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INSTALL INSTRUCTIONS:

Cognito HD Fixed Track Bar
for 2017-2020 Ford Super
Duty F250/F350 4WD Trucks
w/ 2-3" Lift Kit
SKU: 120-90947



PARTS LIST FOR SKU: 120-90947

QTY.	PART #	DESCRIPTION
1	8770	2017-2020 FSD TRACK BAR
2	UNI-BALL-COM16T-F2	UNIBALL COM16T-F2
2	HARDWARE-IRR-1.75	1.75" INTERNAL RETAINING RING, YELLOW ZINC
1	HP-9293	COM FSD TRACK BAR PIN KIT

HP-9293 - FSD Fixed Track Bar Hardware Pack

QTY.	PART #	DESCRIPTION
2	6222	1" FSD HEIM BUSHING
1	6692	FSD TRACK BAR PIN COM16
1	6693	1" COM SPHERICAL WASHER
2	6694	1" FSD COM SPACERS
1	HARDWARE-0161379	1/2"-20 x 1" 12 POINT SCREW
1	HARDWARE-33626	1/2" LOCK WASHER
1	HARDWARE-NYLOCK-3/4-16	3/4"-16 GR. 8 NYLOCK NUT
1	HARDWARE-33092	3/4" FLAT WASHER

WARNING

Please read this entire instruction sheet before beginning installation. Proper installation of these components requires a qualified mechanic. Always wear safety glasses when using power tools, and take appropriate precautions when working under a vehicle. If these instructions are not properly followed you may jeopardize your, and your passenger's safety, and severe frame, suspension or tire damage may also result from improper installation.

INTRODUCTION

The Cognito fixed track bar kit provides a heavy-duty solution designed for trucks with a 2-3" lift or leveling kit. Two large 1" uni-balls bearings are used at the chassis and axle connections for unparalleled strength and to eliminate unwanted flex in the suspension system. The powder coated bar is made from large diameter and thick wall DOM tubing. Length of track bar was design to work with trucks utilizing a 2-3" lift or leveling kit to easily center the axle under the chassis.

REQUIREMENTS

- Installation requires a qualified mechanic
- Read instructions carefully and study the pictures before attempting installation.
- Retain the removed hardware for reuse.
- Tools Needed: Ratchets, Sockets /Wrench (30mm, 27mm, 13mm, 1/2" 12-point), Torque Wrench, Impact Gun, Sledgehammer
- Optional Tools: Torch, Ratchet Strap, Car Jack

TECHNICAL INFORMATION

- Check the parts and hardware packages against the parts list to assure that your kit is complete before starting
- Each kit, and options to kits, are packaged separately. Therefore installation procedures are covered in separate instructions. Familiarize yourself with each specific set of instructions before beginning.
- Follow the OE specifications when replacing or re-installing OE fasteners, retainers, and hardware specified in the OEM manual

INSTALLATION

1. All hardware will be reused, so retain all removed hardware.
2. Remove the track bar to bracket bolt with (1) 30mm socket and (1) 30mm wrench. See Figures 1 & 2.

Figure 1: Track Bar

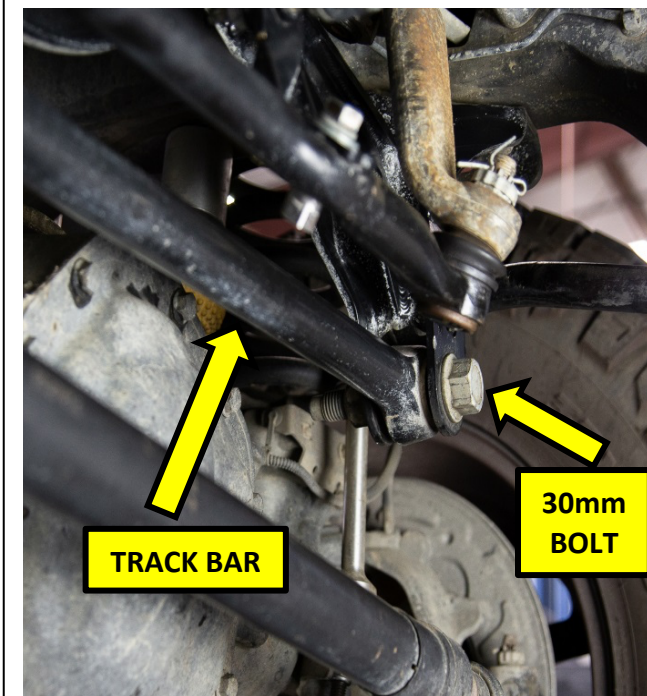
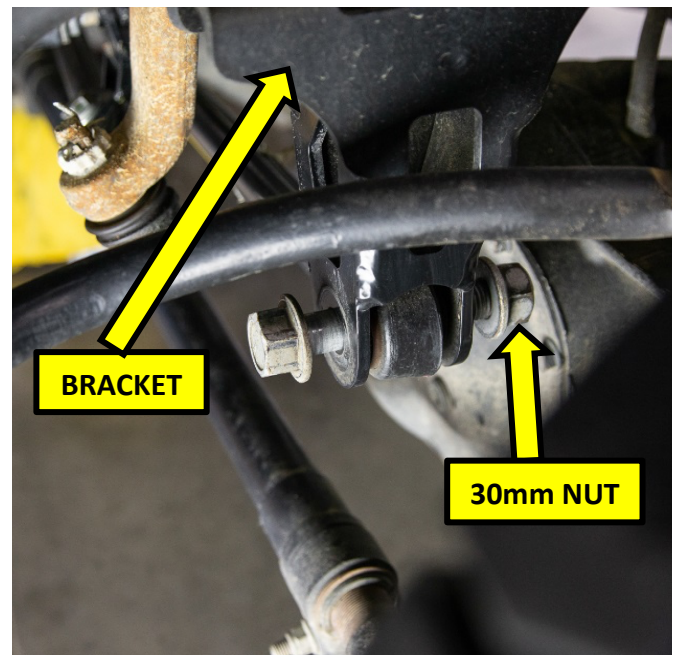


Figure 2: Unbolting Track Bar from Bracket



3. As shown in Figures 3 and 4, break loose the track bar to axle ball joint using a 27mm wrench. Use a 13mm wrench to hold the ball joint if it starts spinning.

Once the ball joint unbolted, a sledgehammer can be used to carefully knock it upwards until you can use hands to take it apart. You may use a torch to slightly heat the bolt, in case if it's stuck and too hard to knock it out. Now you can take out OEM track bar and replace it.

Figure 3: Unbolting Ball Joint Side

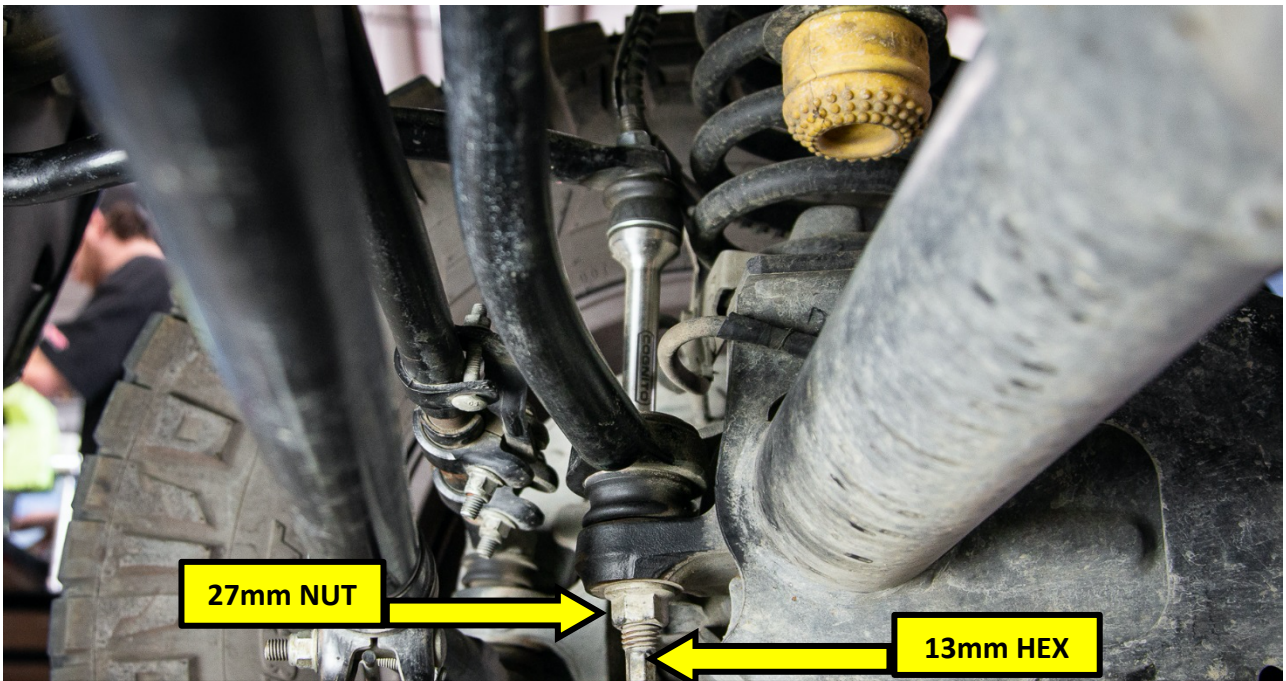
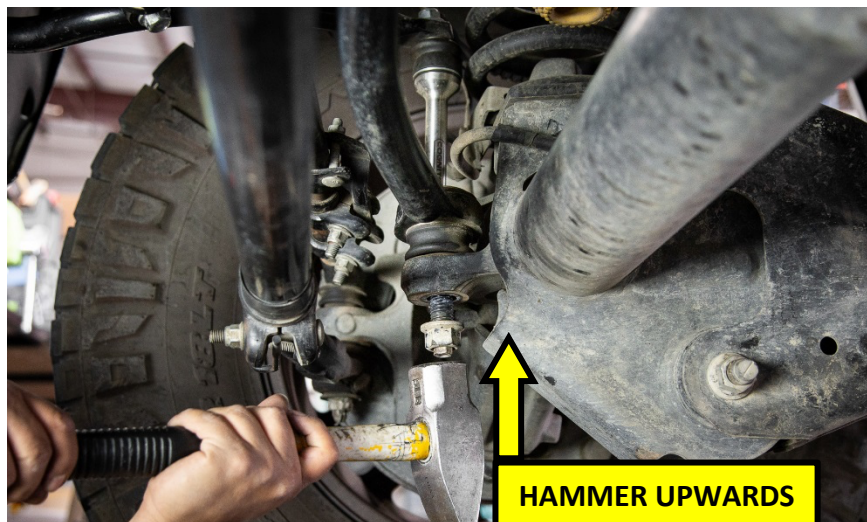
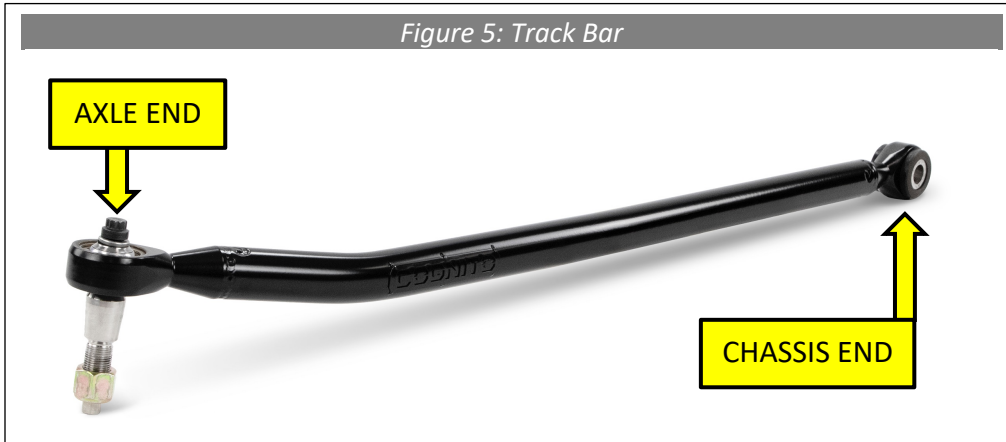


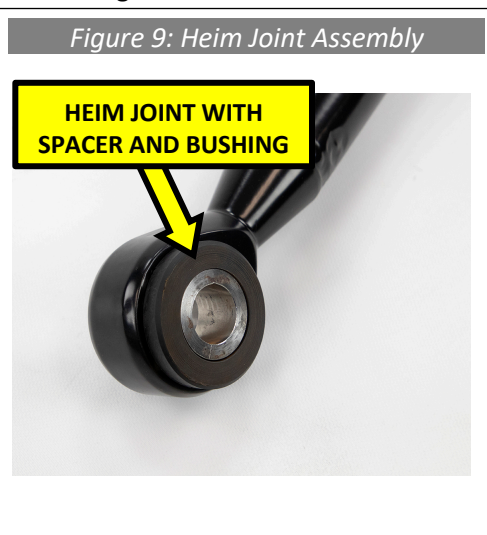
Figure 4: Removing Track Bar Ball Joint Side



4. Install the taper pin hardware into the axle end of the track bar in the order shown in Figure 6. Apply a drop of Red Loctite to the very end of the threads on the taper pin bolt (threads furthest from the bolt head) before threading it into the taper pin. The tapered portion of the pin should be on the bottom of the track bar as shown in Figure 7. Leave the taper pin bolt finger tight.



5. Install Heim joint bushings and spacers into Heim joint. See Figures 8 & 9.



6. Install the track bar Heim joint assembly side into the bracket, tighten bolt using the 30mm wrench and then torque to 406 ft.-lbs., hold the nut on the other side with 30mm wrench if necessary

Figure 10: Torque Specification

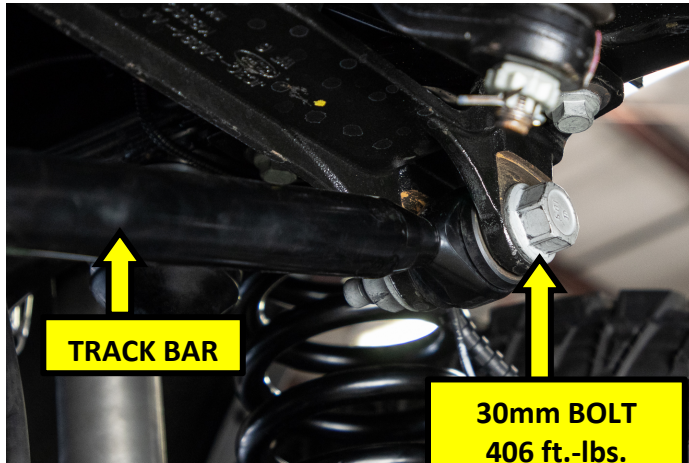


Figure 11: Installed Track Bar



7. To get the axle side of the track bar to install in the axle it may be necessary to shift the axle side to side until the track bar pin will slide into place. The axle can be shifted using a ratchet strap or possibly by lifting or lowering the vehicle with a jack. Once the pin is in place install the washer and nut, tighten the nut as shown in Figure 12. Using a torque wrench, torque the 27mm nut to 250 ft.-lbs. (Figure 13).

