

IRON ROCK OFF ROAD

JL/JT Front/Rear Track Bar Instructions

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

Parts Checklist:

- Iron Rock Off Road Logo Decal 10001 (1)
- Ironrockoffroad.com decal (1)

- JL/JT 0-8" front track bar 77016 (1)
- Track bar threaded male end, Flex Joint 77128 (1)



- Ball 91142 – M14 bolt (1)
- #5-40 x 1-1/8" Socket head cap screw (9)
- 3/32" Hex L key, high torque (hex plus) (1)

Standard Track Bar

- #235 - Front Track Bar Hardware (1)**
 - Track bar bushing half 80014 (2)
 - Track bar bushing sleeve 80003 (1)
 - Track Bar clamp 95044 (1)
 - 5/16-18 x 2 carriage bolt gr5 (1)
 - 5/16-18 hex flange nut (1)

~Optional Premium Track Bar Upgrade~

- #254 - Track Bar Flex End Hardware - 14mm (1)**
 - Inner race (plastic) 91113 (2)
 - End cap (steel) 91112 (2)
 - Ball 91142 – M14 bolt (1)
 - #5-40 x 1 1/4" Socket head cap screw (9)
 - 3/32" Hex L key, high torque (hex plus) (1)
- #281 - Track Bar Clamp Hardware (1)**
 - Track Bar clamp 95044 (1)
 - 5/16-18 x 2 carriage bolt gr5 (1)
 - 5/16-18 hex flange nut (1)

- JL 0-8" rear track bar 77000 (1)



- #236 - Rear Track Bar Hardware (1)**
 - Track bar bushing half 80014 (4)
 - Track bar bushing sleeve 80003 (2)
 - Track Bar clamp 95044 (1)
 - 5/16-18 x 2 carriage bolt gr5 (1)
 - 5/16-18 hex flange nut (1)

~Optional Premium Track Bar Upgrade~

- Track bar threaded male end, Flex Joint 77128 (1)
- #254 - Track Bar Flex End Hardware - 14mm (1)**
 - Inner race (plastic) 91113 (2)
 - End cap (steel) 91112 (2)
 - Ball 91142 – M14 bolt (1)
 - #5-40 x 1 1/4" Socket head cap screw (9)
 - 3/32" Hex L key, high torque (hex plus) (1)
- #306 – JL/JT Track Bar Flex Joint – Male End (1)**
 - Inner race (plastic) 91113 (2)
 - Washer (steel) 77127 (2)
 - Ball 91142 – M14 bolt (1)
 - #5-40 x 1-1/8" Socket head cap screw (9)
 - 3/32" Hex L key, high torque (hex plus) (1)
- #281 - Track Bar Clamp Hardware (1)**
 - Track Bar clamp 95044 (1)
 - 5/16-18 x 2 carriage bolt gr5 (1)
 - 5/16-18 hex flange nut (1)

- JT 0-8" rear track bar 77031 (1)

Standard Track Bar

- Track bar threaded male end 92004 (1)



- #236 - Rear Track Bar Hardware (1)**
 - Track bar bushing half 80014 (4)
 - Track bar bushing sleeve 80003 (2)
 - Track Bar clamp 95044 (1)
 - 5/16-18 x 2 carriage bolt gr5 (1)
 - 5/16-18 hex flange nut (1)

~Optional Premium Track Bar Upgrade~

- Track bar threaded male end, Flex Joint 77128 (1)
- #254 - Track Bar Flex End Hardware - 14mm (1)**
 - Inner race (plastic) 91113 (2)
 - End cap (steel) 91112 (2)
 - Ball 91142 – M14 bolt (1)
 - #5-40 x 1 1/4" Socket head cap screw (9)
 - 3/32" Hex L key, high torque (hex plus) (1)
- #306 – JL/JT Track Bar Flex Joint – Male End (1)**
 - Inner race (plastic) 91113 (2)
 - Washer (steel) 77127 (2)
 - Ball 91142 – M14 bolt (1)
 - #5-40 x 1-1/8" Socket head cap screw (9)
 - 3/32" Hex L key, high torque (hex plus) (1)
- #281 - Track Bar Clamp Hardware (1)**
 - Track Bar clamp 95044 (1)
 - 5/16-18 x 2 carriage bolt gr5 (1)
 - 5/16-18 hex flange nut (1)



Before you begin:

- ***Ensure that all parts are present and in good condition using above shipping checklist. ***
- Read and understand all installation instructions.
- Tools required:
 - Floor jack and jack stands.
 - Basic hand tools
 - Anti-seize compound.
 - Multipurpose grease



Prepare the parts for installation:

1. Locate front track bar, track bar HK #235, HK #306, and track bar threaded male end.
2. Locate rear track bar, track bar HK #236 and track bar threaded male end.
3. If you purchased the **Premium Track Bar Upgrade** refer to the track bar flex joint assembly instructions at the end of this document.
4. Lubricate track bar bushings and bushing sleeves with multi-purpose grease and install into track bars.
5. Slip clamping bracket onto adjusting end of track bar with the opening up and insert the 5/16 carriage bolt from rear and nut facing forward.
6. Apply anti-seize and thread the track bar male end into the track bar and adjust to length listed in the chart as a starting point.
7. Tighten the clamping bracket.



