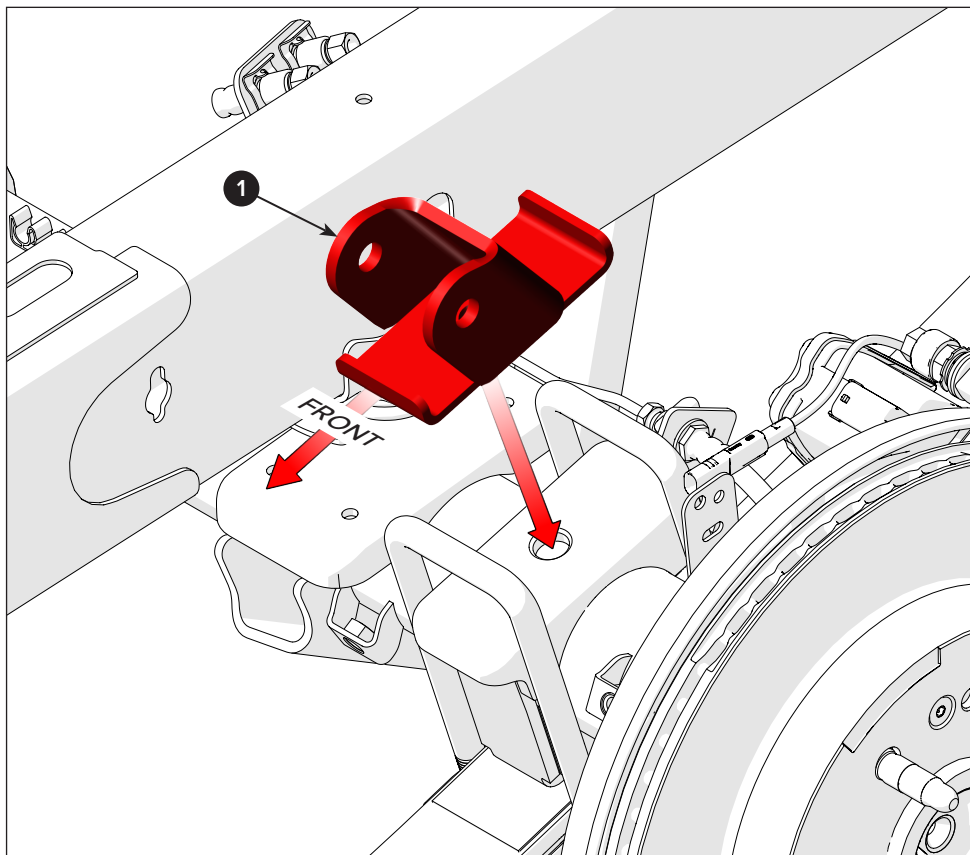
Now, lift the U-Bolts and remove the upper axle plate; discard it, as it will not be reused.



- 5** Put the LH rear traction bar mount (1) onto the axle's factory spring mount, and align the stamped relief into the front hole.

The angled top of the bracket must face forward.

Then, put the square U-Bolts on each side of the mount.



- 6** Torque the U-Bolt nuts in a criss-cross sequence as follows:

First: 26 lb-ft

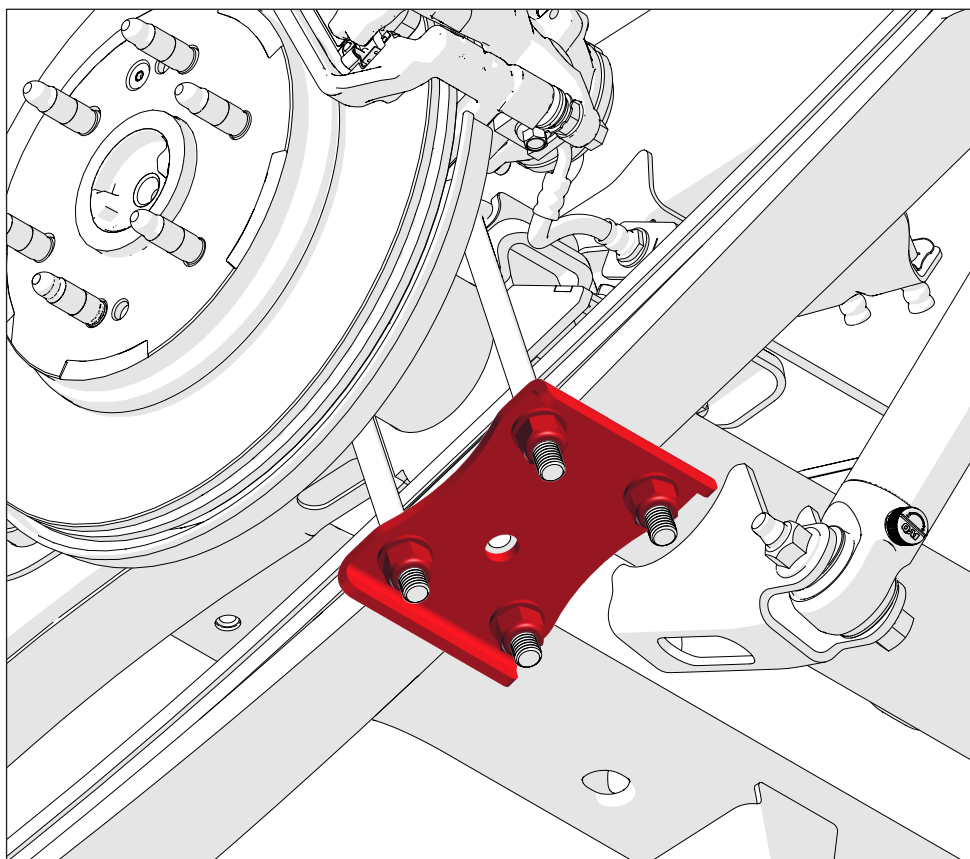
Next: 52 lb-ft

Then: 74 lb-ft

Finally: 98 lb-ft

Repeat steps 3 through 6 to retrofit the RH rear traction mount.

Now, proceed to step 7 to begin the traction bar kit installation.



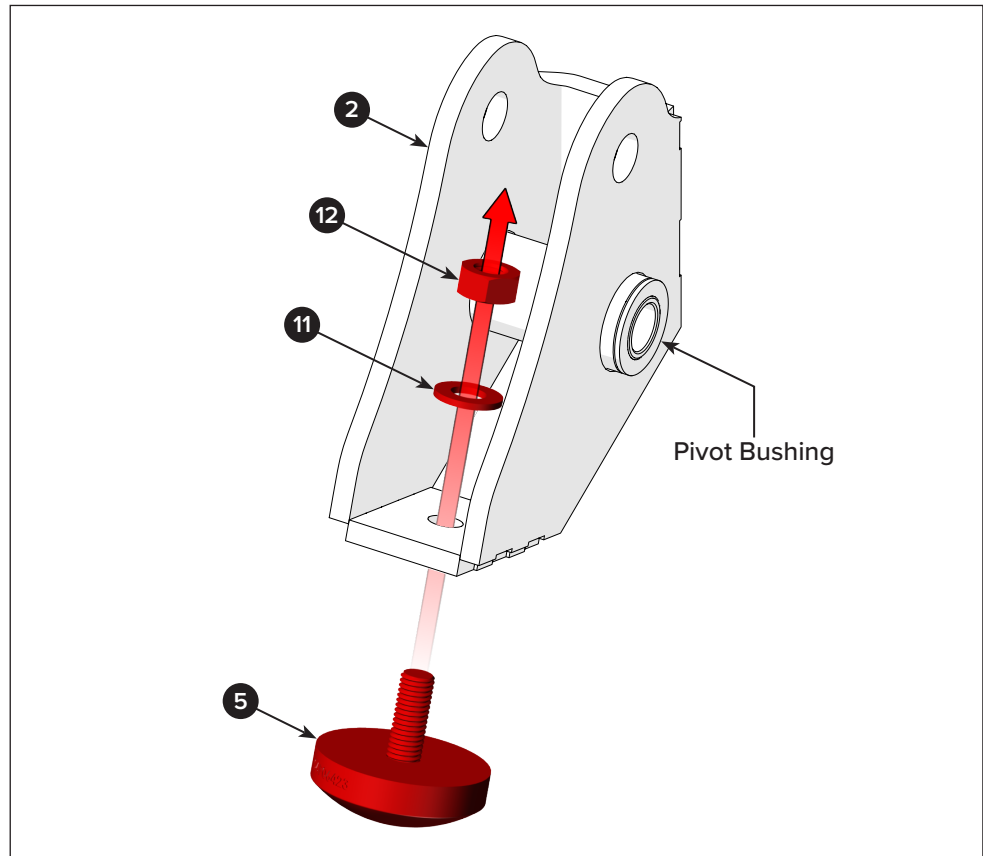
7

Insert a bump stop (5) into the hole located at the bottom of the left-hand (LH) rocker assembly (2).

Attach the bump stop with one flat washer (11) and hex nut (12).

Torque the nut to 10 lb-ft.

Note: The LH and right-hand RH rocker assemblies each have one extended pivot bushing that must face inward toward the vehicle's center.



8

Put the rocker assembly into the LH front relocation mount previously installed during step 38 of the QA1 Rear Drop Kit.

Make sure that the pivot on the rocker aligns with the mount hole (A or B) in the front relocation bracket.

