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Revisions			
Rev.	Description	Date	Approved
-	Initial Release Per ECO 24-057	8/20/24	MB



Ford Super Duty HD Adjustable Track Bar

Installation Instructions

Applications:

- 2005+ Ford F-250 4WD
- 2005+ Ford F-350 4WD
- 2005+ Ford F-450 4WD
- 2005+ Ford F-550 4WD



TITLE:

FORD SUPER DUTY HD ADJUSTABLE TRACK BAR INSTALLATION INSTRUCTIONS

SIZE	DWG NO:	REV
A	7675-01&02-INST	-
SCALE: N/A		PAGE 1 OF 8



FORD SUPER DUTY HD ADJ FRONT TRACK BAR INSTALLATION INSTRUCTIONS

Thank you for purchasing the best aftermarket products available for your vehicle. We strongly feel that the parts you are about to install should meet or exceed your expectations for performance. Proper assembly is critical to the performance of these components and the vehicle as a whole. Please take the time to carefully read these instructions and familiarize yourself with the installation procedure before working on your vehicle. If you have any questions PLEASE contact Synergy Manufacturing BEFORE beginning installation. Thanks again for supporting Synergy – enjoy the performance benefits of the best aftermarket products available for your vehicle!

Synergy Manufacturing

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Modifying or otherwise altering vehicle components may cause the vehicle to handle differently than originally designed. It is the driver's responsibility to familiarize themselves with the performance and handling characteristics of the modified vehicle. Vehicles with larger diameter than stock tires must be driven carefully and cannot be expected to perform as stock or meet OEM performance with regard to handling, braking or crash performance. Ensure all replacement components are compatible with vehicle capacities so as not to overload components, especially tires. It is up to the individual to ensure that the vehicle and all components are compatible with the intended vehicle use, including load ratings, road conditions, and driver abilities. Thorough and frequent vehicle inspections are recommended to ensure a safe and reliable state of readiness, especially after off-highway use.

PARTS LIST

7675-01 Ford Super Duty Track Bar 2005-2016 F-250 / F-350 and 2005 to Current F-450 / F-550		
QTY	Part Number	Description
1	767501-W01-PC	FORD SUPER DUTY 1.75 HD ADJ TRACK BAR, POWDER COATED
1	432702	TRACK BAR BUSHING, 1.75OD, 20MM ID BOLT, 1.00OD SLEEVE, 1.73WIDE
1	767510	FORD SUPER DUTY AXLE SIDE TIE ROD END ASSY, SLUG
1	3622-12-12-PL	ROD END ADJUSTER SLEEVE, 1.5" HEX, 1.250-12 LH INTERNAL THREAD, 1.500-12 RH EXTERNAL THREAD, PLATED
1	NAS1149-F1290P	FLAT WASHER, 3/4" ID, 1-5/16" OD, MIL-SPEC
1	NA	GRADE 8 STEEL, 1/2"-20 THREAD SIZE, 2" LONG
2	NAS1149-F0863P	FLAT WASHER, 1/2" ID, 7/8" OD, MIL-SPEC
1	NA	TOP LOCK NUT, 1/2-20, ZINC PLATE



FORD SUPER DUTY HD ADJ FRONT TRACK BAR INSTALLATION INSTRUCTIONS

7675-02 Ford Super Duty HD Adjustable Track Bar 2017 to Current F-250 / F-350		
QTY	Part Number	Description
1	767501-W01-PC	FORD SUPER DUTY 1.75 HD ADJ TRACK BAR, POWDER COATED
1	432702	TRACK BAR BUSHING, 1.75OD, 20MM ID BOLT, 1.00OD SLEEVE, 1.73WIDE
1	767511	FORD SUPER DUTY AXLE SIDE TIE ROD END ASSY, BALL JOINT
1	3622-12-12-PL	ROD END ADJUSTER SLEEVE, 1.5" HEX, 1.250-12 LH INTERNAL THREAD, 1.500-12 RH EXTERNAL THREAD, PLATED
1	NA	GRADE 8 STEEL, 1/2"-20 THREAD SIZE, 2" LONG
2	NAS1149-F0863P	FLAT WASHER, 1/2" ID, 7/8" OD, MIL-SPEC
1	NA	TOP LOCK NUT, 1/2-20, ZINC PLATE

GENERAL NOTES

- These instructions are also available on our website; www.synergymfg.com. Check the website before you begin for any updated instructions and additional photos or videos for your reference.
- The installation of this adjustable track bar will allow you to correctly align the front axle after a suspension lift kit is installed.
- The track bar features a double adjuster sleeve which allows you to adjust the length of the track bar without removing the end of the track bar from the vehicle.
- Due to potential incompatibles between components of different manufacturers, Synergy Mfg. highly recommends removing the coil springs and cycling the suspension to full metal on metal bump in order to check for any component interference before finishing installation.
- This track bar is designed for 0-3" of lift. If the truck is lifted more than 3" the track bar may not be long enough to center the axle while maintaining minimum thread engagement in the tie rod end.
- Replacement bushings and boots are available from Synergy Mfg.

