

# IRON ROCK OFF ROAD

**XJ/ZJ Double Shear Track Bar Install Instructions**

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

## Parts Checklist:

### Box 1 (36x6x6)

- Instructions
- Invoice
- Iron Rock Off Road logo decal 10001 (1)
- XJ/ZJ double shear adjustable track bar 92185 (1)
- Track bar male threaded end 92004 (1)
- Double shear track bar bracket 91015 (1)

### #20 Track Bar Hardware (1)

- Track bar bushing half M20919 (4)
- 7/16" I.D. track bar bushing sleeve 92036 (1)
- 7/16 x 2 1/2" Hex bolt, gr8 (1)
- 7/16 Hex nut, gr8 (1)
- 12mm Track bar bushing sleeve 92035 (1)
- 7/16 Flat washer (3)
- 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 parts 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 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.

**\*\*\*Safety Warning: Maximum length is approx. 33 3/4" center to center. If you are near this maximum length, 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 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.
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.  
**\*\*TIP:** Install axle side first and use steering wheel to align the bolt holes for the uni-frame side.
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.