

Rock Krawler Adjustable Rear Track Bar (07-18 Wrangler JK)

Note: You will need a friend to help tighten the jam nuts.

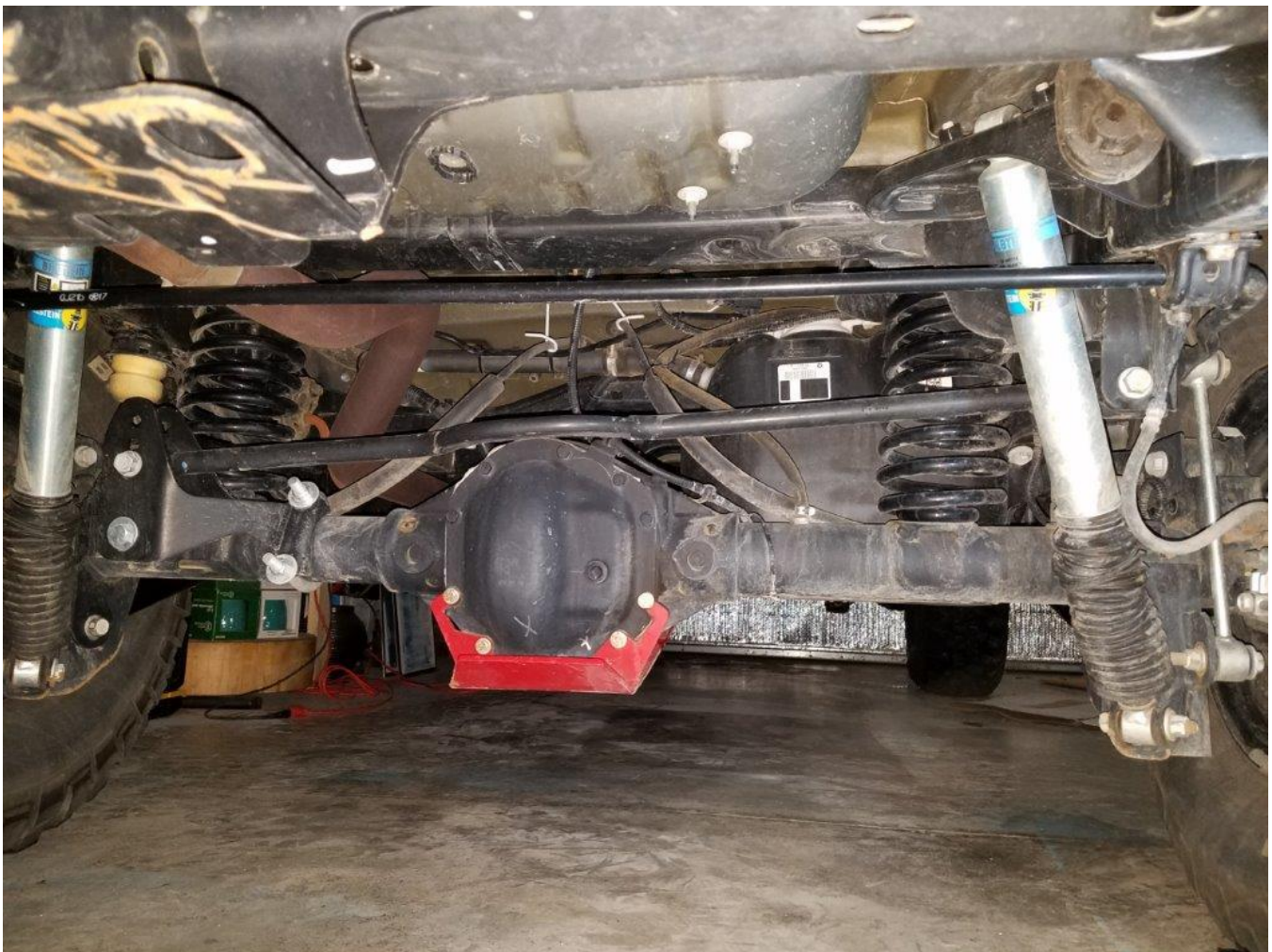
Note: It is recommended that you install this in conjunction with an axle side raised track bar bracket. I'm using it with the Taraflex bracket.