Installation:

8. Lift front of vehicle and support with jack stands under frame rails.
9. Remove front track bar.
10. Install new front track bar, threaded end to axle side. The clamp facing up, nut facing front.
11. Lift rear of vehicle and support with jack stands under frame rails.
12. Remove track bar.
13. Install new track bar, threaded end at the frame, bend hanging down on JL Wrangler.
14. Lower vehicle onto ground.

Track Bar Length (Center to Center)	
Front Track Bar	33-7/8"
JL Rear Track Bar	37-3/4"
JT Rear Track Bar	33-3/4"

Final Torque and Adjustments:

15. The draglink **must** be adjusted to center the steering wheel before driving the vehicle. Failure to do so will cause an error with the factory traction control system and will result in odd handling and decreased performance.
16. With vehicle weight on the suspension, check that axles are centered side to side and adjust track bars as needed.
17. Turn the front tires left and right to check clearances between the tires and frame are equal from the left side to the right side.

Final Safety Warning:

* Re-torque all fasteners after 100 miles, and frequently inspect all safety critical suspension components. It is the responsibility of the installer to be sure all fasteners are properly tightened after installation and to ensure the owner knows his/her ongoing responsibility. It is the responsibility of the owner of the vehicle to be sure all safety critical components are inspected frequently, especially after off road or other demanding use.



IRON ROCK OFF ROAD

Track Bar Flex End Assembly Instructions

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

Parts Checklist:

#306 - Track Bar Flex Joint - Male End (1)

- Inner race (plastic) 91113 (2)
- Washer (steel) 77127 (2)
- Ball 91142 – M14 bolt (1)
- #5-40 x 1-1/8" Socket head cap screw (9)
- 3/32" Hex L key, high torque (hex plus) (1)

#254 - Track Bar Flex End Hardware - 14mm (1)

- Inner race (plastic) 91113 (2)
- End cap (steel) 91112 (2)
- Ball 91142 – M14 bolt (1)
- #5-40 x 1-1/4" Socket head cap screw (9)
- 3/32" Hex L key, high torque (hex plus) (1)



Safety Warning:

Installation and assembly of this part requires knowledge of steering and suspension systems. Failure to precisely adhere to installation procedure may cause a part failure resulting in vehicle damage and serious injury or death. This part only fits Iron Rock Off Road track bars in good condition. Iron Rock Off Road makes no claims that this part will fit track bars from other manufacturers. Improper fitment may cause a part failure resulting in vehicle damage, serious injury, or death.

Before you begin:

- 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 shipping checklist!**
- o Ensure that you have high strength threadlocker (such as red Loctite) and multi-purpose grease.

Fitment:

This kit replaces the poly bushings and inner sleeve in your Iron Rock Off Road track bar. This part only fits track bars manufactured by Iron Rock Off Road after 2009 with an inside diameter of 1.510", a width of 1.250", and a radiused inside corner.

*****To verify fitment: Remove the track bar from your vehicle, remove the poly bushings, clean the parts, and verify the following is true: *****

- The plastic races fit tight inside the inside bore.
- Both end caps fit the inside bore with just a bit of "wobble room".
- Both end caps slide in freely until the flat shoulder rests firmly against the end of the outer tube.
- The overall width of the outer tube is 1.250". This can be measured with a caliper or verified after flex end is fully assembled. Once fully assembled (bolts torqued to spec.) the shoulders of the end caps should rest firmly against the ends of the outer tube. At the same time, the ball should fit tight inside the assembly. It should require a tool (such as a screwdriver) to pivot or rotate the ball. The ball should pivot smoothly with even resistance in any position.



If any of those steps cannot be verified, please contact us to order a new track bar.

Bolt size: This bushing replacement assembly is only available to fit a 12mm & 14mm bolt at this time. Those with a 10mm fastener may wish to upgrade to 12mm hardware for more strength (drill your bracket and install a 12mm bolt).

Assembly:

1. Verify fitment per the "Fitment" section above.
2. Insert four socket head cap screws into one end cap and one race. (Race should have spherical bore facing away from end cap.)
3. Install this small assembly into the track bar outer bushing tube. The races are a light press fit, use a wide punch and hammer to assist you if needed.
4. Apply a thin coat of multi-purpose grease to the ball and the spherical mating surface of the races. Coat both mating surfaces but leave no excess grease that would interfere with the threadlocker adhesive on the bolts.
5. Place the ball into the race inside the housing. The ball should fit the contour of the race perfectly.
6. Insert the other race on top of the ball so that the spherical bore is contacting the ball. Once again, the races are a light press fit, use a hammer and wide punch if needed. (The four screws should be through one end cap and both races at this point.)
7. Apply a generous coating of high strength threadlocker (such as red Loctite) to all 8 screws (including the ones already installed).
8. Install the second end cap, aligning the screws with the tapped holes. When completed 4 screws will be inserted from each side.
9. Insert the last four screws and tighten them all snug.
10. Torque screws in sequence using a crisscross pattern, like torquing lug nuts. Tighten all 8 screws evenly in small steps. Take your time and do not rush. Tighten all 8 screws to 20 in/lbs.

