



BD Adjustable Track Bar

Ford Model F250,F350,F450,F550-4WD	2005-2011
Ford Model F450,F550 – 2WD	2005-2011

P/N# 1032110

PLEASE READ ALL INSTRUCTIONS BEFORE INSTALLATION

KIT CONTENTS :

Please check to make sure that you have all the parts listed in this kit **before** you start the disassembly of your truck.

Kit # 1032110			
1303101-BC	1303100-BC	1303103-BC	
			
<i>Trackbar, Passenger's Side (Left Hand Thread)</i>	<i>Trackbar, Driver's Side</i>	<i>Threaded Connector</i>	
Qty: 1	Qty: 1	Qty: 1	
1303102	1303105	1303104-01	1303104
			
<i>Jam Nut 1 1/4NF</i>	<i>Jam Nut 1 1/4NF (Left Hand Thread -Arrow)</i>	<i>Bushing</i>	<i>Polyurethane Bushing Set</i>
Qty: 1	Qty: 1	Qty: 1	Qty: 1

Welcome

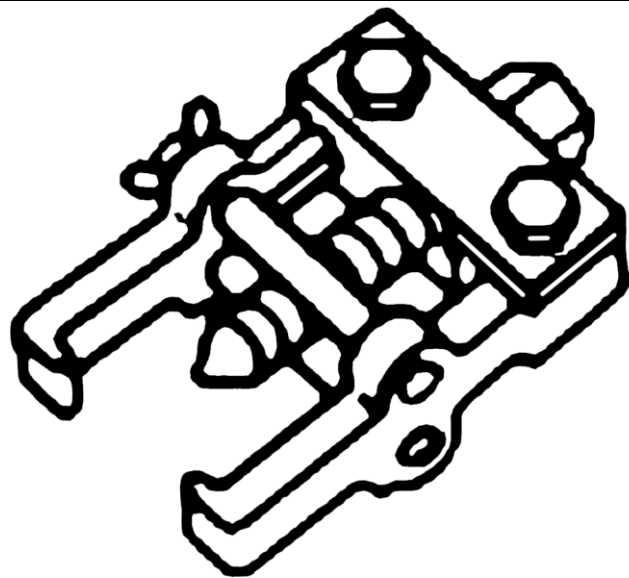
Thank you for purchasing a BD Adjustable Ford track bar. This manual is divided into removal and installation sections to assist you with your adjustable track bar kit.

This product is a replacement for the factory track bar. If the securing mounts have any signs of wear they should be fixed before installing the track bar. You will be reusing the factory hardware, if these bolts/nuts or ball joints show any signs of wear, replace them.

Installation should occur on a vehicle properly secured to prevent rolling.

Required Tools

- Arbor Press
- Steering Arm Remover Tool (Ford P/N# 211-003)
- Torque Wrench (up to 406 ft/lbs)
- Jack Stands
- Wrench and Socket
- 24 & 32mm socket
- Impact wrench