Installation Time: 2 Hours

Tools Required:

- ✓ Sockets: 7mm, 21mm x2, socket extension.
- ✓ Socket wrench
- ✓ Breaker bar
- ✓ Torque wrench
- ✓ 1 5/16" crowfoot wrench
- ✓ Large adjustable wrench
- ✓ Anti-seize
- ✓ Loctite
- ✓ Tape measure
- ✓ Large screwdriver
- ✓ Grease gun (with 000 grease)

Before Picture:



Installation Instructions:

1. Start by parking on level ground. Using 2x 21mm sockets and a breaker bar, remove the factory hardware holding the track bar in place.



2. Before installing the track bar, spread a small amount of grease on the heim joint spacers. This will help hold them in place while you work, and prevent corrosion.



3. Unscrew both ends and apply a small amount of anti-seize to the threads, then crew them back in. This will help make sure it is still easily adjustable years down the road.



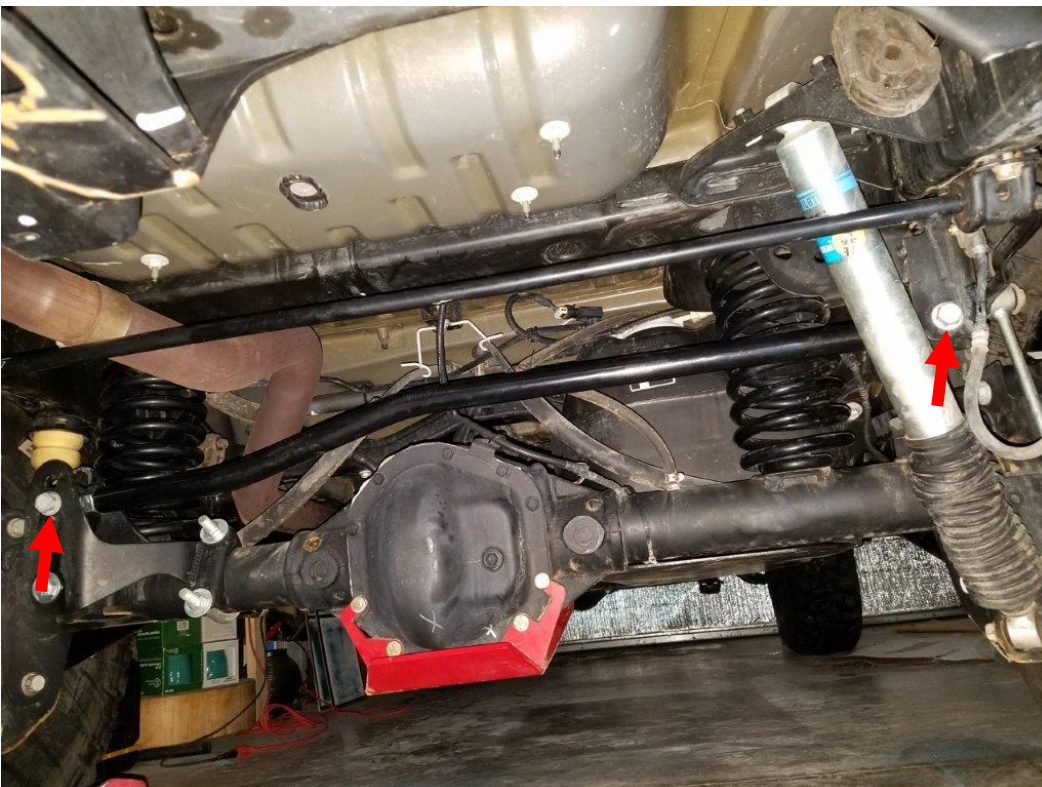
4. Then be sure to apply a good amount of red Loctite to the jam nut threads.



5. Next, adjust your new track bar to the desired length. This will depend on your lift height and track bar bracket. RK recommended starting lengths: 1.5" lift – 39 11/16", 2.5" lift – 39 3/4", 3.5" lift – 39 3/4". Depending on your lift height, choose your desired length and adjust the ends of your new trackbar. The measurement is taken from the center of each mounting hole. Then hand tighten the jam nuts to keep the ends from moving too much.