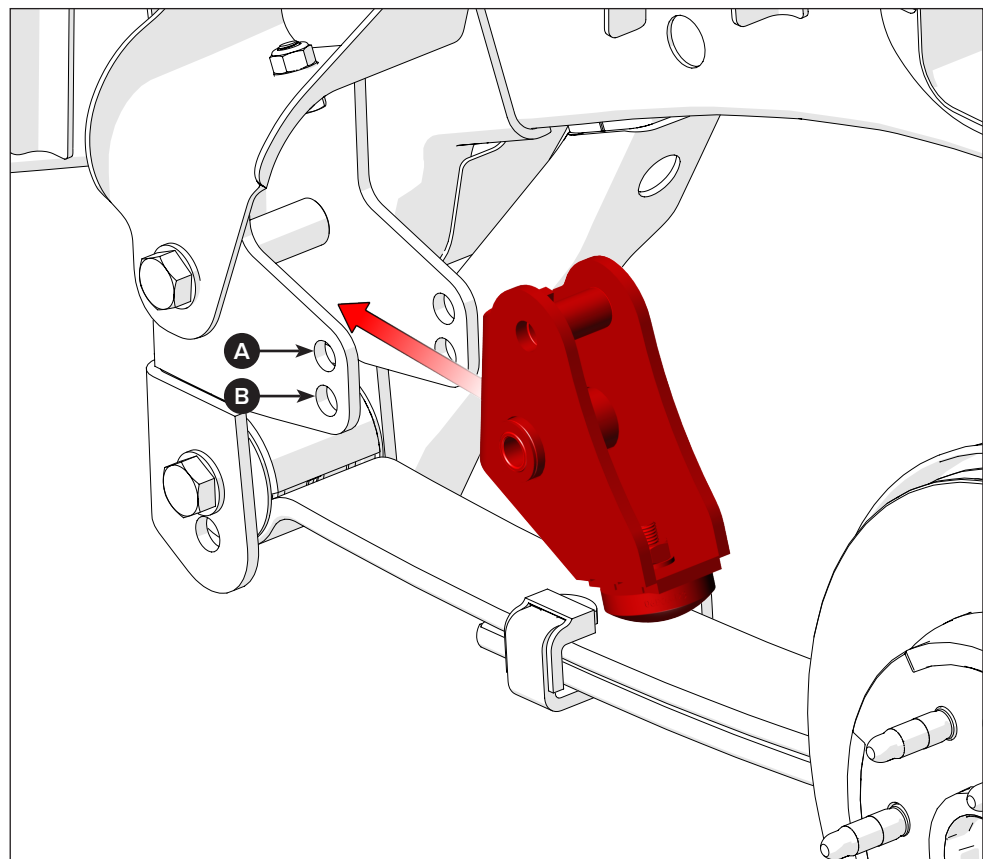
There are two holes in the front relocation mount:

If your leaf spring is mounted in the bottom hole, you must mount the rocker in the bottom hole (B).

If the leaf spring is mounted in the top hole, the rocker must be mounted in the top hole (A).

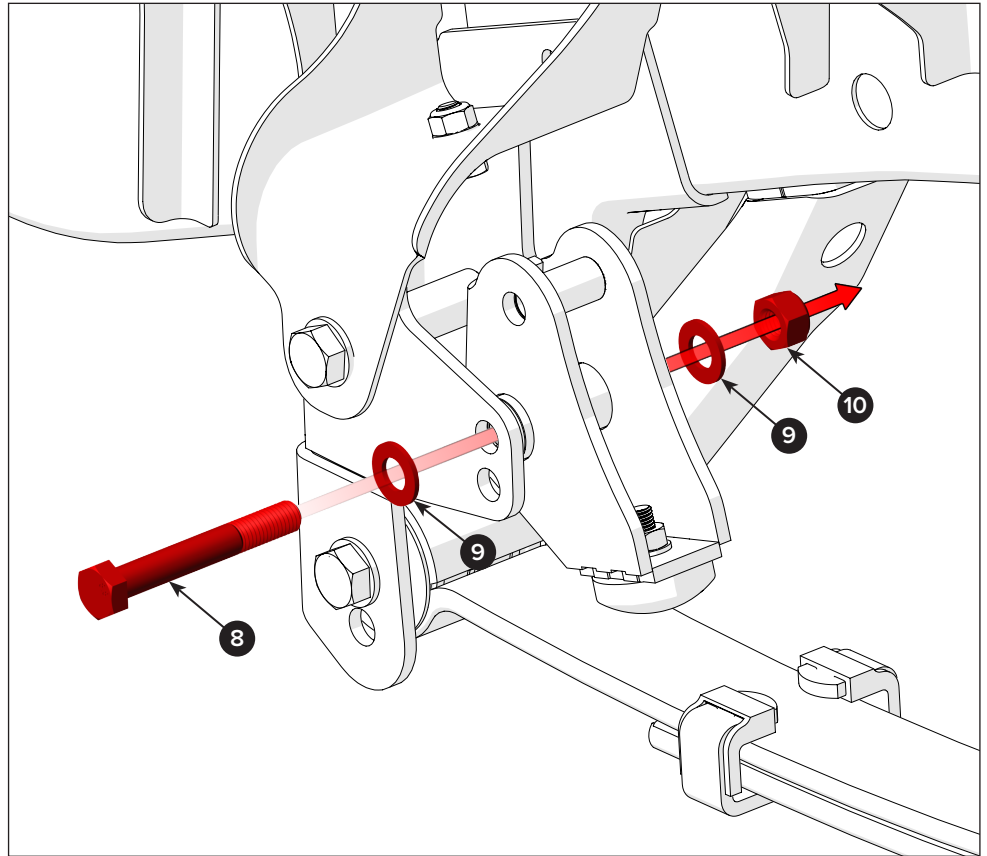
Refer to installation instructions 9919-493.