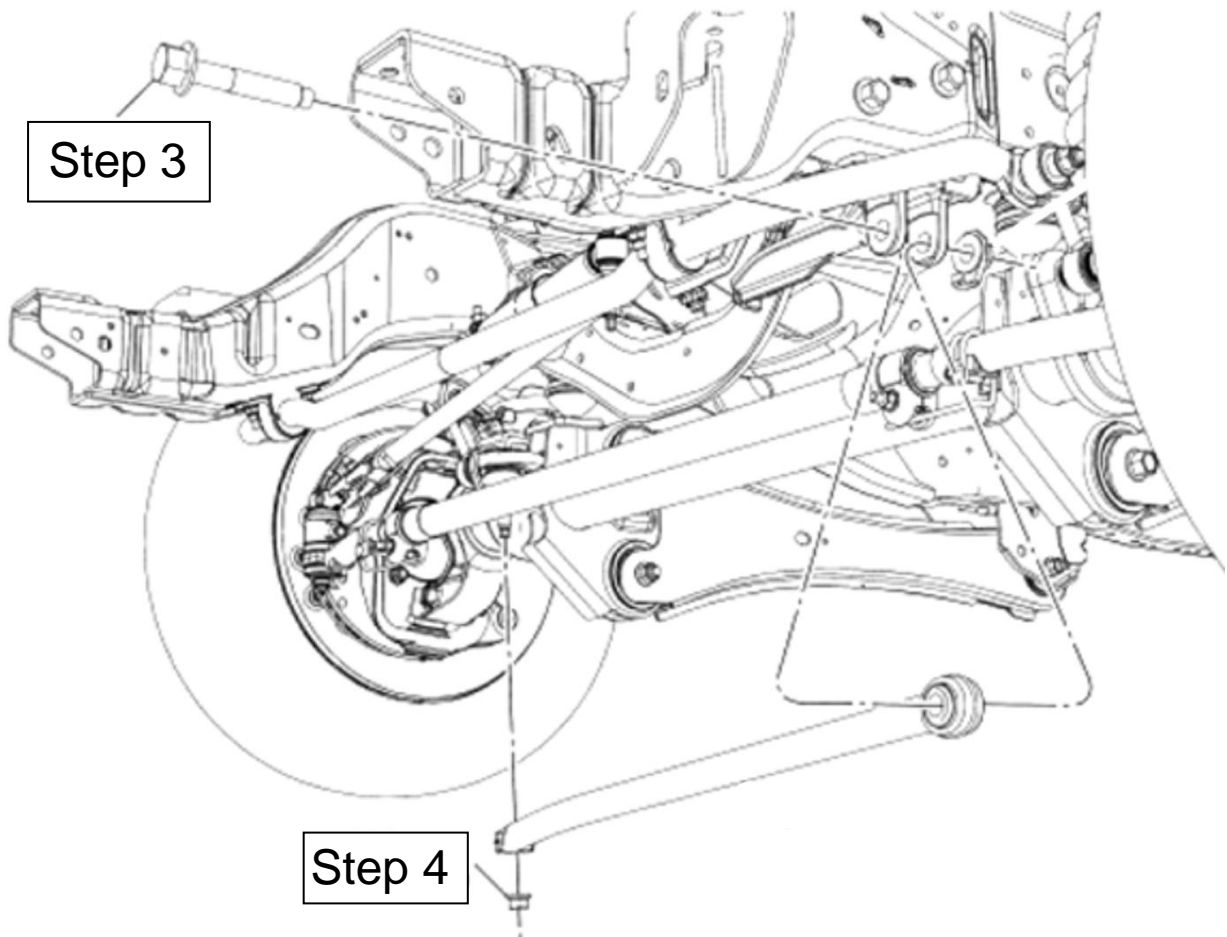
Steering Arm Remover (Ford P/N# 211-003)



VEHICLE SHOULD BE SAFELY SECURED BEFORE INSTALLATION.

