

INSTALLATION GUIDE



Part#: 121416



HARDCORE LIMITED LIFETIME WARRANTY

Chevy/ GMC HD Recoil Traction Bar System

Chevy Silverado HD 4WD | 2020-2021
GMC Sierra HD 4WD | 2020-2021

491 W. Garfield Ave., Coldwater, MI 49036 • Phone: 517-279-2135

Web: www.bds-suspension.com • E-mail: tech-bds@ridefox.com

Rev. 081623

Read And Understand All Instructions And Warnings Prior To Installation Of System And Operation Of Vehicle.



THANK YOU

Your truck is about to be fitted with the best suspension system on the market today. That means you will be driving the baddest looking truck in the neighborhood, and you'll have the warranty to ensure that it stays that way for years to come.

Thank you for choosing BDS Suspension!

BEFORE YOU START

BDS Suspension Co. recommends this system be installed by a professional technician. In addition to these instructions, professional knowledge of disassembly/ reassembly procedures and post installation checks must be known.

FOR YOUR SAFETY

Certain BDS Suspension products are intended to improve off-road performance. Modifying your vehicle for off-road use may result in the vehicle handling differently than a factory equipped vehicle. Extreme care must be used to prevent loss of control or vehicle rollover. Failure to drive your modified vehicle safely may result in serious injury or death. BDS Suspension Co. does not recommend the combined use of suspension lifts, body lifts, or other lifting devices. You should never operate your modified vehicle under the influence of alcohol or drugs. Always drive your modified vehicle at reduced speeds to ensure your ability to control your vehicle under all driving conditions. Always wear your seat belt.

BEFORE INSTALLATION

- Special literature required: OE Service Manual for model/year of vehicle. Refer to manual for proper disassembly/reassembly procedures of OE and related components.
- Adhere to recommendations when replacement fasteners, retainers and keepers are called out in the OE manual.
- Larger rim and tire combinations may increase leverage on suspension, steering, and related components. When selecting combinations larger than OE, consider the additional stress you could be inducing on the OE and related components.
- Post suspension system vehicles may experience drive line vibrations. Angles may require tuning, slider on shaft may require replacement, shafts may need to be lengthened or trued, and U-joints may need to be replaced.
- Secure and properly block vehicle prior to installation of BDS Suspension components. Always wear safety glasses when using power tools.
- If installation is to be performed without a hoist, BDS Suspension Co. recommends rear alterations first.
- Due to payload options and initial ride height variances, the amount of lift is a base figure. Final ride height dimensions may vary in accordance to original vehicle attitude. Always measure the attitude prior to beginning installation.

BEFORE YOU DRIVE

Check all fasteners for proper torque. Check to ensure for adequate clearance between all rotating, mobile, fixed, and heated members. Verify clearance between exhaust and brake lines, fuel lines, fuel tank, floor boards and wiring harness. Check steering gear for clearance. Test and inspect brake system.

Perform steering sweep to ensure front brake hoses have adequate slack and do not contact any rotating, mobile or heated members. Inspect rear brake hoses at full extension for adequate slack. Failure to perform hose check/ replacement may result in component failure. Longer replacement hoses, if needed can be purchased from a local parts supplier.

Perform head light check and adjustment.

Re-torque all fasteners after 500 miles. Always inspect fasteners and components during routine servicing.

CONTENTS OF YOUR KIT

Box Kit 121416

Part #	Qty	Description
05009	2	Axle Bracket
05010	2	Frame Bracket - DRV
05011	1	Frame Bracket - PASS
05012	2	Bottom Nut Tab
05062	1	Side Nut Tab - DRV
05063	1	Side Nut Tab - PASS
844	1	Bolt Pack
	6	7/16"-14 x 1-1/4" Bolt
	6	7/16" SAE Washer
	2	9/16"-12 x 4" Bolt
	2	9/16"-12 x 4-1/2" Bolt
	2	9/16" Prevailing Torque Nut
	6	9/16" SAE Washer
02910	2	Traction Bar Wrench

Box Kit 123409

Part #	Qty	Description
A255	2	Traction Bar Assembly
02865	1	Traction Bar
02866	1	Spacer Washer
02867	1	Bushing
02868	1	Guide Bolt
02869	1	Traction Bar Slider End
033001	1	Heavy Rate Spring
033002	1	Lite Rate Spring
9452K63	2	O-Ring
91985A231	1	Internal Retaining Ring
3537BK	2	Bushings
168	1	Sleeve
4138209	2	Flush Mount Grease Fitting
A171	1	Forged Flex Joint End

