

VAS 2021 F150 Traction bar kit

IMPORTANT NOTES

Please read all instructions in full before installation.

Although our parts are easy to install, we recommend installation by a certified mechanic. If you have any questions during the install do not hesitate to give us a call or send a message.

www.vasfab.com
sales@vasfab.com
832-364-8540

Torque Specs

1 / 2 U-bolts **25ftlbs**
5/8 2.5" bolt **35ftlbs**
5/8 2" bar bolts **65ftlbs**
Rear axle U-bolts
Stock **95ftlbs**
Aftermarket **75ftlbs**

Lift and secure the rear section of the vehicle.
Trucks using Flip kit rear suspension need to be supported by the frame.
Trucks with stock suspension need to be supported by the rear end

Step 1.

Place upper leaf plate on leaf spring and slide the ½ u-bolts on the plate. The long section of the plate will be facing the front of the vehicle. This plate is used to keep the lower leaf mount from sliding under loads.



Step 2.

Install lower leaf mount using the $\frac{1}{2}$ washers and nylon lock nuts provided with the kit. Ensure leaf mount is centered on the leaf spring with the correct orientation facing the front of the vehicle. Tighten the nuts to 25 ftlbs. Overtorquing these can cause them to break and fail.



Step 3.

Install the forward mount onto the lower leaf mount. The Plastic spacer needs to be installed between the plates on the lower mount. This spacer is used so that the forward mount is not crushed when tightened to the lower leaf mount. Spacer is shown installed between plates.



(Leaf mount is shown installed with forward bracket.)

Do not tighten the large 5/8 bolt at this time.

Step 4.

Install heim joints into the bars. The left hand heim joint is in the blue package and right hand is in the clear package. Left hand will have a line cut into bung as shown in pic.

Top left and
Bottom Right hand



Step 5.

Remove rear ubolt plate and replace with rear traction bar braceket.

Stock u-bolts get torqued to 95 ftlbs

Aftermarket ubolts get torqued to 75 ftlbs





The small notch on the leaf mount will be facing the back of the truck. This notch is intended for the drivers side shock bolt only.

Once the rear brackets are installed and torqued lower the vehicle on the ground and install the Bar. We like to install the bar with the left hand heim joint in the front.

You will not be able to install the bar with the truck in the air. The truck must be on the ground in order for the bar to be installed.

Install the 5/8 washers on the rear mount between the brackets and the heim joint.

Tighten down the leaf mount and traction bar bolts at this time.

Leaf mount to forward mount bolts **35ftlbs**

Traction bar bolts **65ftlbs**



Adjustment

Street

With the truck on the ground twist the bar by hand until the bump stop on the forward bracket is 1/4 away from touching the leaf spring bushing.

Tighten down jam nuts.

Track

Passenger side

With the truck on the ground twist the bar by hand until the bump stop is touching the leaf spring bushing.

Tighten down jam nuts.

Driver side.

With the truck on the ground twist the bar by hand until the bump stop touches the leaf spring bushing. Continue to twist the bar 1 full turn after it touches. This will pre load the drivers side and allow even pressure to the tires under hard launch.

