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PRO COMP SUSPENSION

Suspension Systems that Work!

Part # 72095
Traction bar kit
2004-2005 FORD F150
4WD
Extra cab

This document contains very important information that includes warranty information and instructions for resolving problems you may encounter. Please keep it in the vehicle as a permanent record.

Part #	Description	Qty.	Illus.	Page
72095	TRACTION BAR MOUNTING KIT			
90-1900	2004 F150 REAR TRACTION BAR MOUNT DRIVERS	1	1	4
90-1904	2004 F150 REAR TRACTION BAR MOUNT PASS	1	-	-
90-1956	2004 F150 FRONT TRACTION BAR MOUNT DRIVERS	1	2	5
90-1958	2004 F150 FRONT TRACTION BAR MOUNT PASS	1	-	-
90-6122	HARDWARE PACK: BUSHINGS	1	-	-
90-2152	SLEEVE 7/8" X .188 WALL X 3.9375"	2	3	6
90-2153	SLEEVE 7/8" X .188 WALL X 2.8125"	2	3	6
15-10953	BUSHING - TRAC BAR	8	3	6
90-6120	HARDWARE PACK: MOUNTS	1	-	-
70-0505501800	1/2" X 5 1/2" GR 8 HEX BOLT	2	3	6
70-0504501800	1/2" X 4 1/2" GR 8 HEX BOLT	2	3	6
73-05000032	1/2" USS GR 8 FLAT WASHER	8	3	6
72-050100816	1/2" GR 8 STOVER NUT	4	3	6
90-6391	HARDWARE PACK: MOUNTS	1	-	-
70-0431001800	7/16" X 1" GR 8 HEX BOLT	6	2b,c,d	5
73-04300032	7/16" USS GR 8 WASHER	6	2b,c,d	5
90-3151	SIDE NUT PLATE	6	2b,c,d	5

Additional parts needed:

72500	50" TRACTION BARS W/LOGO			
90-2435	LATERAL TRACK BAR DRIVER	1	3	6
90-2437	LATERAL TRACK BAR PASSENGER	1	-	-

Equipment Available from your Pro Comp Distributor!

Skid plates	52104 (4WD)
MX6 Rear shock	MX6009 (4WD), MX6079 (2WD)
Coil over upgrade kit	52206MX (4WD), 52207MX (2WD)
Add a leaf kit	13134
Rear end shim kit	52700