INSTALLATION INSTRUCTIONS

INSTALLATION INSTRUCTIONS

! Caution *This installation must be done with the weight of the vehicle on the rear axle. Do not raise the vehicle and allow the rear axle to hang.*

1. Measure the length of thread on the U-bolt showing past the end of nut. A minimum of 0.375" of thread must be showing past the end of the nut in order to install the axle bracket. If not enough thread is showing, new / longer u-bolts will be required.
2. Support the rear axle and remove the driver's side u-bolt nuts and washers. If replacing u-bolts, remove old and install new now.
3. With the OE U-bolt plate in place, install the new traction bar axle mount bracket (05009). Make sure the mounting tabs on the bracket are to the front of the vehicle. Fasten the bracket with the U-bolt (new or used) nuts and washers (Fig 1). Torque U-bolts to 125 ft-lbs.

FIGURE 1



4. Repeat bracket installation on the passenger's side.

FRAME BRACKET INSTALLATION

5. Two nut tabs will be utilized for each side of the vehicle, one nut tab has two identical welded nuts (7/16") and the other has one 7/16" weld nut and one 9/16" weld nut (Larger). working on one side of the vehicle at a time, insert the nut tab with 2 7/16" weld nuts into the pocket on the bottom side of the frame facing down.
6. The Recoil mounting brackets are side specific, make sure to use the correct one on each side. Using the provided 12mm bolts and washers, attach the frame bracket to the vehicle (Fig 2). Leave hardware loose for now.

FIGURE 2



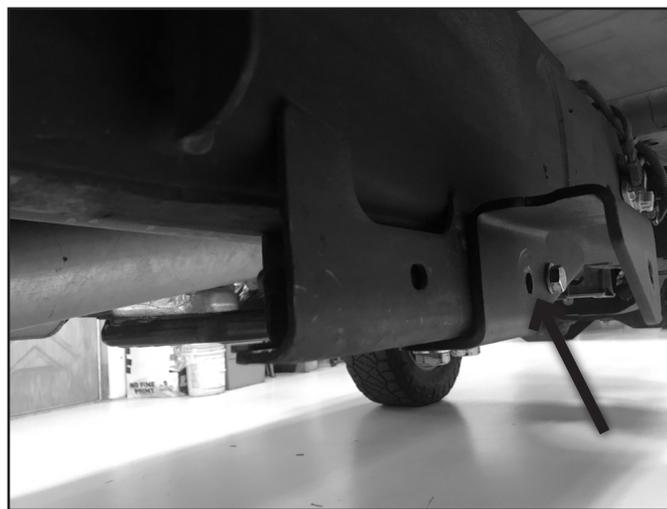
7. Next, insert the nut tab with the 9/16" weld nut into the frame pocket. These are also side specific, make sure the flat face is towards the outside of the vehicle and the slight bend is pointing up.
8. Align the nut tab with the last 7/16" hole in the Recoil frame bracket, then attach using a 7/16" bolt and washer (Fig 3). Leave loose for now.

FIGURE 3



9. The frame bracket should now be installed with hardware left loose (Fig 4).

FIGURE 4



10. With the bracket held in place, mark the location of the larger hole to be drilled.
11. Temporarily remove the bracket and drill a 5/8" hole at the marked location.
12. Repeat on opposite side of vehicle.

TRACTION BAR INSTALLATION

13. Attach the Recoil traction Bar to the axle mount with a 9/16" x 4" bolt, 9/16" nut and SAE washer from bolt pack 844. Install the traction bar so that the forged Flex end (A171) is mounted to the axle bracket. Leave mounting hardware loose at this time.
14. Measure the length of the bar from the center of the bolt at the axle to the center of the sleeve at the traction bar end (02869). The length should be approximately 60". If not, press firmly on the traction bar end to seat the springs.

15. Attach the traction bar to the frame bracket using a 9/16" x 4-1/2" bolt and 9/16" washer from bolt pack 844 (Fig 5). The nut tab may need to be manipulated slightly to ensure perfect alignment.

FIGURE 5



16. At this time, the 9/16" hardware at the frame and axle can be torqued to 90 ft-lbs. All 7/16" hardware can be torqued to 59 ft-lbs.
17. Repeat installation on the other side of the vehicle.
18. Grease all bushings and the recoil traction bar before use. Do not over grease the Recoil Traction Bar, it is recommended to grease the Recoil Traction Bar one pump of grease every 10,000 miles.

Note: Traction bar frame end will need a needle nozzle to grease the flush mount grease fittings.

