ROUGH COUNTRY
SUSPENSION SYSTEMS®

GM 2019-23 1500 6" Lift Traction Bar Kit

Thank you for choosing Rough Country for all your vehicle needs.

Please read instructions before beginning installation. Check the kit hardware against the kit contents shown below. Be sure you have all needed parts and know where they go.

If questions exist, please call us @1-800-222-7023. We will be happy to answer any questions concerning this product. Check all fasteners for proper torque. Check to ensure for adequate clearance between all components.

Periodically check all hardware for tightness.

⚠ NOTICE Rough Country recommends a certified technician install this system. In addition to these instructions, professional knowledge of disassemble/reassembly procedures as well as post installation checks must be known. Attempts to install this system without this knowledge and expertise may jeopardize the integrity and/or operating safety of the vehicle. Please read instructions before beginning installation. Check the kit hardware against the kit contents. Be sure you have all needed parts and know where they go. Also please review tools needed list and make sure you have needed tools.

Kit Contents:

2 - Traction Bars
1 - Driver Side Frame Mount
1 - Passenger Side Frame Mount
1 - Driver Side Axle Mount
1 - Passenger Side Axle Mount
2 - Adjustable Eyerings

Hardware Included:

2 - Flag Nut
1 - 1070BAG2
    4 - 14mm x 100mm Bolts
    4 - 14mm Lock Nuts
    8 - 5/16" Flat Washers
    4 - 1/2" x 1 3/4" Bolts
    4 - 1/2" Lock Washers
2 - 1" Jam Nut

Tools Required:

22mm Socket or Wrench
1/2" Drill
Drill Motor
19mm Socket or Wrench
Step Drill
Crescent Wrench
Paint Pen
Tape Measure

Torque Specs:

| Size	Grade 5	Grade 8	Size	Class 8.8	Class 10.9
5/16"	15 ft/lbs	20ft/lbs	6MM	5ft/lbs	9ft/lbs
3/8"	30 ft/lbs	35ft/lbs	8MM	18ft/lbs	23ft/lbs
7/16"	45 ft/lbs	60ft/lbs	10MM	32ft/lbs	45ft/lbs
1/2"	65 ft/lbs	90ft/lbs	12MM	55ft/lbs	75ft/lbs
9/16"	95 ft/lbs	130ft/lbs	14MM	85ft/lbs	120ft/lbs
5/8"	135ft/lbs	175ft/lbs	16MM	130ft/lbs	165ft/lbs
3/4"	185ft/lbs	280ft/lbs	18MM	170ft/lbs	240ft/lbs

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INSTALLATION INSTRUCTONS

1. Start on the driver side. Remove the nuts that secure the U-bolts to the rear axle with a 22mm wrench. Retain hardware for reuse. **See Photo 1.**
2. Install driver side axle bracket over the factory axle bracket with factory hardware. Tighten with a 22mm wrench. **See Photo 2.**
3. Repeat for passenger side.

Photo 1

Remove nuts holding the U-bolts.