Note: The bump stop must be oriented downward toward the leaf spring.



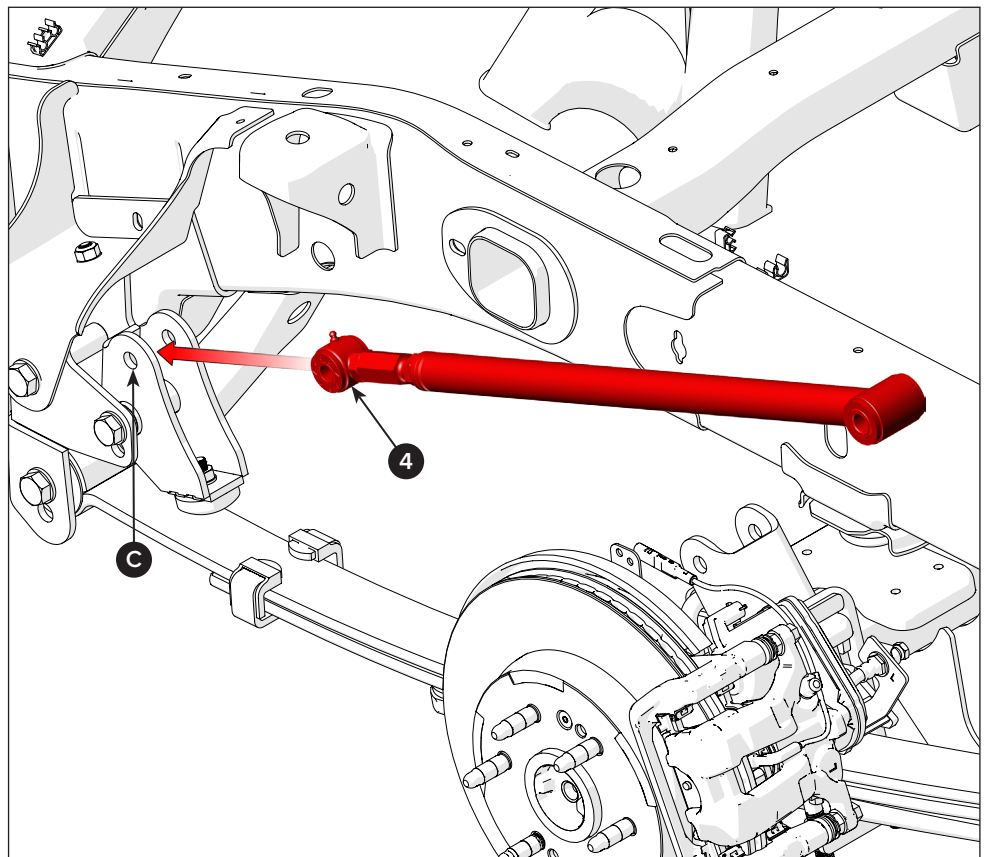
9

Fasten the rocker assembly to the relocation mount with one M14 x 100 mm bolt (8), two M14 flat washers (9), and a M14 Nylock nut (10).
Do not torque the bolt at this time.



