

Z1 370Z / G37 PERFORMANCE SWAY BAR INSTALLATION MANUAL



This Installation Manual is intended for the following models:

2009-2020	Nissan 370Z
2007-2008	Infiniti G35 Sedan (RWD)
2008-2013	Infiniti G37 Coupe (RWD)
2009-2013	Infiniti G37 Sedan (RWD)
2014-2015	Infiniti Q60 Coupe (RWD)
2014	Infiniti Q40 Sedan (RWD)

PROLOGUE:

Study these instructions completely before proceeding to assembly. The installer must have a thorough knowledge of automotive systems operation. If unfamiliar with any of the concepts outlined in this instruction, we recommend the installation be completed by a qualified professional.

WARNING!

Extreme caution should be taken when performing maintenance or performance upgrades to your vehicle. Please observe and abide by any Warning or Caution labels placed on the various components and tools used when servicing your vehicle. If you have any questions regarding installation or the various components included with the Z1 Motorsports 370Z / G37 Performance Sway Bar, consult with a Professional Mechanic or contact Z1 Motorsports for more information.

PARTS INCLUDED:

Item	Quantity	Description
Front Sway Bar:		
1	1	Z1 Front Performance Sway Bar
2	2	Z1 Billet Sway Bar Brackets
3	2	Sway Bar Bushing (w/ grease packet)
Rear Sway Bar:		
1	1	Z1 Rear Performance Sway Bar
2	2	Z1 Billet Sway Bar Brackets
3	2	Sway Bar Bushing (w/ grease packet)

TOOLS REQUIRED:

- Hydraulic Jack
- (4) 2-Ton (or greater) Jack Stands
- Ratchet
- Ziplock Bags/Magnetic Tray
- Ratchet Extension(s)
- Assorted Metric Sockets (up to 21mm)
- Assorted Metric Wrenches (up to 21mm)

SAFETY REQUIREMENTS:

- Always wear safety glasses and any necessary protective garments. If using any fluids, chemicals, or solvents, a respirator is recommended.
- Always turn the ignition to the OFF position and disconnect the **NEGATIVE** battery terminal.
- Always use properly rated jack stands when working under your vehicle.
- Always keep limbs and parts away from moving drivetrain parts.
- Only operate drivetrain in safe space and well-ventilated areas.

BEFORE YOU BEGIN:

Remove contents from the Z1 Motorsports 370Z / G37 Performance Sway Bar and verify that **ALL** necessary hardware is present.

Sway bar diagrams are provided on the last page of this manual for all applicable models and years. Due to variations throughout the years, refer to the Factory Service Manual (FSM) for torque specs.

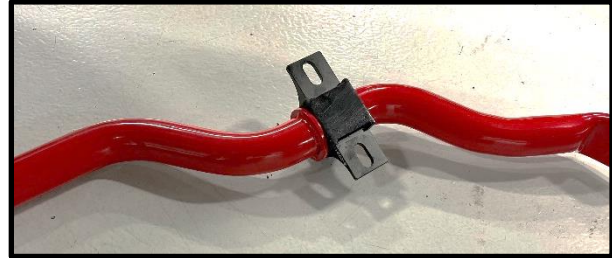
PROCEDURE:

1. Place the transmission in Park position (or in Reverse gear if equipped with a manual transmission). Apply the parking brake.
2. Locate proper jacking points on vehicle's chassis (refer to vehicle's Owner Manual). Raise and support vehicle using jack & jack stands.

Front:

3. Remove engine undershroud, set aside.
4. Remove (1) nut on each side of sway bar that connects it to the bottom of each end link (circled on pg 5).
5. Remove (2) nuts on each sway bar bracket that connects to the vehicle.

6. Remove OEM sway bar and brackets from vehicle.
7. Locate the new Z1 sway bar, brackets, and bushings.
8. Grease bushings with supplied grease packets.
9. Position Z1 bushings on sway bar on the outside of bushing flange (as shown).
10. Position Z1 brackets around bushings (as shown).



11. Reattach sway bar brackets to vehicle using the (4) nuts removed in step #5.
12. Reattach end links to sway bar using the nut removed in step #4 on each side.
13. Reattach engine undershroud.
14. Properly lower vehicle from jack stands.
15. Inspect vehicle for loose tools/items.
16. Perform a final test drive of vehicle.



Rear:

3. Remove necessary exhaust components to gain access to rear sway bar.
4. Remove (1) nut on each side of sway bar that connects it to the bottom of each end link (circled below on pg. 5).
5. Remove (2) bolts/nuts on each sway bar bracket that connect them to the vehicle.
6. Remove OEM sway bar and brackets from vehicle.
7. Locate new Z1 sway bar, brackets, and bushings.
8. Grease bushings with supplied grease packets.
9. Position new bushings on sway bar on the outside of bushing flange (as shown above).
10. Position Z1 Brackets around bushings (as shown above).
11. Reattach sway bar brackets to vehicle using the fasteners removed in step #5 (as shown on pg. 5).
12. Reattach end links to sway bar using the nut removed in step #4 on each side (as shown).
13. Reattach exhaust components.
14. Properly lower vehicle from jack stands.
15. Inspect vehicle for loose tools/items.
16. Perform a final test drive of vehicle.

END

Additional Technical Support:

Contact Z1 Motorsports at info@z1motorsports.com
Or call 770-838-7777 between 9am and 6pm ET

Stabilizer Bar Diagrams:

