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Revisions			
Rev.	Description	Date	Approved
A	Initial Release Per ECO 25-105	12/2/2025	KB



99-04 FORD SUPERDUTY FRONT ADJUSTABLE TRACK BAR

Installation Instructions

Applications:

- 99-04 FORD F250-F350
- 99-04 FORD EXCURSION



TITLE:
**99-04 FORD SUPERDUTY FRONT
 ADJUSTABLE TRACK BAR
 INSTALLATION INSTRUCTIONS**

SIZE	DWG NO:	REV
A	7575-01-INST	A
SCALE: N/A		PAGE 1 OF 7



99-04 FORD SUPERDUTY FRONT ADJUSTABLE TRACK BAR INSTALLATION INSTRUCTIONS

Thank you for purchasing the best aftermarket products available for your vehicle. We strongly feel that the parts you are about to install should meet or exceed your expectations for performance. Proper assembly is critical to the performance of these components and the vehicle as a whole. Please take the time to carefully read these instructions and familiarize yourself with the installation procedure before working on your vehicle. If you have any questions PLEASE contact Synergy Manufacturing BEFORE beginning installation. Thanks again for supporting Synergy – enjoy the performance benefits of the best aftermarket products available for your vehicle!

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Modifying or otherwise altering vehicle components may cause the vehicle to handle differently than originally designed. It is the driver’s responsibility to familiarize themselves with the performance and handling characteristics of the modified vehicle. Vehicles with larger diameter than stock tires must be driven carefully and cannot be expected to perform as stock or meet OEM performance with regard to handling, braking or crash performance. Ensure all replacement components are compatible with vehicle capacities so as not to overload components, especially tires. It is up to the individual to ensure that the vehicle and all components are compatible with the intended vehicle use, including load ratings, road conditions, and driver abilities. Thorough and frequent vehicle inspections are recommended to ensure a safe and reliable state of readiness, especially after off-highway use.

PARTS LIST

7575-01 99-04 FORD SUPERDUTY FRONT ADJUSTABLE TRACK BAR		
QTY	Part Number	Description
1	757501-W01-PC	99-04 Ford Superduty Front Adjustable Track Bar, Powder Coat
1	481102	Track Bar Spherical DDB Joint, 1.75OD 20MM Bolt, 7/8-14 LH
1	3622-07-14L-PL	Rod End Adjuster Sleeve, 1.25 Hex, 7/8-14 LH Int, 1.125-16 RH Ext, Plated
1	432702	Track Bar Bushing, 1.75OD, 20MM ID Bolt, 1.00OD Sleeve, 1.73W
1	N/A	Hex Head Bolt, UNF 1/2-20 X 1.75
1	N/A	Top Lock Nut, UNF 1/2-20, Zinc Plate
2	N/A	Flat Washer, 1/2 ID, 7/8 OD, Mil-Spec

GENERAL NOTES

- These instructions are also available on our website; www.synergymfg.com. Check the website before you begin for any updated instructions and additional photos for your reference.
- The installation of this adjustable track bar will allow you to correctly align the front axle after a suspension lift is installed.
- The track bar features a double adjuster assembly which allows you to adjust the length of the track bar without removing either end of the track bar from the vehicle.
- The maximum adjusted length for the Synergy Mfg. 99-04 Ford Superduty front track bar is 29 3/8 inches collapsed and extends to 30 1/4 inches long. When adjusting the track bar, do not exceed 1-3/4 inches measured from the end of the track bar clamp to the end of the threads on the DDB forged housing!

- Replacement bushings are available from Synergy MFG, part number 4327-02.

TOOLS REQUIRED

- 30mm and 3/4 inch sockets and wrenches
- 1-1/4 inch wrench or adjustable (Crescent type) wrench
- Torque Wrench
- Tape measure and straight edge
- Basic hand tools

ESTIMATED INSTALLATION TIME

1 Hours

INSTALLATION

1. Make sure the vehicle is parked on a flat, level surface. Ensure the vehicle is in park or in gear with the parking brake set.
2. Use a 30mm socket and ratchet (or impact) to loosen and remove the axle side track bar bolt. See **Figure 1**.



Figure 1. Unbolting the Axle Side of the Front Track Bar

3. Use the same 30mm socket and ratchet to remove the frame side track bar bolt. Completely remove the front track bar from the truck. You may have to use a large prybar to remove the old track bar from the mounts. Save the stock hardware as it will be re-used. See **Figure 2**.



Figure 2. Unbolting the Frame Side of the Front Track Bar

4. Install the new Synergy 99-04 Ford Superduty Front Adjustable Track Bar. Install the non-adjustable side of the track bar into the axle bracket with the pinch bolt ears on the adjustable side oriented down. Use the factory bolt and flag nut to secure the bar, but do not torque at this time. See **Figure 3**.