19. Check all hardware for proper torque.
20. Check hardware after 500 miles

TRACTION BAR ADJUSTMENT

21. Loosen the jam nut at the axle end with the two provided wrenches. Utilize a 1/2" ratchet or breaker bar in the wrench if needed (Fig 6).

FIGURE 6



22. Use the levels on the wrench to gauge how much force is inputted into the Recoil Traction Bar. The wrench is designed to be used at the traction bar slider end as shown in Figure 7. Make sure the wrench is pressed firmly against the bushing / tube for an accurate measurement.

FIGURE 7

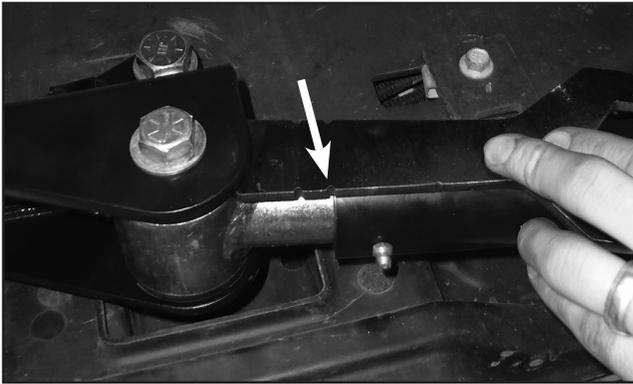
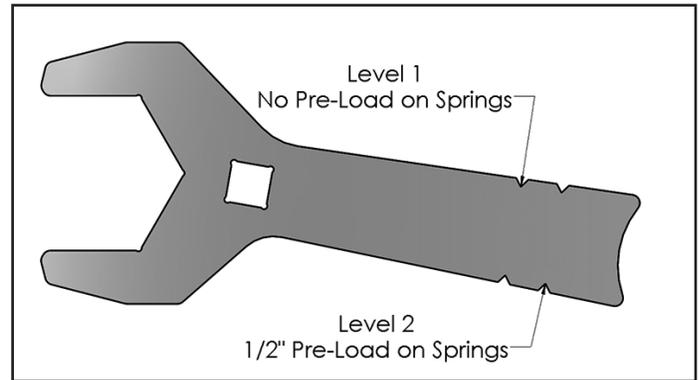
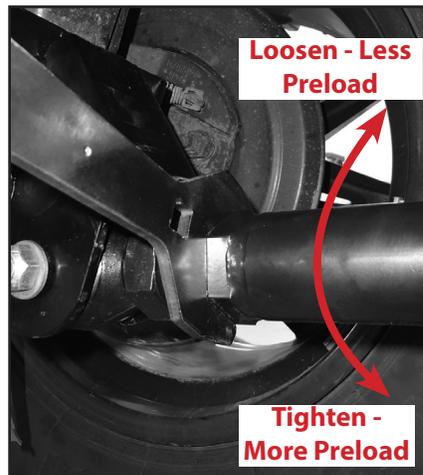


FIGURE 8



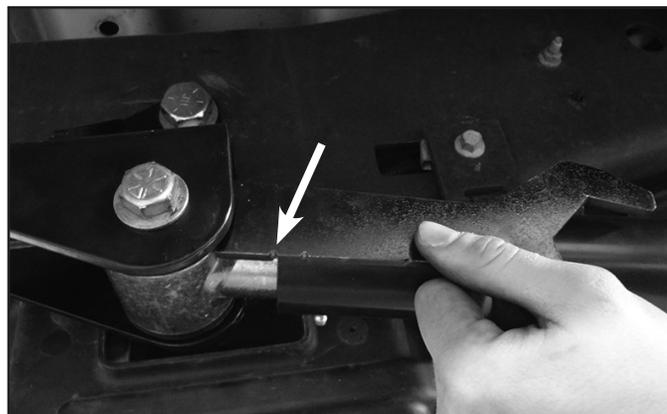
23. Utilizing the Levels on the wrench, spin the Recoil Traction Bar either clockwise to add more force into the dual coil springs setup to reduce axle wrap, or loosen the Recoil Traction Bar by spinning it counter clockwise in order to reduce the input the Recoil Traction Bar has on the suspension system. *Note: Depending upon lift height, the Recoil Traction Bar may need to unthreaded from the Forged Flex End until the First Level is reached on the wrench. At this point the dual coil spring setup are in contact and there is no preload in the springs.*

