

SB037 SWAY BAR KIT
FRONT SWAY BAR INSTALLATION
SB016 – 2010-2012 CHEVROLET CAMARO

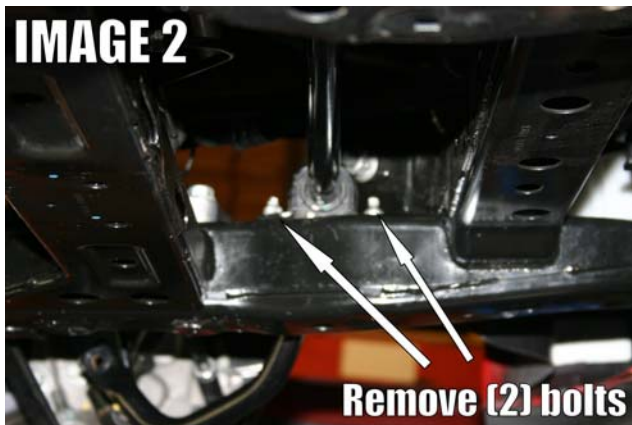
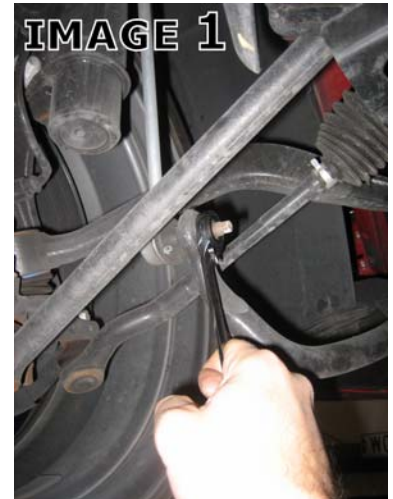
NOTE: Due to the elevated height necessary for removing and installing the sway bar on this particular application, it is recommended to perform this installation on a 2 post service lift to get adequate height.

RECOMMENDED TOOLS:

10mm, 15mm, 18mm wrench 3/8" drive ratchet w/13mm socket 6mm Allen wrench

INSTALLATION:

1. Lift vehicle and remove both front wheels/tires.
2. If you do not have a ZL1, skip this step and proceed to step 3. On the ZL1, you will need to remove the plastic panel that covers the bottom of the engine compartment. Remove the 14 bolts using a 10mm socket then remove the panel to gain access to the sway bar.
3. Using a 15mm wrench (18mm for the 2012-newer), remove the nuts on the outer sway bar links. **(IMAGE 1)**
4. Access the frame mounts through the wheel wells as shown. Using a 13mm socket, remove the two bolts that retain the mounting bushings. **(IMAGE 2)**
5. Using an 18mm socket, loosen the (2) motor mount nuts as shown in **IMAGE 3**. Place a block of wood under the oil pan and lift the motor approximately 2 inches to make room for the sway bar removal.



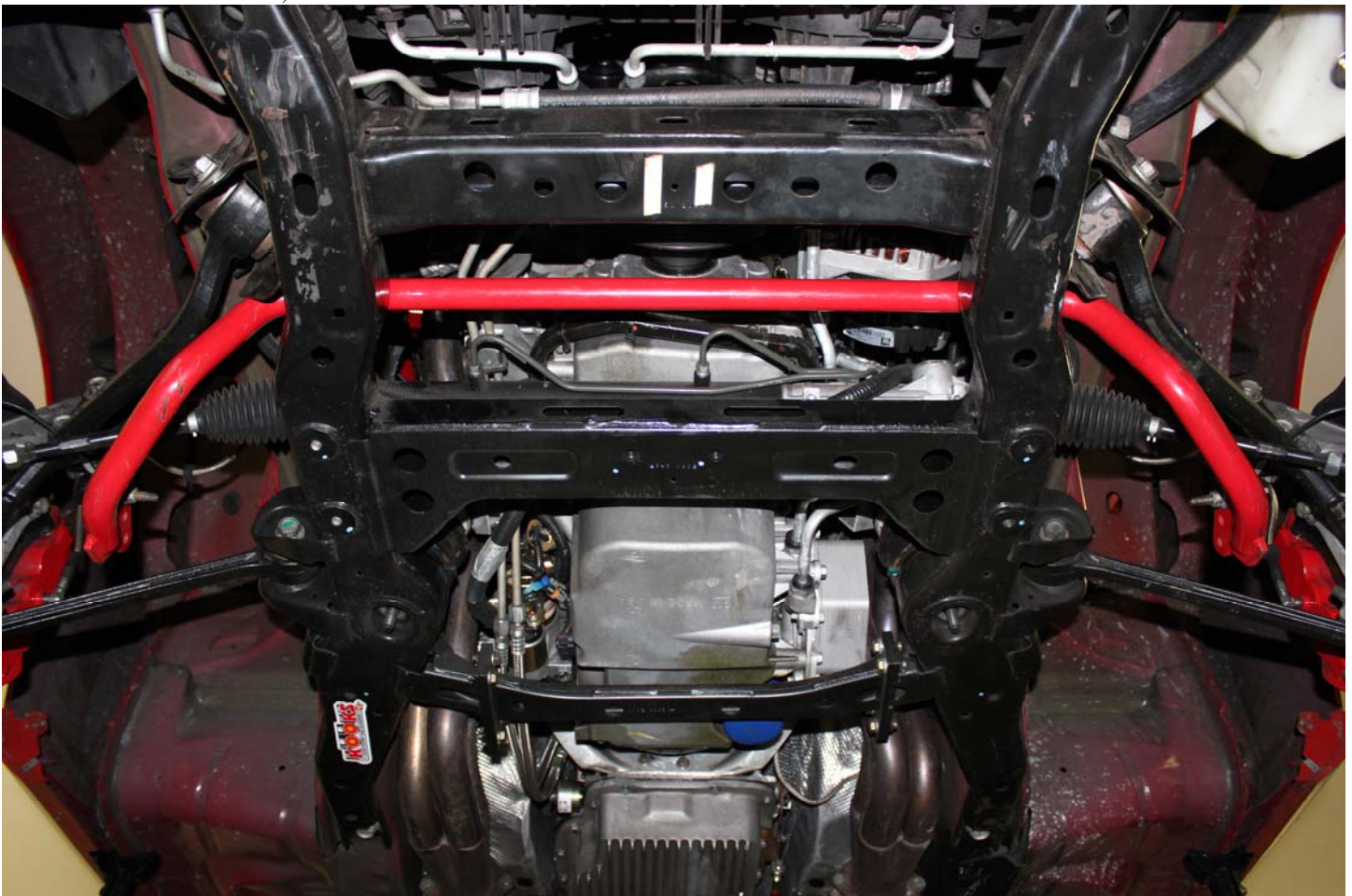
6. Begin working the sway bar out by rotating it up and around the tie rod on the drivers' side of the car, pushing and rotating the bar towards the passenger side. The sway bar can be pulled through from the passenger side by rotating and twisting it around any obstacles. In order to get the sway bar completely out, the bar must be rotated downward in the last step. **(IMAGE 4)**