THIS TRACK BAR SHOULD BE INSTALLED AT A SHOP THAT CAN PERFORM A FRONT END ALIGNMENT

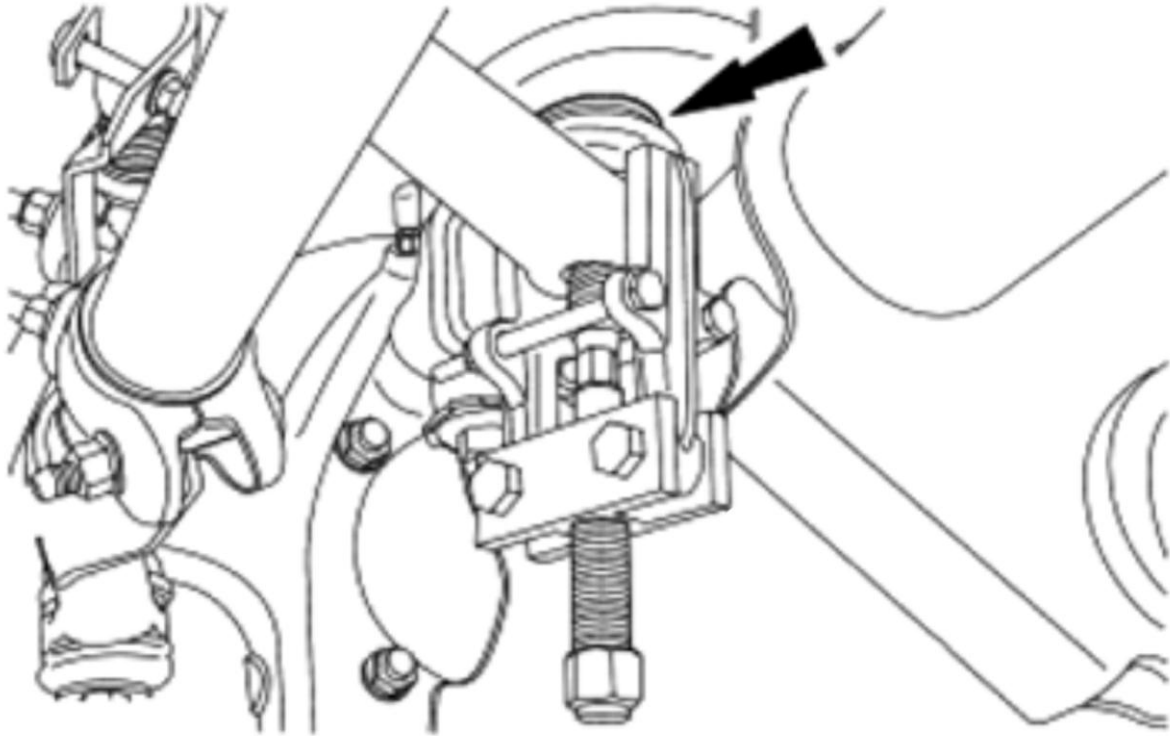
Removal



1. With the vehicle in Neutral, lift vehicle by supporting the vehicles weight on the front axle to prevent the suspension from shifting when the track bar is removed.
2. Position a jack stand under both sides of the front axle. Lower the vehicle until the front axle is supporting the vehicles weight.
3. Remove the track bar-to-frame nut and bolt to disconnect the driver's side of the track bar (32mm socket).

4. Remove nut from P/S track bar. Then using a steering arm remover (Ford P/N# 211-003) disconnect the track bar from the passenger side and remove from the vehicle. (24mm socket)

Note: Use the hex-holding feature to prevent the track bar ball joint from turning while removing the nut.



BD Engine Brake Inc.

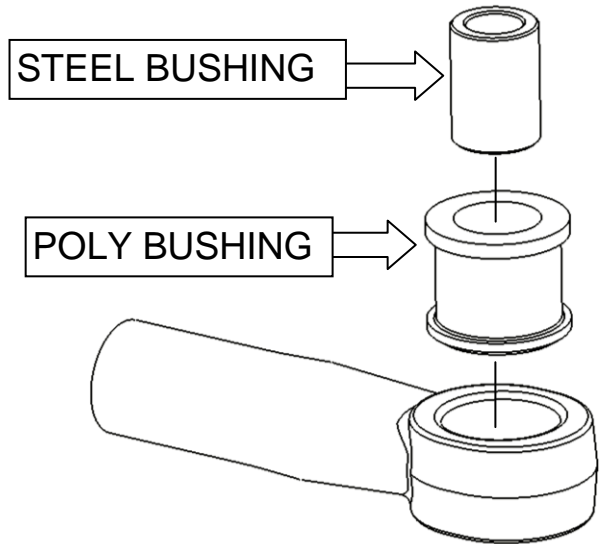
Plant Address: 33541 MacLure Rd. Abbotsford, BC, Canada V2S 7W2

U.S. Shipping Address: 88-446 Harrison St, Sumas, WA 98295 U.S. Mailing Address: P.O. Box 231, Sumas, WA 98295