Photo 2

Install axle bracket.
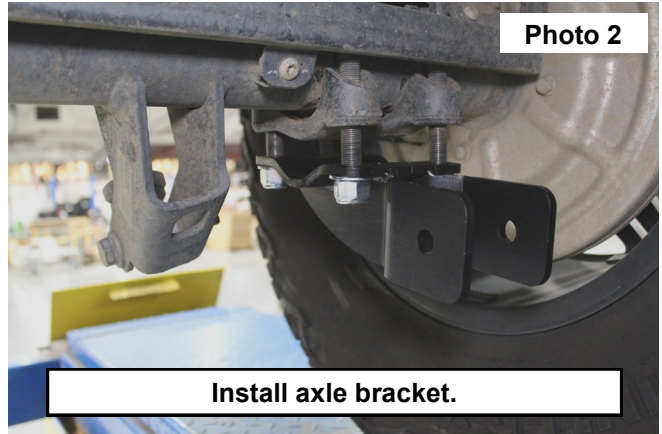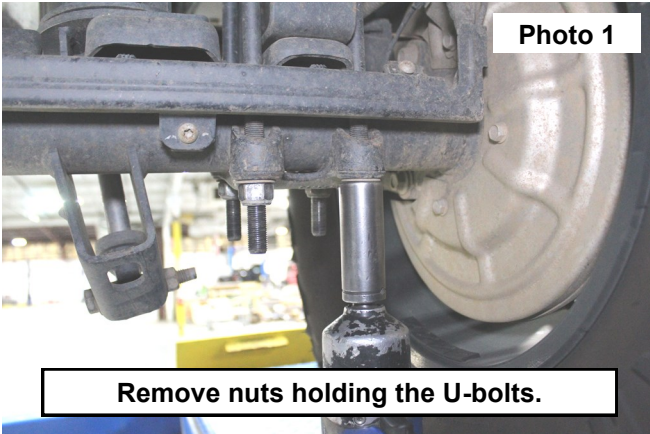
4. Locate the driver side frame bracket and align the front hole of the bracket with the single hole on the underside of the frame. Mark the location of the second hole with a paint pen. NOTE: The RC logo will face out. Use a 1/2" drill to bore out the hole in the frame and create a hole in the previously marked spot. **See Photo 3.**
5. Slide a flag nut in the hole of the frame and align with the previously drilled holes. Use supplied 1/2" bolts and lock washers to secure the driver side frame mount. Tighten with a 19mm wrench. **See Photo 4 and Photo 5.**

Photo 3

Drill out frame holes.

Photo 4

Install flag nut.
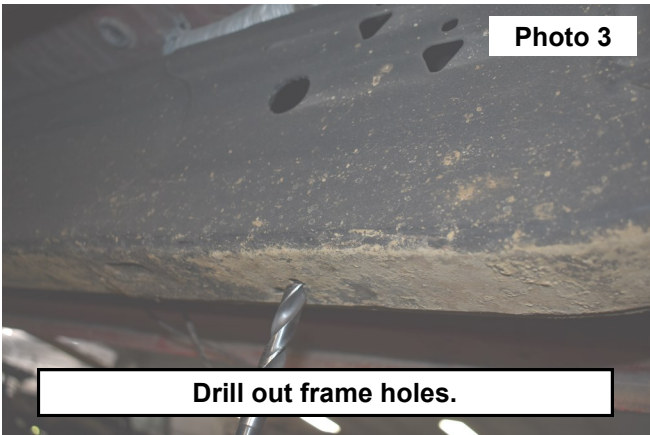
6. Repeat for passenger side of vehicle.
7. Thread a supplied eyelet and jam nut into the trac bar. **See Photo 6.**

Photo 5

Install frame mount.
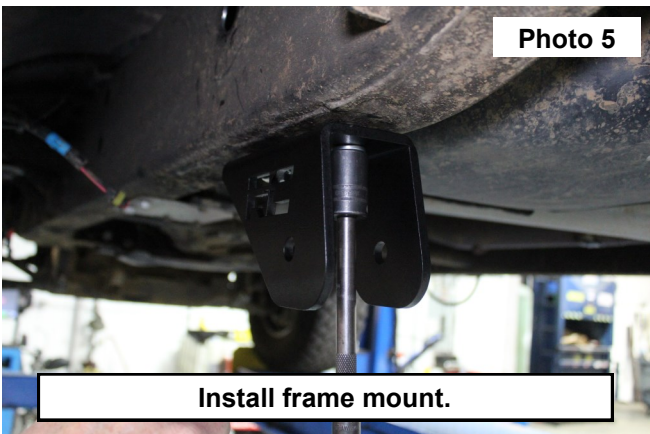
Photo 6

8. Measure the length from the axle mount hole to the frame mount hole with a tape measure. Thread the eyelet in or out until it matches the previously taken measurement. **See Photo 7 and Photo 8.**

Photo 7

Photo 8

9. Use supplied 14mm hardware to secure the trac bar to the two mounts. Tighten with a 19mm wrench. **See Photo 9 and Photo 10.**
10. Repeat for passenger side of vehicle.

Photo 9

Photo 10

11. Once track bar is installed, tighten jam nut with an adjustable wrench. **See Photo 11.**

Photo 11

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