Figure 12: Installing Track Bar Ball Joint Side

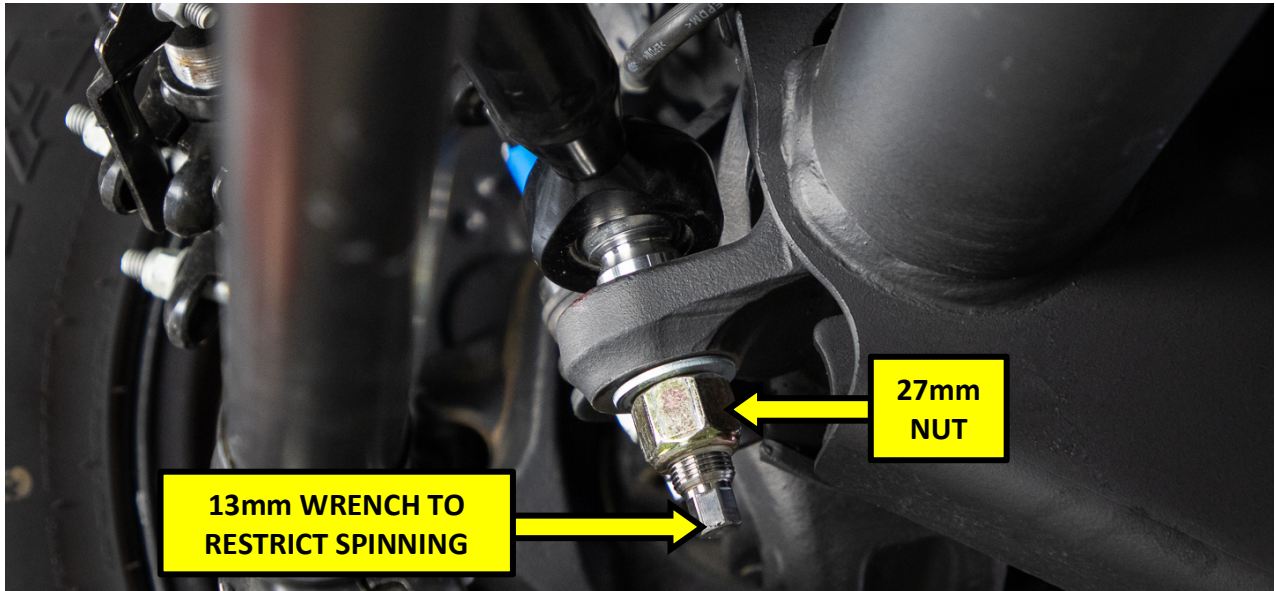
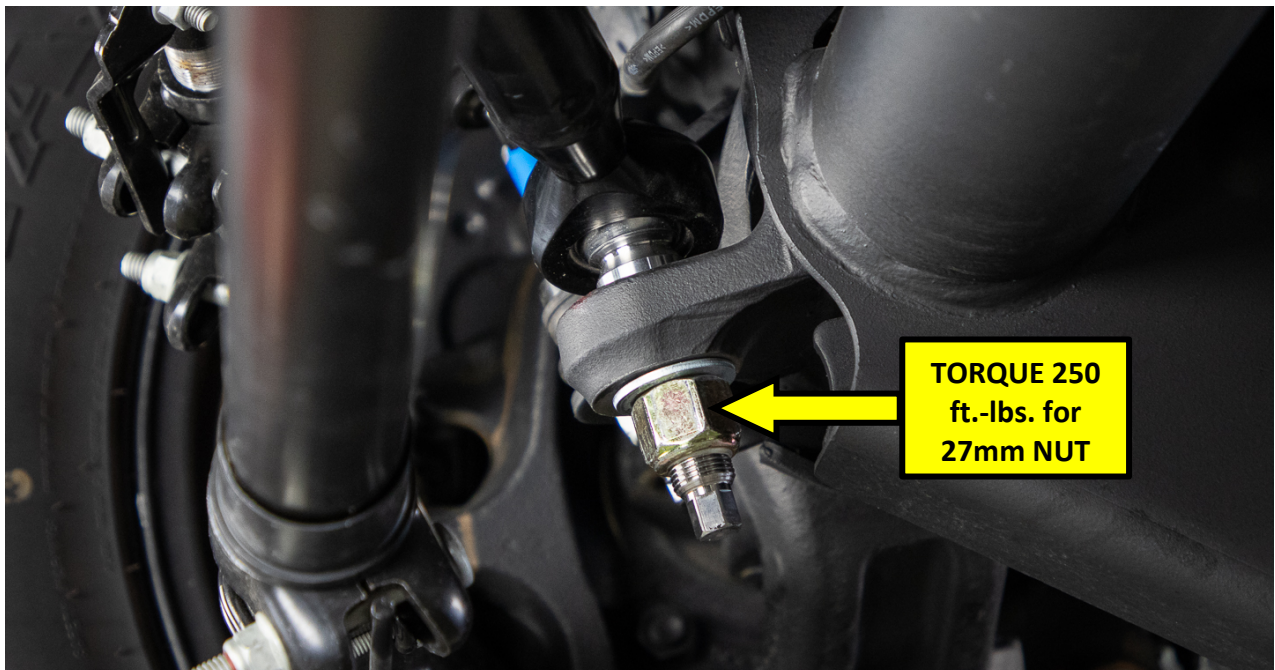
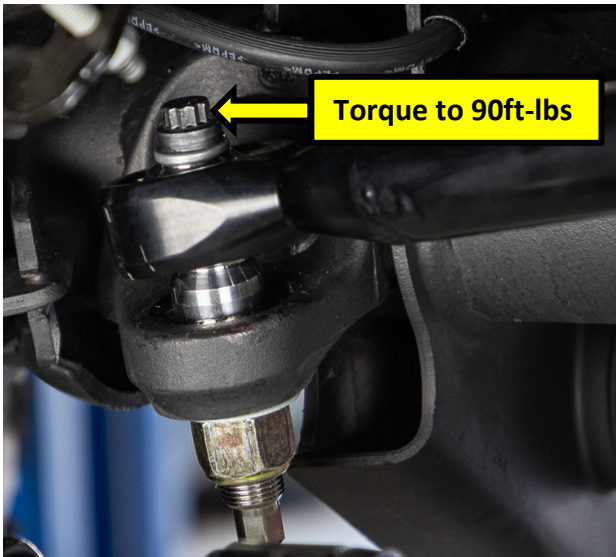


