

IRON ROCK OFF ROAD

XJ/ZJ Double Shear Track Bar Install Instructions

1-877-919-JEEP www.ironrockoffroad.com

Parts Checklist:

Box 1 (36x6x6)

- Iron Rock Off Road logo decal 10001 (1)
- Double shear track bar bracket 91015 (1)
- Double adjustable track bar 92305 (1)
- Double adjustable track bar male end 92297 (1)
- Double adjuster, track bar 91235 (1)

#277 – XJ/ZJ Double Adjustable Track Bar Hardware (1)

- Track bar bushing half 80014 (4)
- 12mm track bar bushing sleeve 92035 (1)
- 7/16" I.D. track bar bushing sleeve 92036 (1)
- Track bar clamp 92303 (2)
- M12-1.75 x 80 hex bolt (2)
- M12-1.75 hex nut (2)
- 7/16" x 2-1/2" hex bolt, gr8 (1)
- 7/16" Track Bar Flag Nut 91230 (1)
- 7/16" USS flat washer (5)



Installation Instructions:

Safety Warning: ***Important! Read before installation. ***

We recommend that this track bar system be installed by a qualified professional. Knowledge of suspension component function is necessary for safe installation and post installation inspections. Be sure to re-torque all suspension components after the first 100 miles of use, and frequently inspect all safety critical suspension components.

Before you begin:

- o Read all safety warnings.
- o Read and understand installation instructions.
- o Contact Iron Rock Off Road with any questions before, during, or after installation.
- o **Ensure that all parts are present and in good condition per attached parts checklist!**

Installation:

1. Locate track bar, track bar male threaded end, track bar bracket, double adjuster, and **HK #277**. Install clamps onto the double adjuster.
2. Apply anti-seize to all the threads then thread the track bar and male end into the double adjuster. Ensure the ends are equally threaded into the double adjuster then adjust the length listed below.
3. Apply multi-purpose grease to both poly bushings and both inner bushing sleeves. Install bushings then sleeves into the track bar. The sleeve with the larger hole goes into frame side. (Longer end)



4. Adjust the length using this guide as a starting point. This may need to be adjusted after a short test drive. Do not tighten jam nut at this time.
 - ZJ 3.5" lift: 33 1/2" center to center
 - ZJ 4.5" lift: 33 5/8" center to center
 - ZJ 7" lift: 33 3/4" center to center- maximum length for this track bar.
 - XJ 4" lift: 33 3/8" center to center
 - XJ 5.5" lift: 33 1/2" center to center
 - XJ 6.5" lift: 33 5/8" center to center
 - XJ 8" lift: 33 3/4" center to center – maximum length for this track bar.
5. Lift front of vehicle and support with tall jack stands under the unibody frame.
****TIP: break lug nuts loose before lifting vehicle if necessary.**
6. Ensure that vehicle is safely supported.
7. Remove front tires if needed.
8. Support front axle with a floor jack (do not lift vehicle).
9. Remove existing track bar and uni-frame bracket as one assembly.
10. Install the track bar bracket onto the unibody with the factory bolts. Loosely attach the bracket with the upper two bolts, then align the lower bolt mounting holes. Install the lower mounting bolts and torque all track bar bracket hardware to 92 ft. lbs.
*****NOTE: If the unibody is rusty, the seam behind the factory bracket may have swelled making installation of the lower mounting bolts difficult. Using a ratchet strap to pull the bracket to align the holes or smoothing the seam with a hammer is recommended.**
11. Install the track bar and torque bolt at axle to 74 ft. lbs., and bolt at bracket to 80 ft. lbs.
12. Orient track bar clamps to not interfere with any other components. Tighten track bar clamps to 60 ft-lbs.
****TIP: Install axle side first and use steering wheel to align the bolt holes for the uni-frame side.**

Adjustments and Safety Inspection:

13. Check all components for clearance for suspension to fully cycle up and down. Make adjustments as needed.

14. Go for a short test drive.
 15. Ensure front axle is centered. Orient track bar clamps to not interfere with any other components. Tighten track bar clamps to 60 ft-lbs.
 16. Check if front tires are centered side to side under vehicle. A good way to measure this is from the top of the tire to the uni-frame, through the coil spring. Adjust the length of the front track bar as needed.
- * Re-torque all fasteners, including lug nuts, after 100 miles, and frequently inspect all safety critical suspension components.