FIGURE 9



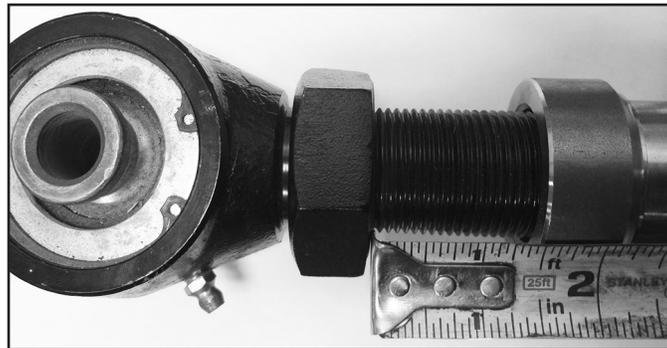
24. It is recommended when pulling or hauling heavy weights that Recoil Traction Bar be set at a minimum of the Second Level on the Jam Nut Wrench to help reduce axle wrap. The Second Level is 25% of the maximum force the springs output. The maximum amount of force that can be preloaded in the spring is 12 full rotations of the Recoil Traction Bar when starting at the First Level. This equals 1" of total preload in the dual coil spring setup in the Recoil Traction Bar. At this point, the dual coil spring setup creates a solid link between the frame and axle when in compression. **DO NOT** tighten the Recoil Traction Bar past this amount.

FIGURE 10



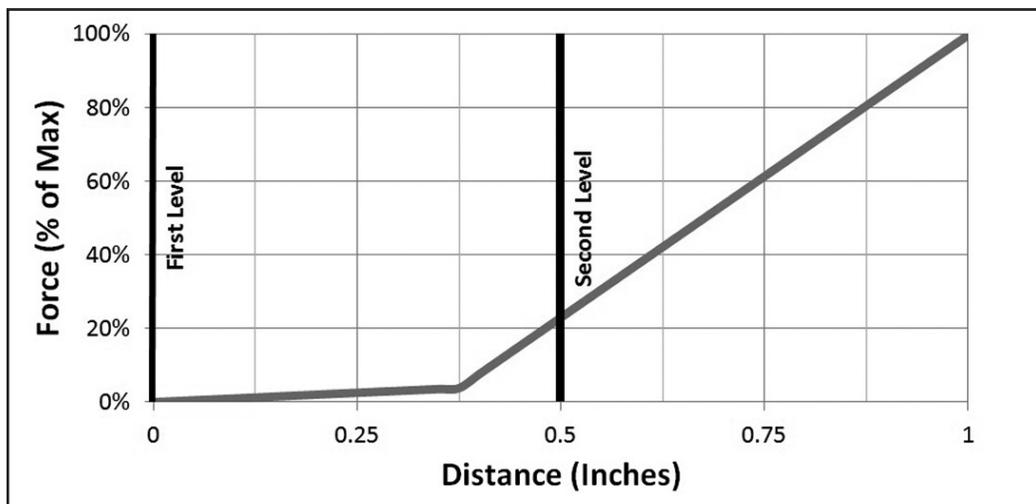
25. After the desired force is set, lock off the jam nut with the two provided Jam Nut Wrenches and repeat this process on the other Recoil Traction Bar. *Note: Never unthread the forged flex end past 1-1/2" of adjustment. This can cause thread damage and weaken the joint. See Figure 11.*

FIGURE 11



26. The dual coil spring setup is utilized to always create contact between both ends of the Recoil Traction Bar. Having dual coil spring setup allows the Recoil Traction Bar system to not affect suspension performance at a lower force as seen at the First Level, allowing greater articulation and less affect on the suspension system. As the Recoil Traction Bar is adjusted and the dual coil spring setup are compressed, a higher force is exerted on the axle in order to reduce axle wrap. Each Level below corresponds to the levels on the wrench, representing different amounts of force in the Recoil Traction Bar system. *Note: It is recommended to never fully compress the spring past the 1" of compression. This can be measured 1" from the First Level on the Jam Nut Wrench.*

FIGURE 12



WE WANT TO SEE YOUR RIDE!

Grab photos of your BDS-equipped truck in action and send them in for a chance to be featured. Send it in to our Bad Ass Rides customer gallery at bds-suspension.com/bar and post them on the BDS Fan Page on Facebook at facebook.com/BDSsuspensions. Don't forget about your BDS swag! BDS offers t-shirts, hoodies, decals and more available on the BDS website or through your local BDS distributor.

TIME TO HAVE SOME FUN

Thank you for choosing BDS Suspension.

For questions, technical support and warranty issues relating to this BDS Suspension product, please contact your distributor/installer before contacting BDS Suspension directly.