Figure 13: Bolting Track Bar Ball Joint Side



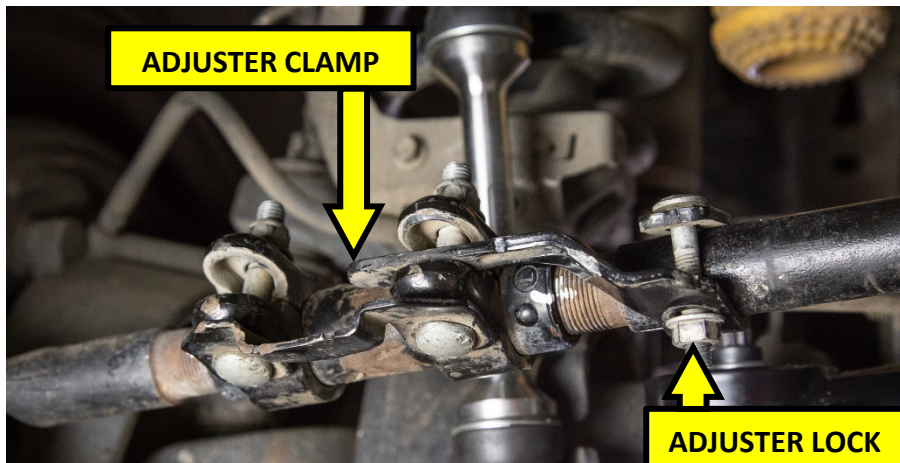
- Using a torque wrench, torque the 1/2" 12-point taper pin bolt to 90ft.-lbs. See Figure 14.