10

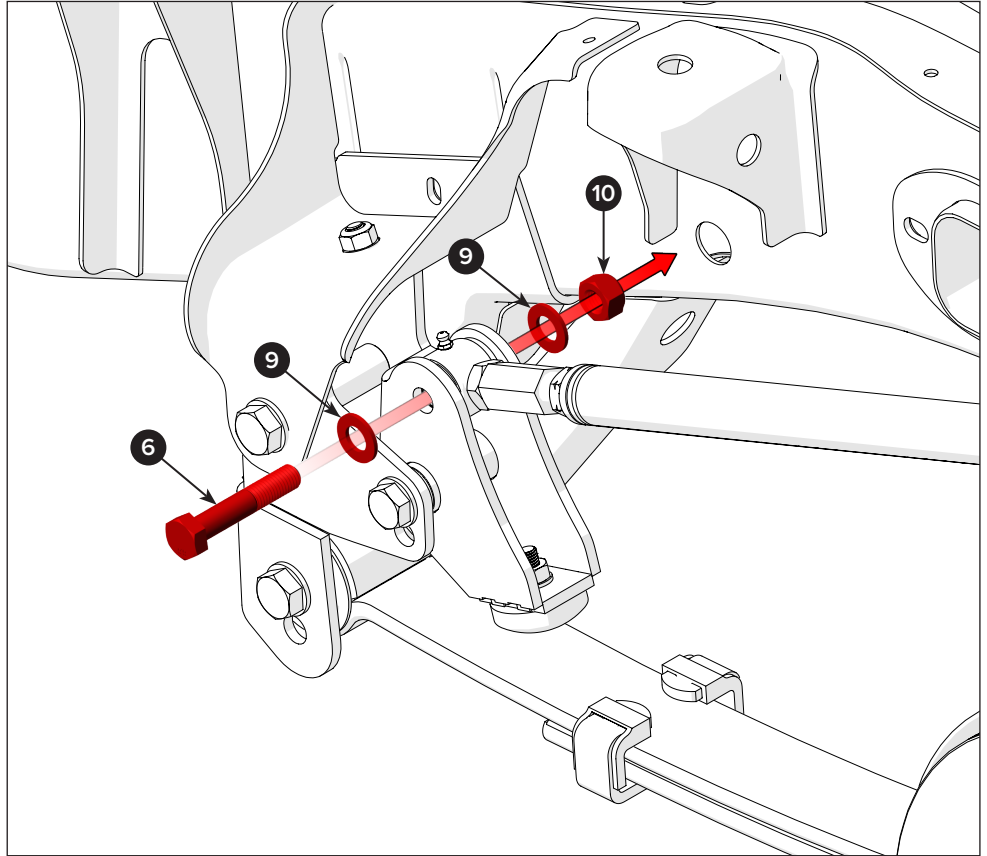
Put the adjustable end of the traction bar (4) into the upper side of the rocker. Align the bushing to the mount hole (C) in the mount.



11

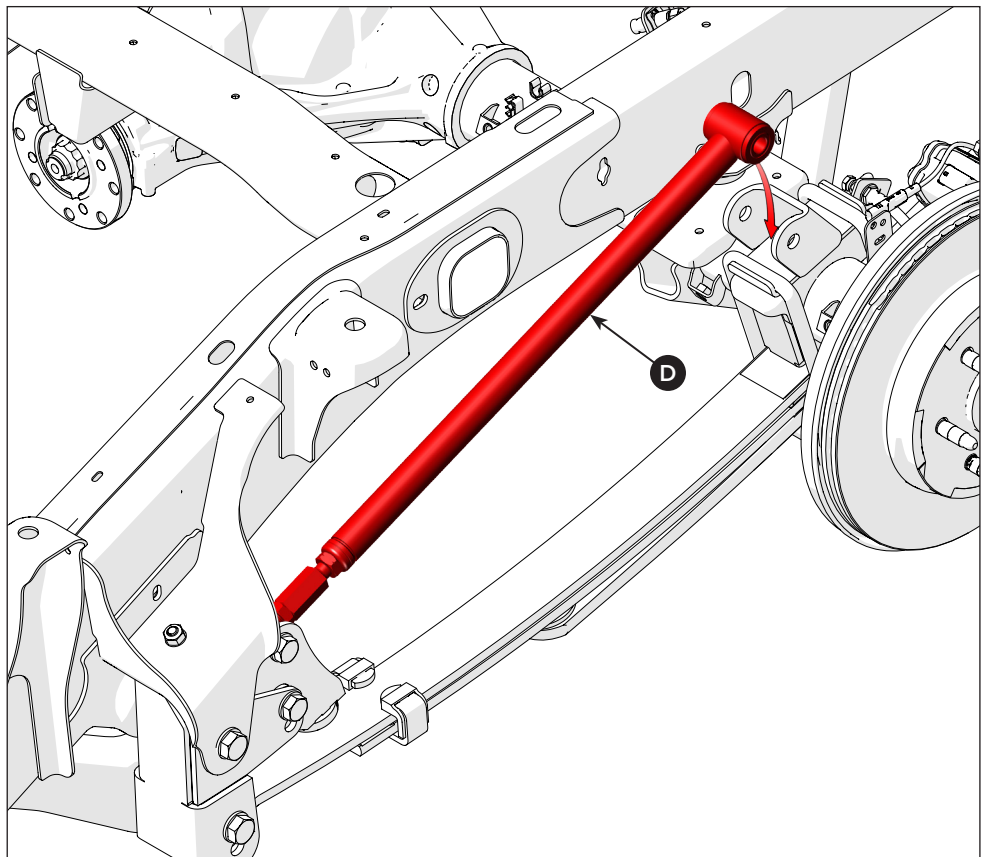
Fasten the traction bar to the rocker assembly one M14 x 75 mm bolt (6), two M14 flat washers (9), and a M14 Nylock nut (10).