FRONT SWAY BAR INSTALLATION (Continued)

SB016 – 2010-2012 CHEVROLET CAMARO

7. Begin sliding the BMR sway bar in from the passenger side the same way the OE bar was removed. Rotate and slide the bar in a spiral pattern until it gets to the drivers side. **(IMAGE 5)**
8. Grease the inside of the BMR polyurethane bushings. Position the bushings over the straight section of the sway bar. The bushings go to the outside of the welded thrust washers on the sway bar.
9. Place the provided bushing saddle over the polyurethane bushings and thread the OE nuts into place. Tighten.
10. Connect the outer end links to the sway bar and tighten.
11. Lower the engine and re-tighten the mounting nuts.
12. Grease the fittings on the sway bar mounting bushings until grease is visible protruding from the bushing.
13. If you have a ZL1, re-install the underbody plastic covers.
14. Re-install wheels, tires and lower vehicle.



CAMARO REAR SWAY BAR INSTALLATION

SB033 – 2012-2013 CHEVROLET CAMARO

RECOMMENDED TOOLS:

15mm wrench
13mm socket
3/8" drive ratchet
5mm Allen wrench

INSTALLATION:

1. Lift the vehicle and safely support it under the frame rails.
2. Remove the wheel on one side of the vehicle.
3. Using a 15mm wrench on one end and a 15mm socket on the other end, remove the nuts from the sway bar end links then disassemble the end links. **(IMAGE 1)**
4. Using a 15mm socket, remove the (4) bolts that hold the sway bar to the rear suspension cradle. **(IMAGE 2)**
5. Remove the rear sway bar by sliding it out the side with the wheel removed.
6. Lube the inside of the BMR polyurethane bushings then slide them over the sway bar with the thrust washers on the inside of the bushings.
7. Position the BMR sway bar into place then install the provided saddles over the bushings. Insert the OE bolts and hand-tighten.
8. Insert the end links into the desired sway bar hole then re-assemble the end link. See the following page for sway bar hole recommendations. Tighten the end links until the bushings just start to bulge.
9. Tighten the 4 bolts on the mounting bushings to 18 ft/lbs.
10. Re-install wheel/tire.
11. Lower vehicle.



CAMARO REAR SWAY BAR INSTALLATION (Continued)

SB033 – 2012-2013 CHEVROLET CAMARO

SWAY BAR SETUP

There is not an ideal setup that will work for every application but as a general rule of thumb, we recommend the following sway bar settings:

- a. **Furthest hole:** Softest setting. This setting works well when using the stock front sway bar or BMR’s front sway bar on the softest setting. This setting helps neutralize the factory understeer and balances the car.
- b. **Middle hole:** Recommended when using BMR’s front sway bar on the middle setting. Also recommended if you are running a larger rear tire than front tire. Running larger rear tires creates more understeer and can be compensated with a stiffer rear bar.
- c. **Closest hole:** Stiffest setting. Works well at the drag strip or for maximum handling abilities. A stiff rear sway bar helps load both rear tires more evenly at the drag strip resulting in better traction and control at launch. Also recommended when using our “matched” front sway bar on the stiffest setting.

The chart below shows the percentage of rate increase over the OE bar specifications:

BMR REAR BAR	FE3 (2010-2011)	FE4 (2012-PRESENT)	FE5-ZL1 (2012-PRESENT)
Furthest hole (farthest away from main portion of bar)	99% rate increase	122% rate increase	23% rate increase
Middle hole	133% rate increase	161% rate increase	44% rate increase
Closest hole (closest to main portion of bar)	177% rate increase	211% rate increase	71% rate increase



WWW.BMRSUSPENSION.COM

This product is an aftermarket accessory and not designed by the vehicles manufacturer for use on this vehicle. As such, buyer assumes all risk of any damage caused to vehicle/person during installation or use of this product.