Figure 14: Taper Pin Bolt



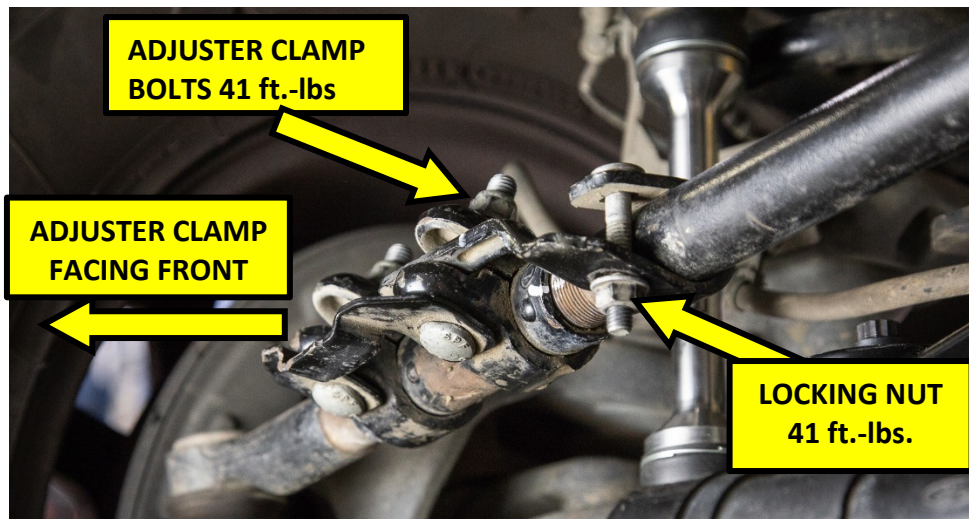
- The following instructions are to adjust the steering wheel back on center. Make sure the vehicle is in park with the emergency brake activated, then start the engine. Loosen drag link adjuster sleeve and adjuster lock, slide the lock out of the way. Rotate the drag link adjuster in the appropriate direction to center the steering wheel (Figure 15).

Figure 15: Drag Link Adjustment



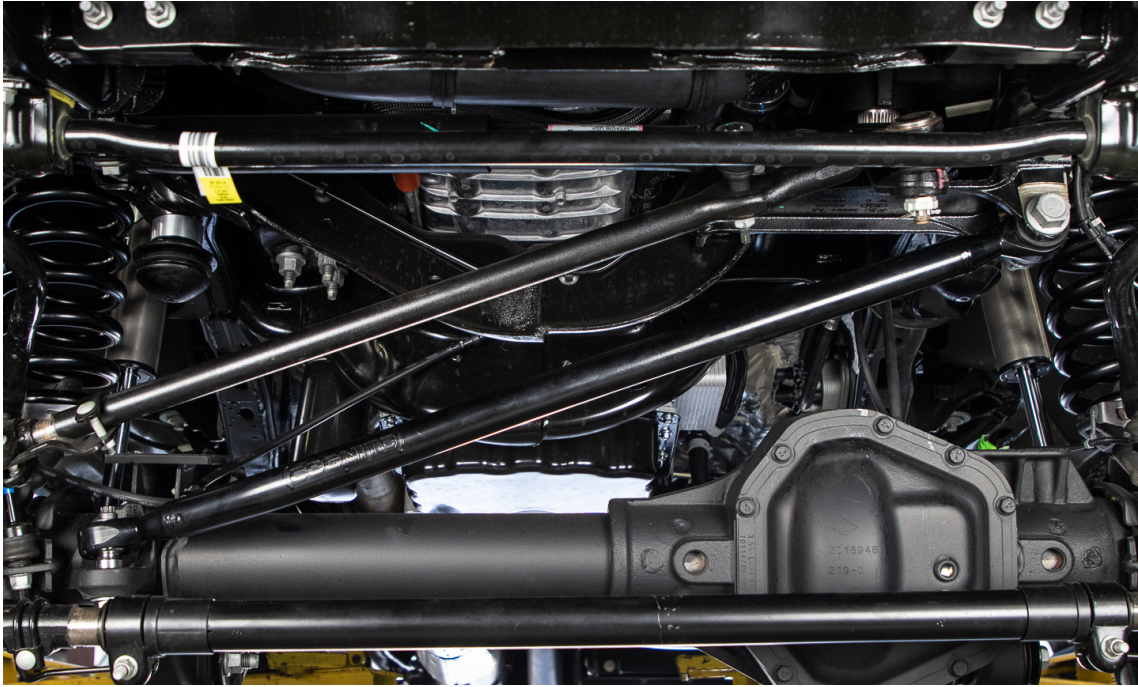
10. Make sure the adjuster clamp is facing front of the vehicle. Once the steering wheel is in the proper location, tighten the (2) adjuster clamp bolts to 41 ft.-lbs. Then slide the adjuster lock into position and tighten the (1) locking nut to 41 ft.-lbs. (Figure 16). Although, the steering wheel is now straight, the vehicle may still need a proper professional alignment.