Do not torque the bolt at this time.



12

Put the fixed bushing (D) into the traction bar mount on the axle.

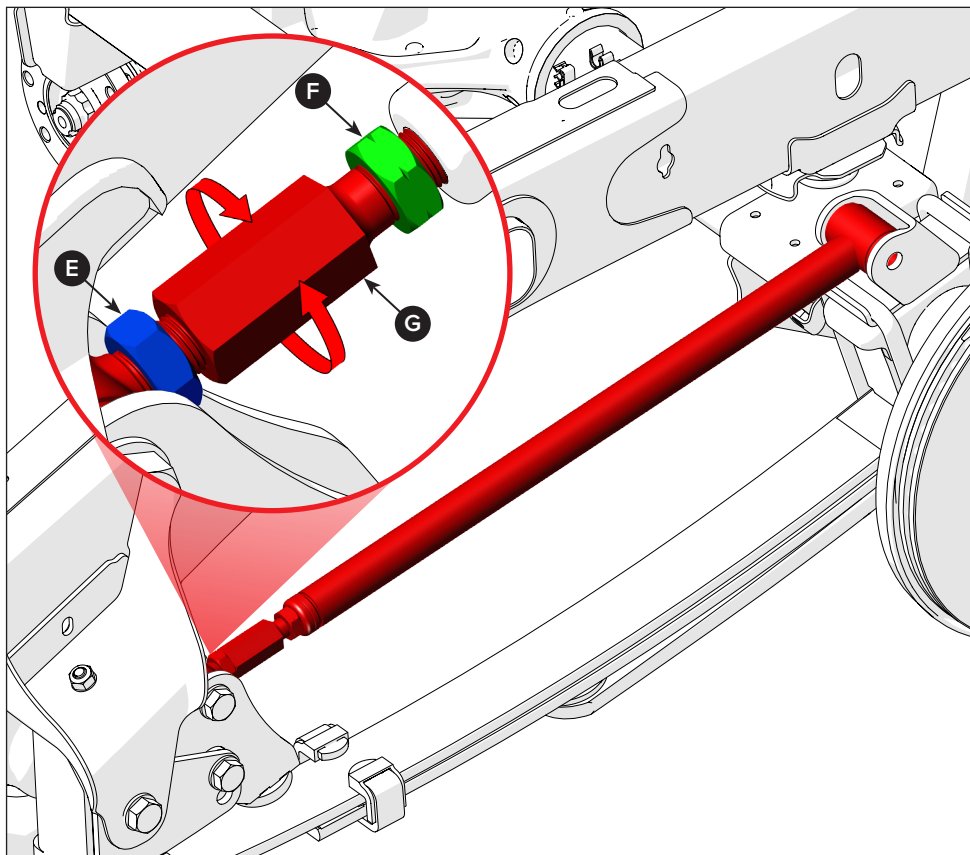


13

First, loosen the RH jam nut (E), and then the LH jam nut (F).

Now, turn the linkage adjuster (G) to shorten or lengthen the traction bar until the bushing's steel sleeve is aligned with the traction bar mount.

Do not tighten the jam nuts at this time, as the bump stop's height on the rocker must be adjusted.