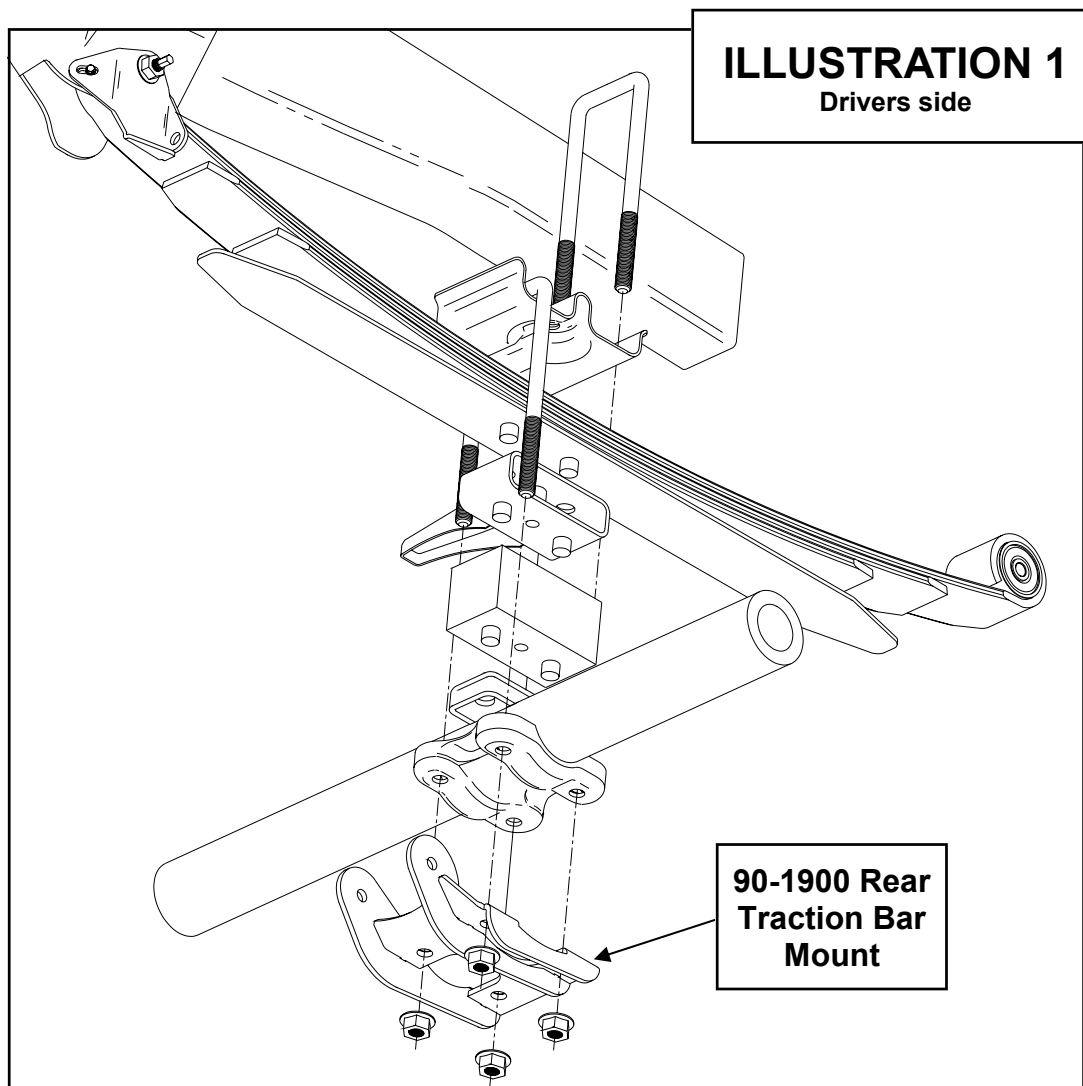
Also, Check out our outstanding selection of Pro Comp tires to compliment your new installation!

Introduction:

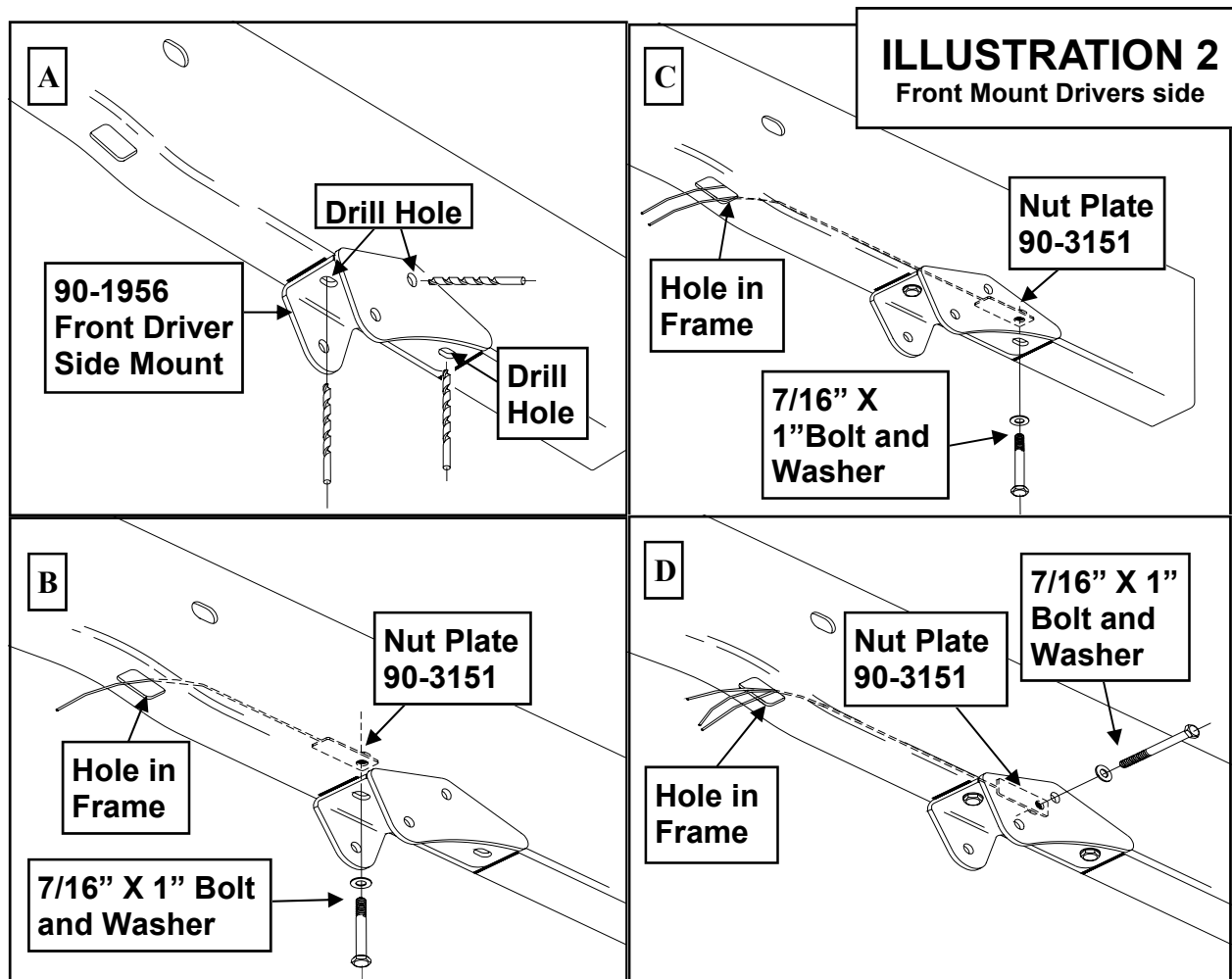
- ◆ This installation requires a professional mechanic!
- ◆ We recommend that you have access to a factory service manual for your vehicle to assist in the disassembly and reassembly of your vehicle. It contains a wealth of detailed information.
- ◆ Ensure that your work space is of adequate size and the work surface is level. Place the vehicle in neutral. Place your floor jack under the front cross member and raise vehicle. Place jack stands under the frame rails behind the front wheel wells and lower the frame onto the stands. Remove the jack and place the vehicle back in gear, set the emergency brake, and place blocks both in front and behind the rear wheels.
- ◆ Prior to installation, carefully inspect the vehicle's steering and driveline systems paying close attention to the tie rod ends, ball joints, wheel bearing preload, pitman and idler arm. Additionally, check steering-to-frame and suspension-to-frame attaching points for stress cracks. The overall vehicle must be in excellent working condition. Repair or replace all worn or damaged parts!
- ◆ Read the instructions carefully and study the illustrations before attempting installation! You may save yourself a lot of extra work.
- ◆ Check the parts and hardware against the parts list to assure that your kit is complete. Separating parts according to the areas where they will be used and placing the hardware with the brackets before you begin will save installation time.
- ◆ Check the special equipment list and ensure the availability of these tools.
- ◆ Secure and properly block vehicle prior to beginning installation.
- ◆ **ALWAYS** wear safety glasses when using power tools or working under the vehicle!
- ◆ Use caution when cutting is required under the vehicle. The factory undercoating is flammable. Take appropriate precautions. Have a fire extinguisher close at hand.
- ◆ Foot pound torque readings are listed on the Torque Specifications chart at the end of the instructions. These are to be used unless specifically directed otherwise. Apply thread lock retaining compound where specified.
- ◆ *Please note that while every effort is made to ensure that the installation of your Pro Comp lift kit is a positive experience, variations in construction and assembly in the vehicle manufacturing process will virtually ensure that some parts may seem difficult to install. Additionally, the current trend in manufacturing of vehicles results in a frame that is highly flexible and may shift slightly on disassembly prior to installation. The use of pry bars and tapered punches for alignment is considered normal and usually does not indicate a faulty product. However, if you are uncertain about some aspect of the installation process, please feel free to call our tech support department at the number listed on the cover page. We do not recommend that you modify the Pro Comp parts in any way as this will void any warranty expressed or implied by the Pro Comp Suspension company.*
- ◆ Check the parts and hardware against the parts list to assure that your kit is complete.
- ◆ Always use new cotter pins (these items are not supplied) when replacing them.
- ◆ MX6 shocks may hit the traction bar mount, if it does a ES series shock should be used.