Figure 16: Steering Link Adjustment Secure



11. The final installation of track bar is shown in Figure 17.

Figure 17: Installed Track Bar



WARRANTY / RETURN POLICY / SAFETY

Cognito Limited Lifetime Warranty

Cognito Motorsports, Inc. hereinafter “Cognito,” warrants to the original retail purchaser, that its suspension products are free from workmanship and material defects for as long as the purchaser owns the vehicle on which the product(s) were originally installed. This warranty will be void if any modifications are made to the components, including alterations to the surface finish, i.e.; painting, powder coating, plating, and/or welding, or if they are improperly installed. Cognito truck suspension products are not designed nor intended to be installed on “competition” vehicles used in race applications, stunt or for exhibition purposes that are outside of the intended operating conditions specified by the manufacturer. Racing and competition are defined as any contests between two or more vehicles; or vehicles competing individually on off road circuits in timed events (whether or not such contests are for an award or prize).

This warranty does not include coverage for police, taxi, government or commercial vehicles, and the warranty does not cover Cognito products sold outside of the USA. Cognito’s obligations under this warranty are specified and applied at its sole discretion, and warranty coverage is limited to repair or replacement of the defective product(s). Any and all costs of removal, installation or reinstallation; freight charges, incidental or consequential damages associated with the covered products are expressly excluded from this warranty.

The following items are exempt from Cognito limited warranty coverage: bushings, bump stops, tie-rod ends (Heim joints) and limiting straps. These parts are “consumables” and designed to wear as a normal part of their duty cycle, therefore they are not considered defective when worn. The aforementioned products are warrantied separately against defects in workmanship, for 60 days from the date of purchase. As a condition of warranty validation, respective Cognito suspension components must be installed as a complete system (not combined with non-Cognito hardware or ancillary parts). Any substitutions or omission of required components will void the warranty. Some minor cosmetic wear and imperfections may occur to parts during shipping, which is not covered under this warranty. This limited warranty does not apply to any components that have been subjected to collision damage, negligence, alteration, abuse, or misuse, and coverage does not extend to products manufactured by third-party companies. Cognito reserves the right to supersede, discontinue, or change the design, finish, part number and/or application of its parts when deemed necessary, without notice.

Return Policy

Product returns will not be accepted without prior written approval from an authorized Cognito representative. All products being returned must be shipped via trackable, prepaid freight. Returned products are subject to a 25% percent restocking fee. The eligible return period for products purchased directly from Cognito is 30 days from the verified date when the product(s) were originally received by the purchaser.

Product Safety Advisory

The installation of Cognito steering and suspension components will modify your vehicle’s original factory equipment and geometry, which may cause it to handle differently than a stock (unaltered) vehicle. Installation of these components is not intended to strengthen nor reinforce the vehicle’s frame, nor are they designed to increase rollover protection. It is necessary to periodically inspect all suspension and drive train components for proper attachment, torque specifications, operation, and for any potential unusual wear or damage. Installation of these parts will modify the height of the vehicle and may raise the center of gravity. Modifying vehicle height combined with off road operation may increase your vehicle’s susceptibility to rollover conditions, which may cause serious injury or death. Many states regulate allowable vehicle height modifications, and it is your responsibility to know and comply with the legal requirements specified by the laws where you reside. Modifications to your vehicle’s ride height may also affect the ride quality, driver input response, trackability and handling, and wear to your vehicle’s suspension components and tires.