



## 90-93 INTEGRA TRACTION BAR

Part # - 9093-TB-103 / 9093-TBK-106

Applications: 90-93 INTEGRA

Parts list: 1 Traction bar, 2 front LCA jumper brackets, 2 LCA bracket spacers, 2 radius arms, 2 LH thread rod ends w/ jam nuts, 2 RH thread rod ends w/ jam nuts, 4 aluminum cone spacers, 2 x 50mm and 2 x 55mm LCA bracket bolts w/ lock washers (shown as "1" and "A" in the picture below) 4 spacer washers, 2 x 60mm bolts w/ nylon locking nuts, 2 bolt-on brackets, 2 x 1" long bolts w/ jam nuts, 2 flat washers and another 2 x 60mm bolts shown as "A" in the picture. Also find an engine mount package if applicable.

1) Begin by raising your car on a hoist or jack it up and support it safely with jack stands. You will be removing the factory front cross member and radius arms. First, unbolt the factory radius arms from the top of the front LCA (**Lower Control Arm**) on both sides of the car, there are 2 bolts that hold each radius arm in place.

2) Next you need to unbolt the front crash mount from the center of your factory cross member. Simply remove the large bolt passing through the mount. Located on each end of the cross member you will see 2 large bolts holding it to the frame of the car. Start by removing only 1 bolt from each side, then remove the other 2 bolts while carefully lowering the cross member off the car. Now, locate the front crash mount bracket which is held to the transmission by 2 bolts. Remove these bolts and set the bracket aside.

3) Locate the factory tow hooks found on the inside edge of the left and right frame rails. You'll see 3 bolts that hold each tow hook in place, remove these and save the bolts, they are needed to mount the new ETD traction bar in place.

4) Now you can put your new traction bar in position and line up the holes on the end plates with the holes on the car that held the oem tow hooks. By hand, thread in all 6 of the oem bolts, 3 on each side. Once all the threads have been started, leave them for a moment...

5) There are 2 brackets provided in the kit. These get bolted to the traction bar using the short 1" long bolt w/ nylock nut. Then they are bolted to the stock subframe location with the provided 60mm long bolts and flat washers. These bolts are shown as "A" in the pic. Once everything is mounted, start tightening up the traction bar and finish at 60 ft/lbs. **Note: This bracket may need to be re-drilled or reamed to fit some cars. These brackets are important and must be installed for warranty purposes.**

6) Now lay out your radius arms, rod ends, jam nuts and hardware on a bench or table. Thread the jam nuts onto each of the rod ends and then thread them into the radius arms. Be sure to remember that 2 joints are RH thread and the other 2 are LH thread.

7) Using the bolts provided, mount the radius arm assembly to the gussets on the traction bar, placing a cone spacer on each side of the rod end and tighten them securely. To mount the radius arms to the front LCA's, you will need to use the provided bolts, lock washers, spacer washers, etc. The shorter 50mm bolt goes through the rod end joint on the front of the LCA. The rear bolt is 55mm long. Please see the image attached. When everything is threaded finger tight, torque these to 30 ft/lbs. Note: You may find that the bolts going through the gussets are somewhat tight. They are like this to eliminate end play.

8) You can now install the front engine mount, **if applicable**. Mount the provided bracket to the front of the transmission and assemble the mount bushings into the threaded center bar. Now simply, adjust the mount to length and bolt in position.

9) It is time to lower the car all the way to the ground and adjust the radius arm tension. This is done by reaching under the car and turning the radius arms by hand, until slight tension is felt on the radius arm assembly. Be sure that the jam nuts are backed off enough so you don't hang up on them while you are adjusting the arms.

10) When the radius arm tension is set correctly, be sure to tighten all of the jam nuts securely, which will lock the radius arms in place. **Note: Due to the fact the oem cross member and radius arm assembly play a significant role in the alignment of the front end, we recommend getting an alignment on the car after installation of our traction bar kit.**



**LCA Bolts (30 ft/lbs), Chassis Bolts (60ft/lbs)**