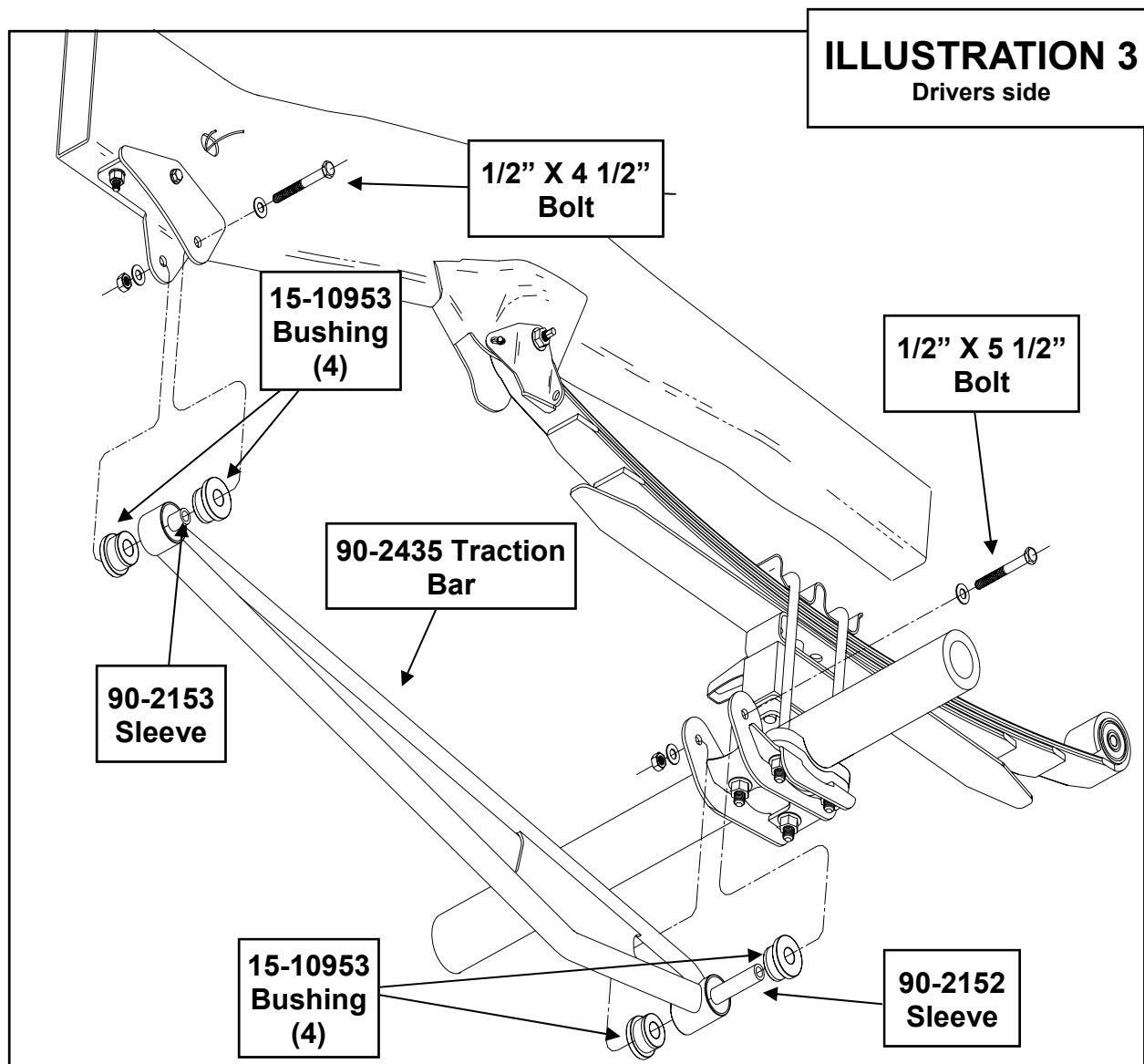
INSTALLATION INSTRUCTIONS:

- 1) Place floor jack under rear axle and raise vehicle. Place jack stands under frame to support vehicle. Set emergency brake and block front wheels, in front and behind tires. Remove rear wheels and shocks.
- 2) Work on one side of the vehicle at a time.
- 3) Unbolt the u-bolts and install the lateral traction bar rear mount, passenger side **90-1904** and drivers side **90-1900**, under the axle housing as shown in ILLUSTRATION 1.
- 4) Reinstall the u-bolts and torque. Repeat on other side.
- 5) Install the bushing (**15-10953**) and sleeves (**90-2152** and **90-2153**) into the lateral traction bar tubes as shown in ILLUSTRATION 3. Use lubricant as necessary.
- 6) Using the **1/2" X 5 1/2"** bolts install lateral traction bars, passenger side **90-2437** and drivers side **90-2435**, into rear mounts. Refer back to ILLUSTRATION 3.



- 9) With the supplied **1/2" X 4 1/2"** bolt and hardware attach the lateral traction bar to the front mount (**90-1956 Driver side, 90-1958 Passenger side**). Do not tighten at this time.
- 10) Place floor jack under rear axle and raise vehicle. Move the jack stands under the rear axle to support vehicle and lower.
- 11) On the driver's side, raise the traction bar to the frame. Use the front mount as a template and center punch the holes for drilling. Lower the traction bar and drill the necessary holes using a **15/32"** drill bit as shown in ILLUSTRATION 2.
- 12) Remove the front mount from the bar and install the front mount to the frame (**90-1956 Driver side, 90-1958 Passenger side**) and one at a time slide the (**3**) nut plates (**90-3151**) into the hole in the frame. Line the nut plates up with the newly drilled holes in the frame and secure with the supplied **7/16" X 1"** bolts and washers. See ILLUSTRATION 2.
- 13) Clip off excess wire when finished. Be sure to leave enough wire for future access. Bundle wires with a zip tie to keep from rattling.





- 14) Repeat steps 11 through 13 on the passenger side.
- 15) Raise rear axle until it begins to clear the jack stands. Remove the stands and place vehicle on the ground.
- 16) Raise the traction bar and install to the front mount with the **1/2"** hardware as previously instructed.
- 17) After installation is complete, retighten and torque all bolts as specified in the torque chart.

Use this only as a guide for hardware without a called out torque specification in the instruction manual.

Bolt Torque and ID						
Decimal System			Metric System			
All Torques in Ft. Lbs. Maximums						
Bolt Size	Grade 5	Grade 8	Bolt Size	Class 9.8	Class 10.9	Class 12.9
5/16	15	20	M6	5	9	12
3/8	30	45	M8	18	23	27
7/16	45	60	M10	32	45	50
1/2	65	90	M12	55	75	90
9/16	95	130	M14	85	120	145
5/8	135	175	M16	130	165	210
3/4	185	280	M18	170	240	290

<p>1/2-13x1.75 HHCS</p> <p>D T L X</p>	<p>Grade 5</p>	<p>Grade 8</p> <p>(No. of Marks + 2)</p>