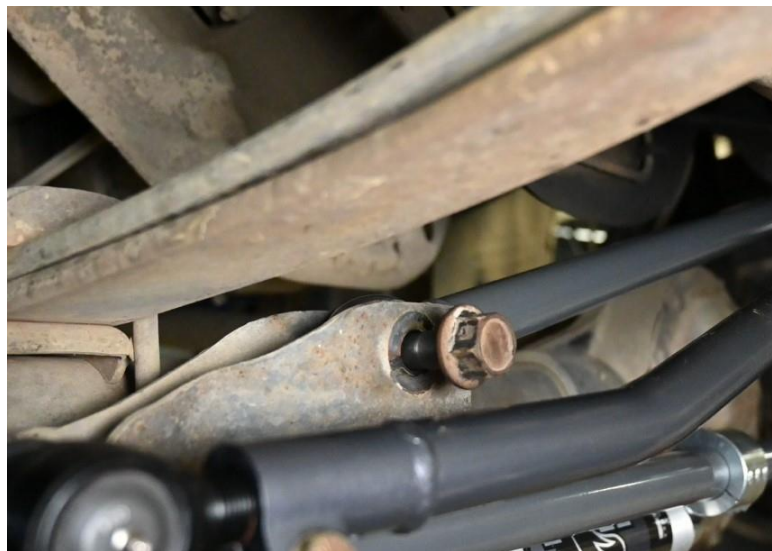


Figure 3. Installing the Axle End Bolt

5. Push the frame side adjustable bushing forging up into the frame side track bar mount. Once in place, adjust the track bar length by spinning the adjuster sleeve until the track bar bushing bolt hole and the frame mount bolt holes line up. Make sure the length of the bar is adjusted by turning the adjuster sleeve and not just spinning the bushing end. There should be equal thread showing on the black forging and the silver adjuster sleeve. If the bar cannot be adjusted to make the bolt holes line up, a ratchet strap between the frame and opposing side on the axle can be used to pull the body over in order to get the bolts to line up. When the bolt holes are lined up, install the factory hardware through the frame side bracket and track bar. See **Figures 4**.



Figure 4. Installing the Frame Side Bolt and Nut

6. Torque the track bar bolts to OEM specifications, see **Figures 5 and 6**:
 - Axle Side bolt and nut – 369lb-ft
 - Frame side bolt and nut – 369lb-ft



Figure 5. Torquing Axle Side Bolt



Figure 6. Torquing Frame Side Bolt

7. With the vehicle on the ground at ride height, use the double adjuster assembly to center the axle under the body of the vehicle. You can measure from the frame to the tire on each side, or use a straight edge on the outside of the tires to measure to the fenders on each side in order to get the axle centered. See **Figure 7**. Make sure the adjuster sleeve end is adjusted by turning the adjuster sleeve and not the bushing end or track bar itself. If the side-to-side measurement is off by a total of 1", then you would need to adjust the track bar 1/2" to center it. Turning the adjuster clockwise shortens the bar, moving the axle towards the driver side of the vehicle. We recommend rotating the sleeve until one of the slots in the sleeve lines up with the slot in the track bar. Do not exceed 1.75" from the track bar end to the end of the threads on the shank of the angled DDB forging! See **Figure 8**.



Figure 7. Measuring Axle Side to Side

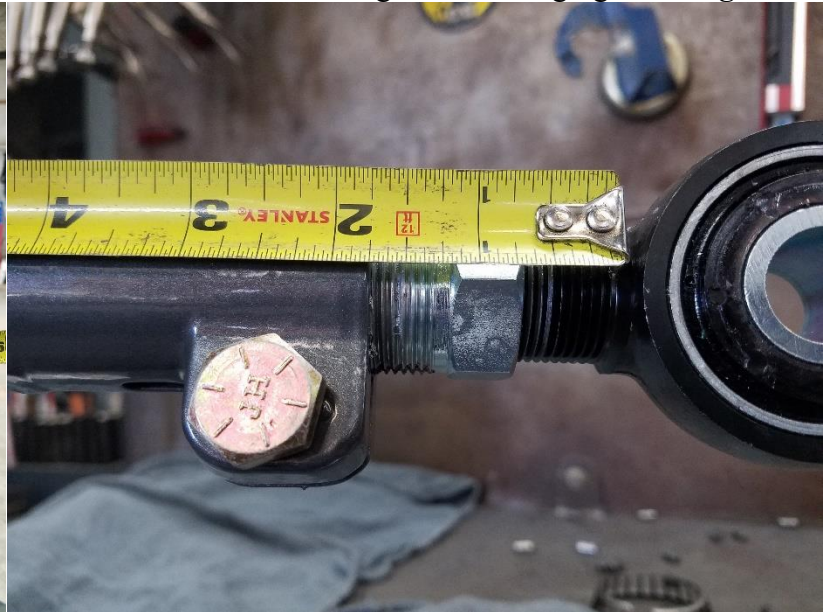


Figure 8. Max DDB Forging Stick Out

8. Install the 1/2" pinch bolt through the hole in the forging of the track bar, with the bolt head towards the front of the vehicle, the nut towards the rear. With a 3/4" socket and wrench, tighten the pinch bolt to 60lb-ft. Check to make sure the pinch bolt has adequately clamped the double adjuster assembly and there is no movement when putting a wrench on the adjuster sleeve. If there is still movement continue torquing till there is no more movement, but do not exceed 90lb-ft. See **Figure 9**.



Figure 9. Tightening Pinch Bolt.

9. Re-check bolt torques after the first 100 miles and again after each off-road trip.



Figure 10. Completed Installation

Installation is Complete

Table 1. Ram HD Bolt Torques

Bolted Joint Location	Wrench Size	Torque
Axle Side Track Bar Bolt	30mm	369lb-ft
Frame Side Track Bar Bolt	30mm	369lb-ft
Adjuster Pinch Bolt	3/4"	60lb-ft