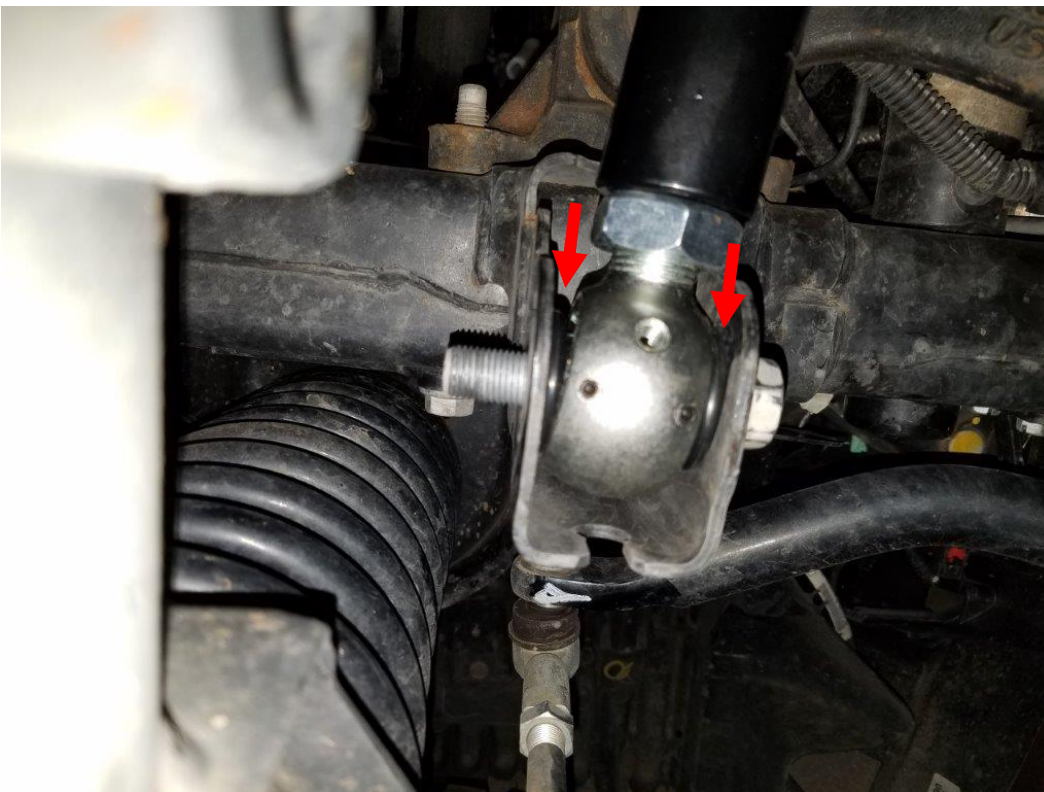
6. Now insert your track bar as shown. The bend should be above the differential as shown. Insert the bolts in each side but do not tighten.



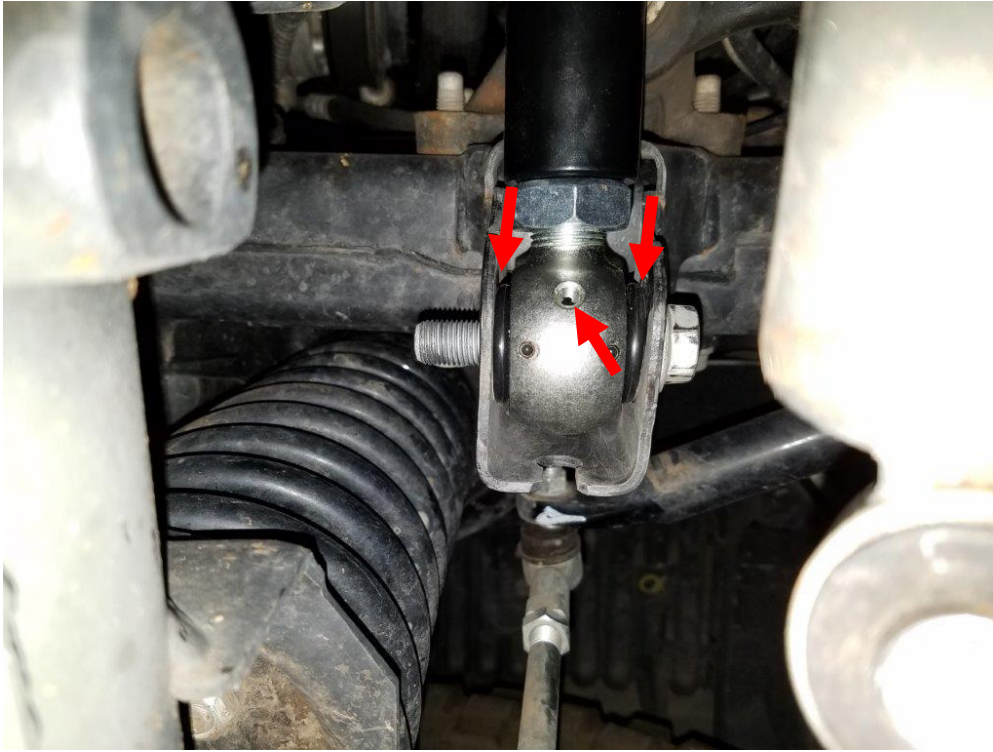
7. Now you need to determine if your track bar is the correct length, and has centered your axle. Measure the distance from the fender to the outer edge of the tire. You can also measure from the frame to the inside of the tire. Measure at the same point on both rear tires and compare. If needed adjust the track bar length so that these measurements match. A longer track bar will push the left wheel out further, and a shorter track bar will push the right wheel out further.



