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Revisions			
Rev.	Description	Date	Approved
A	Initial Release Per ECO 19-104	6/5/19	CS



## Jeep Wrangler Front Adjustable Track Bar

### Installation Instructions

Applications:  
2007-2018 Jeep Wrangler (JK)



TITLE:  
**JEEP JK FRONT ADJ TRACK BAR  
INSTALLATION INSTRUCTIONS**

SIZE	DWG NO:	REV
<b>A</b>	<b>8075-02-INST</b>	<b>A</b>
SCALE: N/A		PAGE 1 OF 6



## JEEP WRANGLER JK FRONT ADJ 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**

**Phone: (805) 242-0397**

**Email: support@synergymfg.com**

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

8075-02 Jeep Wrangler JK Front Track Bar		
QTY	Part Number	Description
1	807502-PC	JEEP JK FRONT ADJ TRACK BAR, POWDERCOATED
1	3622-07-14L-PL	DOUBLE ADJUSTER SLEEVE 7/8 – 14TPI LH
1	4812-01	FRONT TRACK BAR DDB JOINT, 7/8-14LH SHANK, 12 DEG
1	4327-01	TRACK BAR BUSHING, 1.75OD .563 BOLT
1	N/A	1/2-20 X 1 3/4” HEX BOLT, GRADE 8
1	N/A	1/2-20 TOP LOCK NUT

### GENERAL NOTES

- These instructions are also available on our website; [www.synergymfg.com](http://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 bump in order to check for any component interference before finishing installation.
- Replacement bushings are available from Synergy Mfg.

## TOOLS REQUIRED

- 21mm and 3/4 inch sockets and wrenches
- 1 1/4 inch wrench or adjustable (Crescent type) wrench
- Torque Wrench
- Tape measure and straight edge

## ESTIMATED INSTALLATION TIME

**1/2 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 installation photos were taken with the vehicle off the ground for clarity.
2. Using a 21mm socket, loosen and unbolt the front track bar from the axle side mount. Remove the bolt and allow the track bar to sit in the bracket. Save the stock hardware, it will be re-used. See **Figures 1 and 2.**



**Figures 1 and 2. Removing the Track Bar from the Axle End**

3. Using a 21mm 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.**



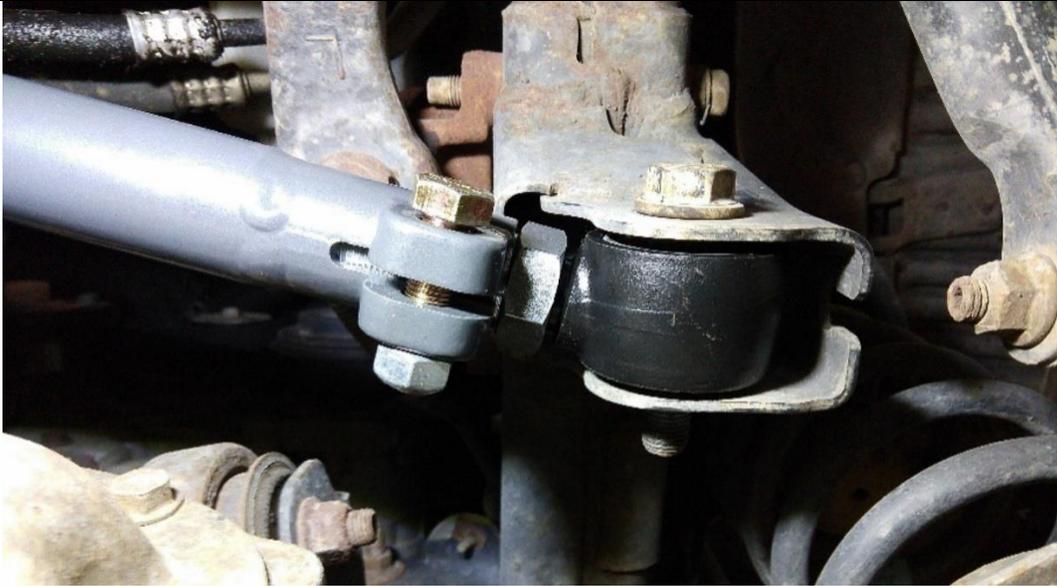
**Figure 3. Removing the Track Bar from the Frame Side**

4. Install the Synergy Mfg. track bar, starting at the axle side. Place the bushing in the axle side bracket, with the bend in the bar pointing forward and up, the pinch bolt facing down. Install the factory bolt through the bar to hold it in place. See **Figure 4**.

