

# Installation Guide

## 安裝說明書

VEHICLE APPLICATIONS  
適用車型

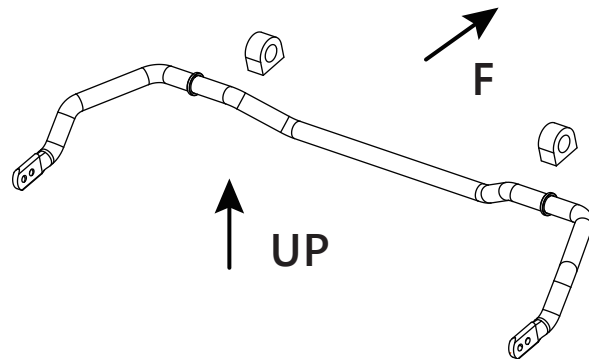
BMW 1 Series F2x  
BMW 3 Series F3x

PART NO. 7722

### Contents 內含配件

※ Please apply hand tools for installation  
安裝過程請使用手動工具

1. Front Sway Bar 28mm 前防傾桿 1PCS
2. Stabilizer Bush 防傾桿固定橡皮 2PCS



### Installation tips 安裝提示

※ Stabilizer bushings are Self-lubrication. Do not apply grease.  
HARDRACE 防傾桿專用橡皮已加入自潤功能，無須添加潤滑劑



For easier installation, it is suggested to remove the sub-frame and steering gear assembly, hang up the engine from above and disconnect the battery.

建議需拆卸前大樑，引擎須由上方吊住固定及拆卸方向機總成，電瓶需斷電，以便更換前防傾桿



Torque for bolts

螺絲鎖緊扭力：

M8-60Nm

M10-80Nm

M12-100Nm

M14-160Nm

Screw locking-glue and 4-wheel alignment are recommended.

建議使用螺絲防鬆膠及電腦四輪定位校正

2 Holes, adjustable design. 雙孔，可調軟硬

### Warning 安全提示

Installation should only be performed by licensed mechanics who have the necessary skill and tools to do the job correctly and safely.

安裝需由合格的專業技師及工具執行，以確保安裝過程的正確與安全

When swapping the suspension kits, be sure to note the routing and mounting position of all wires, cables and bolts orientation, certain damage might be caused by reinstalling differently from the original factory position. Please refer to factory manual for proper installation and safety stands.

當更換您車輛的懸吊套件時，請記下您的線組與管線安裝位置，非原廠相同的安裝位置可能會造成元件之損壞，造成車輛的危險。請參考原廠車輛手冊



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