8. Then rotate your track bar until both joints are aligned and the track bar is tilted slightly away from the differential. Shown below you can see the joint is at an angle. This is NOT correct.



9. You want the joint to be aligned as shown below. But you also want the grease fitting to be pointed up, NOT as shown. Hand tighten both jam nuts to keep the ends in place. Then remove the track bar to tighten the jam nuts.



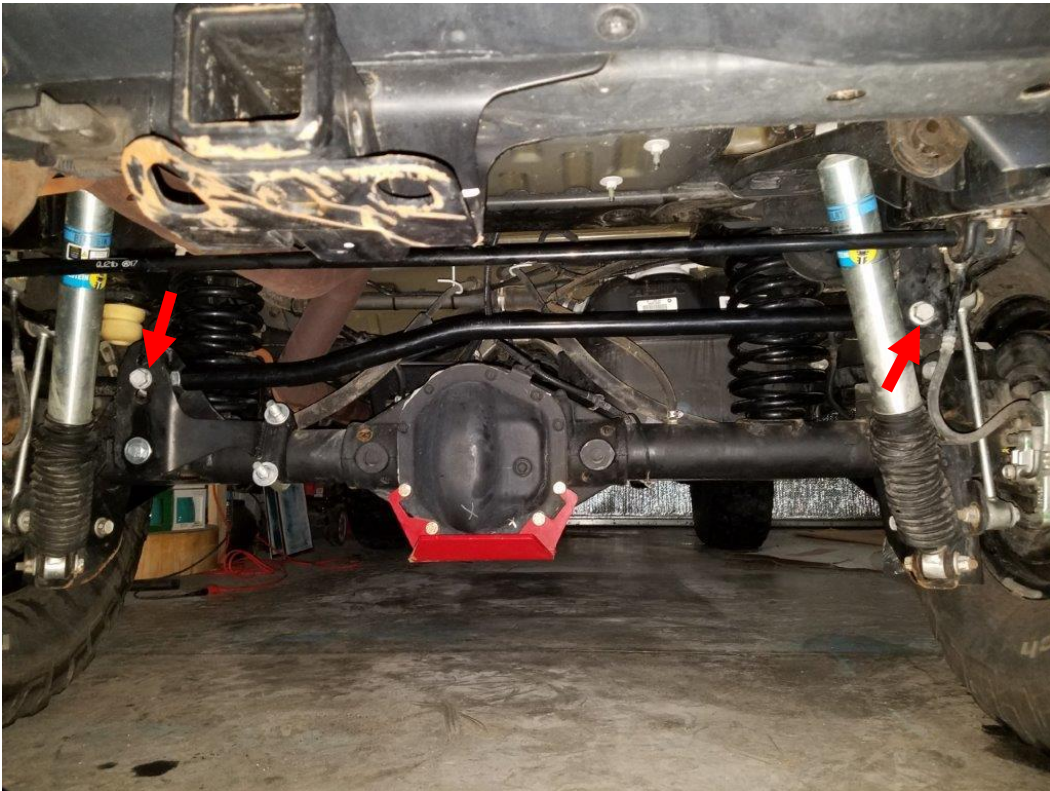
10. For this step you will need help from a friend. You will need a large adjustable wrench, 1 5/16" crowfoot wrench, torque wrench, and something to hold the joint in place (I used a 3/8" drive socket extension, but a large screwdriver would work too). Have a friend hold one end of the track bar while you hold the joint in place and tighten the jam nut. Torque them to 220 ft/lbs. The difficult part is getting it tight and keeping the joint from turning, but you need the joints to stay aligned.



