

XJ/ZJ Double Shear Adjustable Track Bar Installation Instructions:

Jeep XJ Cherokee 1984-2001 / Jeep ZJ Grand Cherokee 1993-1998



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Box 1 (36x8x8)

- Instructions
- Invoice
- Iron Rock Off Road logo decal (1)
- XJ/ZJ double shear adjustable track bar (1)
- Track bar male threaded end (1)
- Double shear track bar bracket (1)

Hardware kit 20 (front track bar)

- Track bar bushing half (4)
- 7/16" I.D. track bar bushing sleeve (1)
- 7/16 x 2 1/2" Hex bolt, gr8 (1)
- 7/16 Hex nut, gr8 (1)
- 12mm Track bar bushing sleeve (1)
- 7/16 Flat washer (2)
- 12mm x 80 Hex bolt, cl10.9 (1)
- 12mm Hex nut, cl10.9 (1)
- 7/8-14 Jam nut (1)

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 shipping checklist!**

Installation:

1. Install jam nut onto threaded end of track bar. Apply anti-seize compound to the male threads.
2. 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 5/8" center to center
 - ZJ 4.5" lift: 33 3/4" center to center
 - ZJ 7" lift: 34" center to center
 - XJ 4" lift: 33 1/2" center to center
 - XJ 5.5" lift: 33 5/8" center to center
 - XJ 6.5" lift: 33 7/8" center to center
 - XJ 8" lift: 34" center to center

*****Safety Warning: Maximum length is approx. 34 1/4" center to center for standard 3-7" track bar and 33 3/4" center to center for 1-5" low lift height track bar. If you are near these maximum lengths, you MUST verify that you have at least 1" of thread engagement. Failure to perform this simple double check may result in serious injury or death.**

3. Lift front of vehicle and support with tall jack stands under the unibody frame.
 - Tip: break lug nuts loose before lifting vehicle if necessary.
4. Ensure that vehicle is safely supported.
5. Remove front tires if needed.
6. Support front axle with a floor jack (do not lift vehicle).
7. Remove existing track bar and uni-frame bracket as one assembly.
8. Install the track bar bracket onto the unibody and torque bolts to 92 ft. lbs.
9. Lubricate track bar bushings and bushing sleeves with multi-purpose grease and install into track bar: smaller I.D. bushing sleeve is installed at axle end (without adjusting threads), and larger I.D. sleeve at unibody end (with adjusting thread).
10. Install the track bar and torque bolt at axle to 74 ft. lbs., and bolt at bracket to 80 ft. lbs.
11. Tighten jam nut very tight.

Adjustments and Safety Inspection:

12. Check all components for clearance for suspension to fully cycle up and down. Make adjustments as needed.
13. Go for a short test drive.
14. 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.