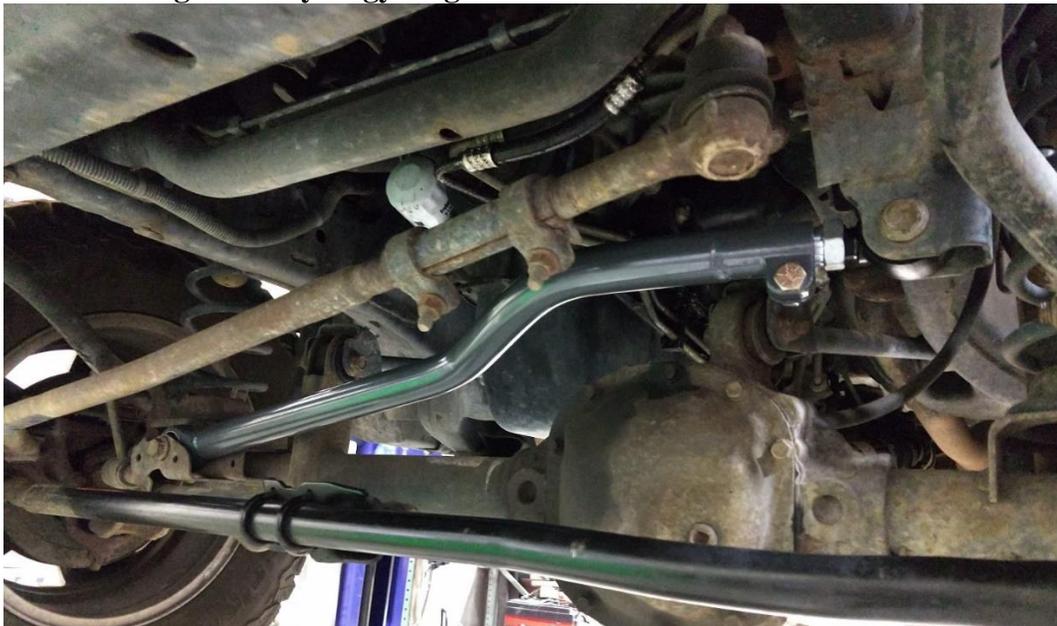


**Figure 4. Synergy Mfg Track Bar Installed at the Axle**

5. Swing the bar up into the frame side bracket. The frame side threaded joint is angled, you will need to make sure the joint is rotated correctly to fit in the frame bracket. Adjust the track bar length with the adjuster sleeve until the track bar bushing bolt hole and the frame mount bolt holes line up. Make sure the length of the bar is adjusted by turning the adjuster sleeve and not the bushing end. If the bar cannot be adjusted to make the bolt holes line up, a ratchet strap between the frame and opposing side on the axle can be used to pull the body over in order to get the bolts to line up. When the bolt holes are lined up, install the factory hardware through the frame side bracket and track bar. See **Figures 5 and 6**.



**Figure 5. Synergy Mfg Track Bar Installed at the Frame**



**Figure 6. Correctly Installed Synergy Mfg Track Bar**

6. Torque the track bar bolts to OEM specifications:
  - Axle Side bolt and nut – 125 lb-ft
  - Frame side bolt and nut – 125 lb-ft
7. With the Jeep 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. See **Figure 7**.



**Figure 7. Adjusting the Track Bar to Center the Axle**

8. Install the 1/2" pinch bolt through the hole in the forging of the track bar, with the bolt head towards the front of the Jeep, the nut towards the rear. With a 3/4" socket and wrench, tighten the pinch bolt to 90 lb-ft. See **Figure 8**.



**Figure 8. Tightening the pinch bolt and nut.**

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

## Installation is Complete

**Table 1. Jeep JK Bolt Torques**

<b>Bolted Joint Location</b>	<b>Wrench Size</b>	<b>Torque</b>
Axle Side Track Bar Bolt	21mm	125 lb-ft
Frame Side Track Bar Bolt	21mm	125 lb-ft
Adjuster Pinch Bolt	3/4"	90 lb-ft