- 11.** Using a 7mm socket, screw in the grease fitting. Be careful not to overtighten. The joint is supposed to come pre-greased, but I recommend putting some in it just to be sure. Use a grease gun with 000 grade grease.

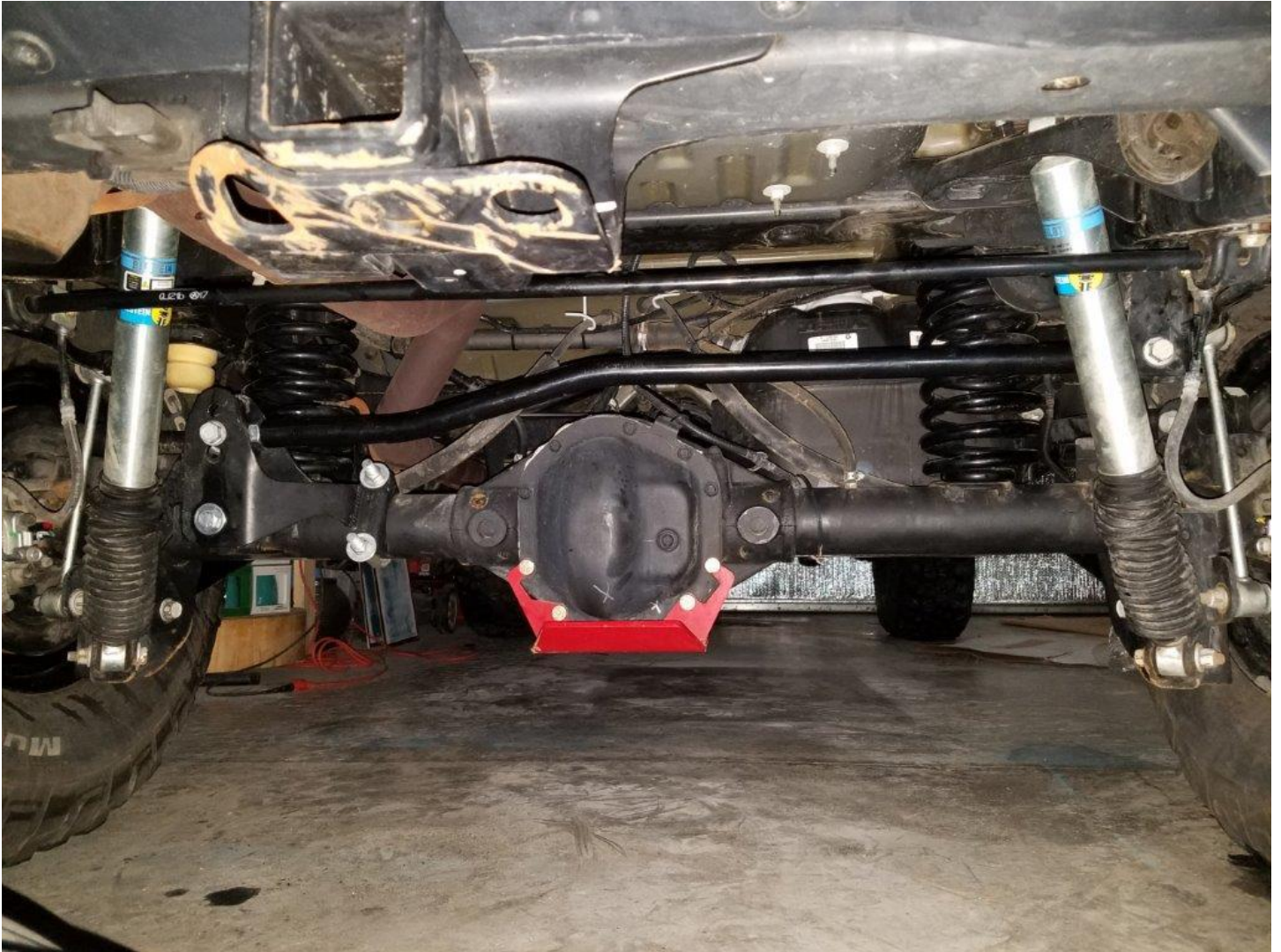


- 12.** Reinstall the track bar and insert both stock bolts. Double check that the joints are still aligned and not at an angle. Using the stock hardware and 2x 21mm sockets, torque both bolts to 125ft/lbs.



- 13.** After driving a few hundred miles check that all the bolts including the jam nuts are still tight.

After Picture:



Installation Instructions Written by ExtremeTerrain Customer John Parker 2/08/2018