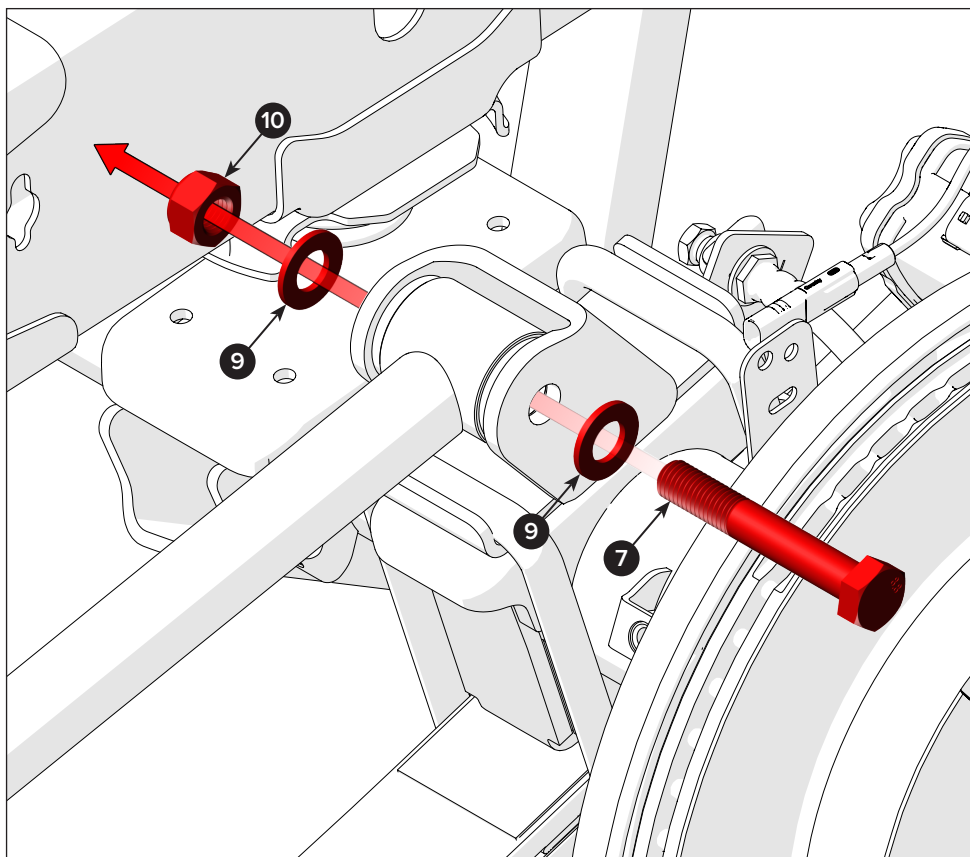


14

Now, fasten the rocker assembly to the relocation mount with one M14 x 90 mm bolt (7), two M14 flat washers (9), and a M14 Nylock nut (10).

Do not torque the bolt at this time.

Repeat steps 7 through 14 to install the RH traction bar with the RH rocker assembly (3).



Installer's Note: Put the wheels on and lower the vehicle, then bounce the left and right rear corners of the vehicle to settle the leaf springs.

Make sure the vehicle is set to your desired ride height.

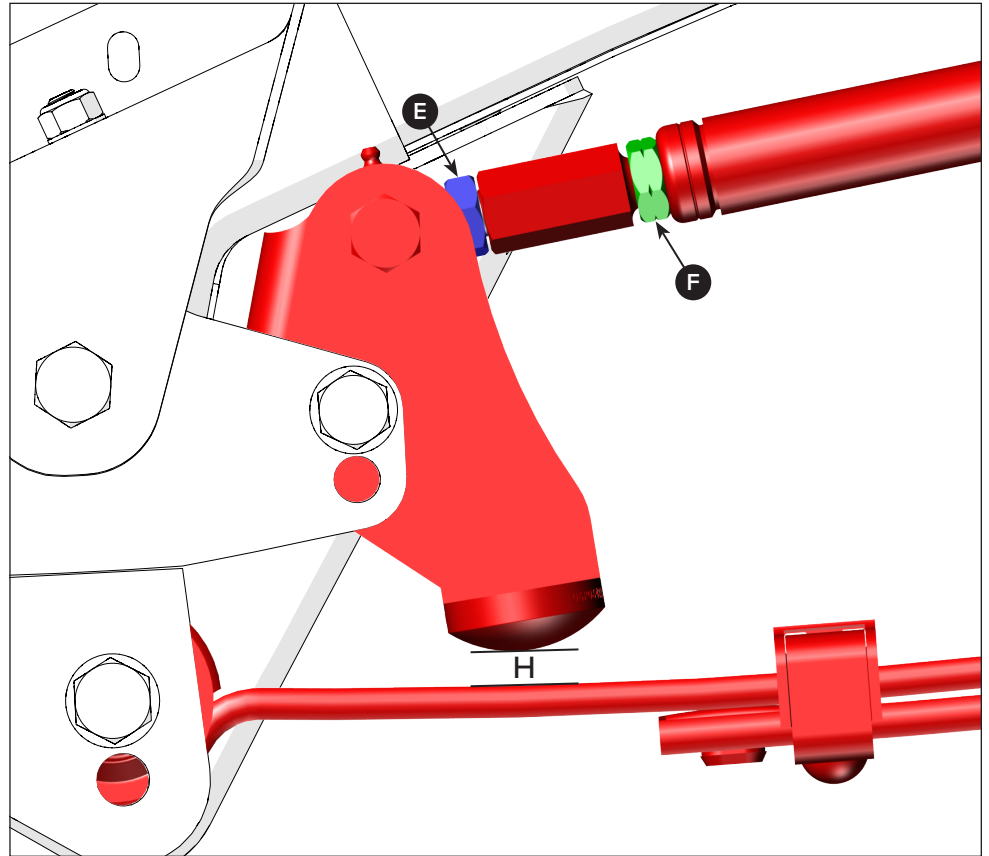
15

With the traction bars now installed on the vehicle, the traction bar bump stop distance must be adjusted.