TOOLS REQUIRED

- Sockets and wrenches
- Torque Wrench
- Tape Measure and straight edge

ESTIMATED INSTALLATION TIME

1 Hour

INSTALLATION

1. Installation can be done on the ground. There is no need to lift the vehicle off the ground or remove the wheels and tires. The track bar comes preassembled with all necessary components for 2017+ F-250 and F-350 trucks with the Synergy Ball Joint, 4155, already installed in the Track Bar. For 05-16 F-250 and F-350 the 76751001 slug will already be installed in the Track Bar.
2. Using the correct size socket, loosen and remove the front track bar from the axle side mount. Separate the taper from the axle by striking around the taper with a large hammer or by using a tie rod separator tool. If using a hammer, do not strike the ball joint. See **Figures 1 and 2**.



**Figures 1. 17+ F250/F350 Axle Aide Mount
Removal**



**Figure 2. 05-16 F250/F350 All F450/F550
Axle Side Mount Removal**

3. Using a socket and wrench, loosen, then unbolt the frame side track bar bolt taking care to support the track bar before you pull the bolt all the way out. Completely remove the stock track bar. Save the stock hardware, it will be re-used. See **Figure 3**.



Figure 3. Removing the Track Bar from the Frame Side

4. For 05-16 F-250/F-350 Trucks (Optional 4155 Ball Joint Install): Remove the factory track bar tie rod end from the axle using a ball joint press.
5. For 05-16 F-250/F-350 Trucks (Optional 4155 Ball Joint Install): Install the 4155 ball joint by pushing it in from the top, the snap ring is installed on the bottom.
6. Install the Synergy Mfg. track bar, starting at the frame side. Place the bushing in the frame side bracket, with the bend in the bar pointing forward. Install the factory bolt through the bar to hold it in place. See **Figure 4**.



Figure 4. Synergy Mfg Track Bar Installed at the Frame

7. Swing the bar into the taper on the axle side. If the axle side taper is too short or long you can temporarily turn the double adjuster in or out to allow the taper to engage. Be sure to hold the end of the bar from rotating when turning the double adjuster so that both the rod end and adjuster move in or out evenly. If the bar cannot be adjusted to make the taper holes line up, a ratchet strap between the frame and opposing side of the axle can be used to pull the axle over in order to get the taper to line up. See **Figures 5 and Figure 6** for correctly installed track bar
8. Install the nut on the ball joint. **Note: On 05-16 F250/F350 and All F450/F550, install the NAS1149-F1290P washer before the nut. 17+ F250/F350 does not use the washer.**



Figure 5. Correctly Installed Synergy Mfg Track Bar for 05-16 F-250/F-350 & All F450/F550



Figure 6. Correctly Installed Synergy Mfg Track Bar for 17+ F-250 and F-350

9. Torque the track bar bolts to OEM specifications:
 - Axle Side nut – 160 lb-ft If the cotter pin does not line up continue tightening until they are aligned and install the cotter pin.
 - Frame side bolt and nut – 400 lb-ft
10. With the truck on the ground at ride height, use the double adjuster to center the axle under the body of the vehicle. You can measure from the frame to the tire on each side, or use a straight edge on the outside of the tires to measure to the fenders on each side in order to get the axle centered. Make sure the adjuster sleeve end is adjusted by turning the adjuster sleeve and not the bushing end or track bar

itself. If the side to side measurement is off by a total of 1", then you would need to adjust the track bar 1/2" to center it. Turning the adjuster clockwise shortens the bar, moving the axle towards the driver side of the vehicle. We recommend rotating the sleeve until one of the slots in the sleeve lines up with the slot in the track bar.

11. Do not extend the rod end more than 3-5/8 inches out as seen in **Figure 7**. this is for safety to ensure a minimum thread engagement in the track bar forging.



Figure 7. Maximum Extension of the Track Bar Tie Rod End

12. Install the 1/2" pinch bolt and washers through the hole in the forging of the track bar. With a 3/4" socket and wrench, tighten the pinch bolt to 60 lb-ft. If the sleeve can still be easily rotated, you may torque to 90 lb-ft, do not exceed 90 lb-ft. See **Figure 8**.



Figure 8. Tightening the Pinch Bolt and Nut

13. Re-check bolt torques after the first 100 miles and again after each off-road trip.

Installation is Complete

Table 1. Ford Super Duty Track Bar Bolt Torques

Bolted Joint Location	Torque
Axle Side Track Bar Tie Rod End Nut	160 ft. lbs.
Frame Side Track Bar Bolt	400 ft. lbs.
Adjuster Pinch Bolt	60 to 90 ft. lbs.