<p>M12-1.25x50 HHCS</p> <p>D T L X</p>	<p>P</p>

<p>G = Grade (Bolt Strength)</p> <p>D = Nominal Diameter (Inches)</p> <p>T = Thread Count (Threads per Inch)</p> <p>L = Length (Inches)</p> <p>X = Description (Hex Head Cap Screw)</p>	<p>P = Property Class (Bolt Strength)</p> <p>D = Nominal Diameter (Millimeters)</p> <p>T = Thread Pitch (Thread Width, mm)</p> <p>L = Length (Millimeters)</p> <p>X = Description (Hex Head Cap Screw)</p>
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Notice to Owner operator, Dealer and Installer:

Vehicles that have been enhanced for off-road performance often have unique handling characteristics due to the higher center of gravity and larger tires. This vehicle may handle, react and stop differently than many passenger cars or unmodified vehicles, both on and off-road. You must drive your vehicle safely! Extreme care should always be taken to prevent vehicle rollover or loss of control, which can result in serious injury or even death. Always avoid sudden sharp turns or abrupt maneuvers and allow more time and distance for braking! Pro Comp reminds you to fasten your seat belts at all times and reduce speed! We will gladly answer any questions concerning the design, function, maintenance and correct use of our products.

Please make sure your Dealer/Installer explains and delivers all warning notices, warranty forms and instruction sheets included with Pro Comp product.

Application listings in this catalog have been carefully fit checked for each model and year denoted. However, Pro Comp reserves the right to update as necessary, without notice, and will not be held responsible for misprints, changes or variations made by vehicle manufacturers. Please call when in question regarding new model year, vehicles not listed by specific body or chassis styles or vehicles not originally distributed in the USA.

Please note that certain mechanical aspects of any suspension lift product may accelerate ordinary wear of original equipment components. Further, installation of certain Pro Comp products may void the vehicle's factory warranty as it pertains to certain covered parts; it is the consumer's responsibility to check with their local dealer for warranty coverage before installation of the lift.

Warranty and Return policy:

Pro Comp warrants its full line of products to be free from defects in workmanship and materials. Pro Comp's obligation under this warranty is limited to repair or replacement, at Pro Comp's option, of the defective product. Any and all costs of removal, installation, freight or incidental or consequential damages are expressly excluded from this warranty. Pro Comp is not responsible for damages and / or warranty of other vehicle parts related or non-related to the installation of Pro Comp product. A consumer who makes the decision to modify his vehicle with aftermarket components of any kind will assume all risk and responsibility for potential damages incurred as a result of their chosen modifications. Warranty coverage does not include consumer opinions regarding ride comfort, fitment and design. Warranty claims can be made directly with Pro Comp or at any factory authorized Pro Comp dealer.

IMPORTANT! To validate the warranty on this purchase please be sure to mail in the warranty card.

Claims not covered under warranty-

- Parts subject to normal wear, this includes bushings, bump stops, ball joints, tie rod ends and heim joints
 - Discontinued products at Pro Comp's discretion
- Bent or dented product
- Finish after 90 days
- Leaf or coil springs used without proper bump stops
- Light bulbs
- Products with evident damage caused by abrasion or contact with other items
- Damage caused as a result of not following recommendations or requirements called out in the installation manuals
- Products used in applications other than listed in Pro Comp's catalog
- Components or accessories used in conjunction with other manufacturer's systems
- Tire & Wheel Warranty as per Pro Competition Tire Company policy
- Warranty claims without "Proof of Purchase"
- Pro Comp Pro Runner coil over shocks are considered a serviceable shock with a one-year warranty against leakage only. Rebuild service and replacement parts will be available and sold separately by Pro Comp. Contact Pro Comp for specific service charges.
- Pro Comp accepts no responsibility for any altered product, improper installation, lack of or improper maintenance, or improper use of our products.

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PLACE
WARRANTY REGISTRATION
NUMBER
HERE: _____