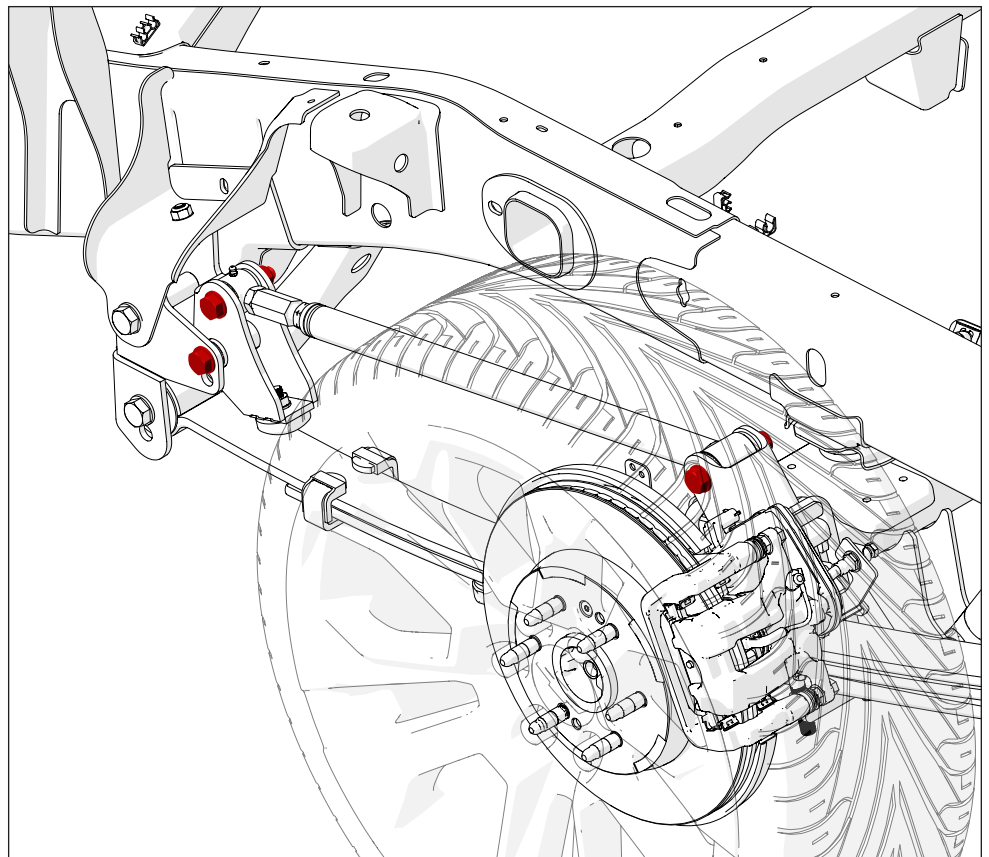
Though the traction bar is pre-assembled at 26 inches (center-to-center), it can be adjusted for a precise fit.

First, turn the linkage adjuster until the bump stop is between $1/8$ " - $1/4$ " (H) above the leaf spring.

Once the traction bar is properly distanced from the leaf spring, tighten the RH jam nut (E) and the LH jam nut (F).

**16**

Finally, torque the hardware from steps 9, 11, and 14 to 75 lb-ft.



DISCLAIMER / WARRANTY

QA1 warrants the products to be free from defects in material and workmanship for one year from the date of sale to the original purchaser. QA1 makes no other warranty of any kind, expressed or implied.

QA1 shall have no obligation under the preceding warranty where the defect results from improper or abnormal use, your negligence, vehicle accident, inappropriate or incorrect installation or maintenance, nor when the product has been repaired or altered in any way. QA1's liability in the case of defective products subject to the preceding warranty shall be limited to the repair or replacement of the defective products at QA1's option.

The user understands and recognizes that racing parts, specialized street rod equipment, and all parts and services sold by QA1 are exposed to many varied conditions due to the manner in which they are installed and used. It is the user's responsibility to determine the proper use or application of QA1 products.

QA1 shall bear no liability for any loss, damage, or injury, either to a person or to property, resulting from the installation, direct or indirect use of any QA1 products, or inability by the buyer to determine proper use or application of QA1 products. With the exception of the limited liability warranty set forth above, QA1 shall not be liable for any claims, demands, injuries, damages, actions, or causes of action to the buyer arising out of or connected with using any QA1 products.

Motorsports are inherently risky; therefore, no representation or warranty is made as to the product's ability to protect the user from injury or death. The user is fully aware and assumes that risk.

This page left intentionally blank

