



F-BODY PANHARD ROD INSTALLATION INSTRUCTIONS

Part #'s PHR001, PHR002, MPHR001, MPHR002, MPHR003

NON-ADJUSTABLE PANHARD RODS

1. Lift vehicle and support with jack stands.
2. Using a 18mm wrench, loosen the panhard rod bolts. Remove both bolts and pry the panhard rod out of the mounts.
3. Position the BMR panhard rod into the mounts with the grease fittings pointing down. Insert the factory bolts and torque to 80 ft/lbs.
4. With the suspension loaded, lube each grease fitting approximately 2-3 pumps.
5. Remove stands and lower vehicle.

ADJUSTABLE PANHARD RODS

1. Lift vehicle and support with jack stands.
2. Using a 18mm wrench, loosen the panhard rod bolts. Remove both bolts and pry the panhard rod out of the mounts.
6. Adjust the BMR panhard rod to the length of the factory rod. This is a good starting point; the adjustment will be done in a later step. Leave the jam nuts on the adjuster (or rod ends) loose.
3. Position the BMR panhard rod into the mounts with the grease fittings (polyurethane equipped bushings only) pointing down. Insert the factory bolts and torque to 80 ft/lbs.
4. If equipped with polyurethane bushings, lube each grease fitting approximately 2-3 pumps.
5. For this step the vehicle must be at ride height. Measure both wheel positions in the wheel wells as shown in the image to the right. If they are already equal or within 1/8" tighten the jam nuts and disregard step 6 - you are done. If the two measurements are not equal, proceed to the next step.
6. With the jam nuts loose, adjust the Panhard rod clockwise or counter-clockwise, depending on which way you need the car to move. The car body will slide left or right depending on which way you turn. Once the rear is centered, tighten the jam nuts.



NOTE: To prevent the jam nuts from backing off, we recommend using Loctite - Blue to secure them once the adjustment is complete.

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