Phone: 604-853-6096 | Fax: 604-853-8749 | Internet: www.bd-power.com

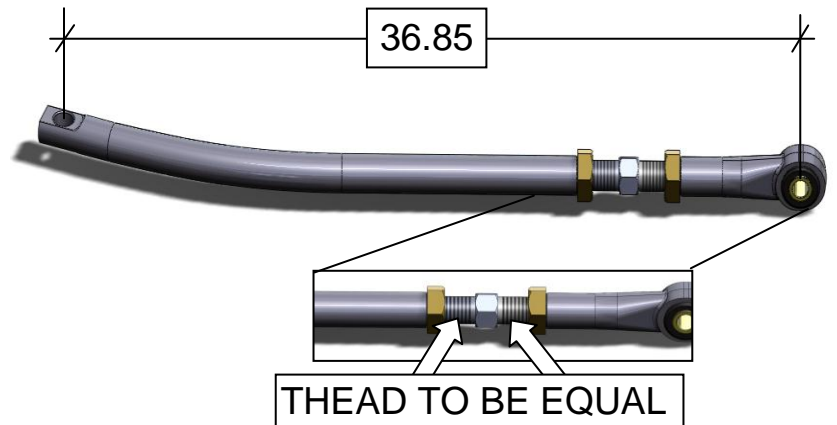
Installation

1. Lubricate and press in the polyurethane bushing into the driver's side of the trackbar. Then lubricate & insert the steel bushing into the polyurethane bushing to complete the driver's side trackbar assembly.



2. With bushing in place connect all track bar pcs.

Thread nuts & ends all the way to the bottom. Then adjust from the center out so that the center to center distance of the connections is 36.85" (the same length as the stock bar) also ensure an equal amount of thread is showing on both sides of the connector.



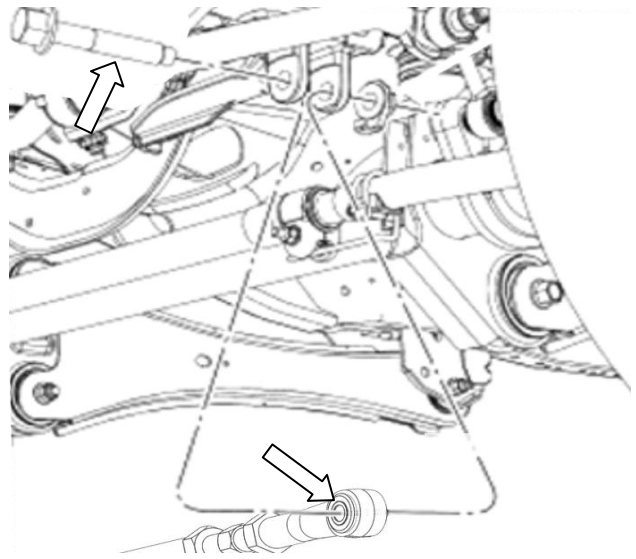
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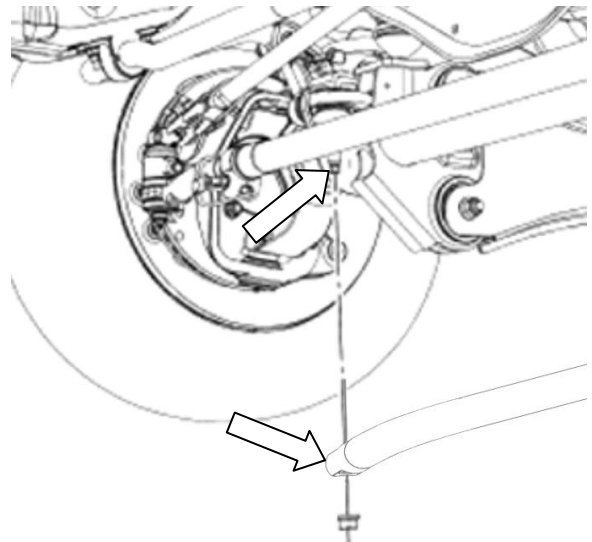
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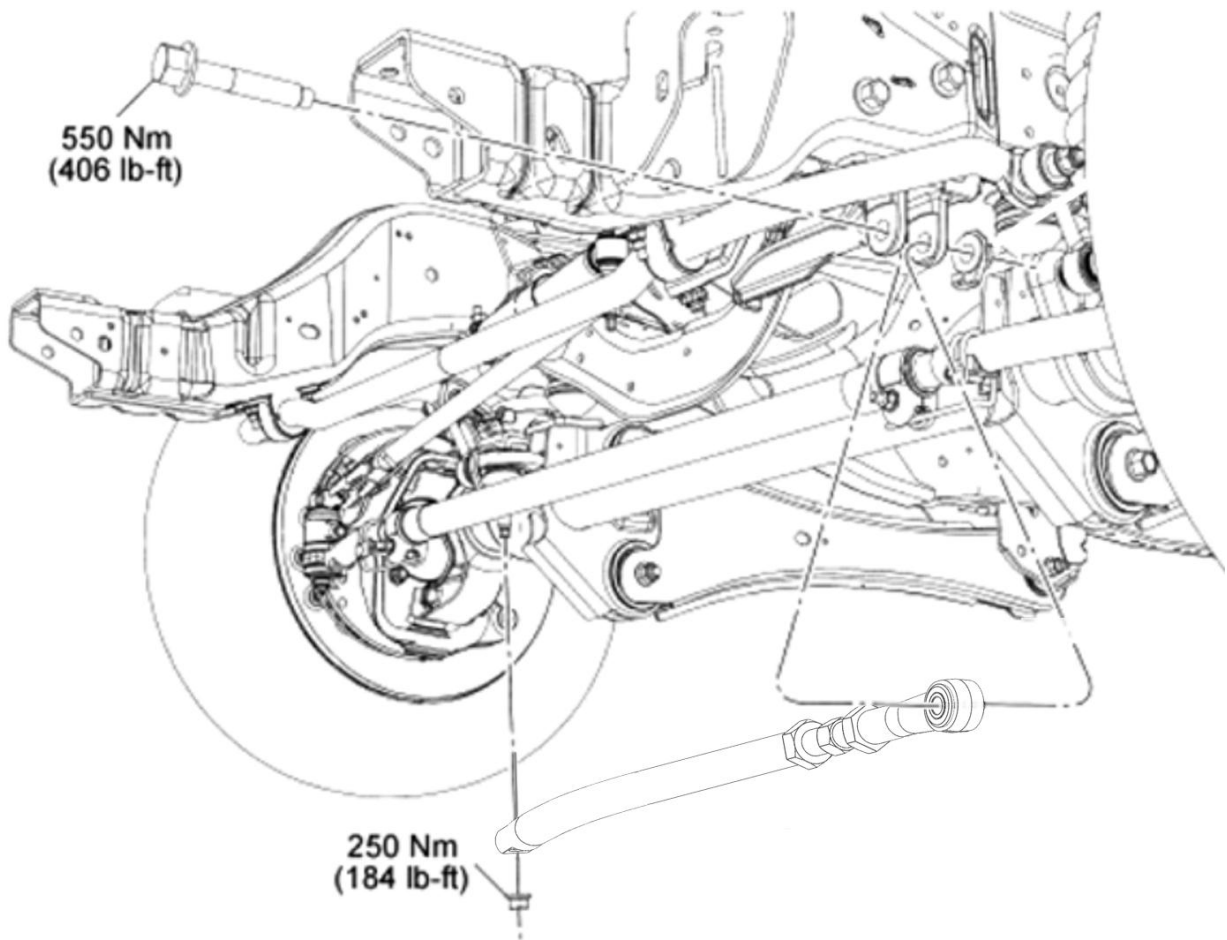
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3. Position the driver side of the trackbar into position and install bolt and nut snug.(32mm socket)



4. Position the passenger side of the trackbar onto the ball joint and install the nut snug.(24mm socket)





5. With the vehicle weight still supported by the jack stands, torque the P/S ball joint connection to 184 ft/lbs.

6. With the vehicle weight still supported by the jackstands, torque the D/S frame bolt connection to 406 ft/lbs.

You can now perform an alignment on the front end of the vehicle. Adjust the front axle left and right by turning the threaded connector.

The shorter you make the track bar the more it will pull the front axle towards the driver's side, and vice versa.

Once the alignment is complete tighten the jam nuts to approximately 100 ft/lbs of torque. Do not drive the vehicle without torquing the jam nuts.



DO NOT DRIVE THE VEHICLE WITHOUT COMPLETING A PROPER ALIGNMENT.

If you have any technical difficulties, concerns, comments, or complaints, please phone our Technical Support hotline at (800) 887-5030 between 8:30am-5:00pm PST (Pacific Standard Time) Monday to Friday, or post a message on the BD Discussion Forums located at:

<http://forum.bd-power.com/>



Visit our Internet forums at <http://www.dieselperformance.com> and share your comments or technical support questions with some of the industry's leading experts in the diesel field.