Recommended installation

1. Jack up vehicle with front tires off the ground, secure with jack stands.
2. Using a unloading tool or 2 jawed puller release tension on adjusting bolt
3. Remove bolt and threaded block from x-member
4. Release tension on keyway
5. Slide torsion bar forward and remove keyway. It is not needed to remove x-member
6. Install new keyway and slide torsion bar into position
7. Tension keyway with unloading tool
8. Reinstall threaded block and bolt
9. Repeat for other side
10. Adjust blocks so truck sits level at desired height
11. Get your front end professionally aligned