

Baja Customs

Install Instructions BC-5033, Trac-inator 05-16 Ford, F250, F350 4x4 05-21 F450, F550 2wd & 4x4

Warning: Baja Customs recommends professional automotive knowledge when installing this kit to avoid possibility of injury or damage.

Notice: After installation of this kit a wheel alignment may be required. Check and maintain proper tire air pressure. Steering stabilizers are recommended for trucks running larger than stock tires. A trac-bar drop bracket is required for any lift over 4 inches.

Tools Required

- Ball-joint pickle fork, large
- Ball-joint press
- 30mm, 1-1/8in, 1-5/8in, socket and wrench sizes
- Retaining ring pliers

Instructions:

1. Before removing the stock trac-bar, record a measurement from the center of the ball joint mount to the center of the bushing frame mount, or any horizontal location on the axle to the frame. (This measurement will help you in step 13, adjust the Trac-inator close to your stock trac-bar length and keep the axle centered under the frame).
2. Begin by removing the stock trac-bar at the axle balljoint mount first. Remove the ball-joint nut and use a large pickle fork to release the bar from the balljoint.



3. Remove the stock bolt and nut from the trac-bar frame mount. Remove the stock trac-bar. **Note:** Tie-downs attached to the axle and frame may be necessary to prevent the axle from shifting after removing the bar, this will aid when installing the new bar.



- Using a Ball-joint press, remove the ball-joint from the axle mount. Depending on the type of press you use, you may have to cut off the threaded end of the ball-joint to fit the press over the ball-joint.



- After the ball-joint is removed, make sure the ball-joint hole is clean and free of burrs. Apply a thin layer of grease to the ball-joint hole and to the outside of the Uniball cup assembly.



- Place the Uniball cup assembly in the top side of the ball-joint hole. Make sure the Uniball cup assembly is concentric in the hole. Use a Ball-joint press to press it all the way down until the cup lip bottoms out. **Be sure when using the ball joint press to only put force on the cup wall, NOT on the bearing in the center.**

Note: When installing on a F250 or F350 the optional retaining ring may be installed on the bottom of the Uniball cup assembly. On some years of the F450 and F550's the ring is not applicable.



7. Insert the Uniball hi-miss spacers into the center of the Uniball cup assembly.
8. Install the forked end of the Main bar over each of the Uniball hi-miss spacers and Uniball cup assembly. Insert the $\frac{3}{4}$ "x 4-1/2 bolt thru all, with washers on either end, and hand tighten the nut.



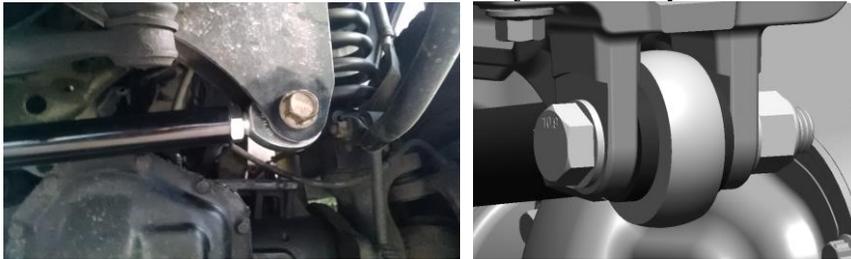
9. Thread the 1.25" Jam nut onto the 1.25" Heim Joint shaft. Then thread the 1.25" heim joint into the end of the Main bar, leaving approximately 3/16" of thread exposed between the jam nut and heim joint.



10. Insert the Heim spacers into the Heim joint bearing. Place the plastic isolators over the Heim spacers.



11. Install the Heim joint and spacers into the trac-bar frame mount and insert the provided M20 bolt with washers on either end. **Note:** If you have a Fabtech frame mount you may need to clearance the mount to fit the Heim joint correctly.



- 12.** Using the same measurement locations as you did in step 1, measure the points again. Adjust the length of the bar by threading the heim joint in or out, to match your measurement in step one. **Note:** You will have to remove the bolt and heim joint from the frame mount in order to thread the heim in or out for adjustment.
- 13.** Once the bar is adjusted correctly tighten all the nuts and bolts including the jam nut on the heim joint. Torque the trac-bar frame mount bolt to 350ft.lbs. and the trac-bar axle mount bolt (BC-1056) to 300ft.lbs.
- 14.** Take the truck to a good alignment shop, and re-torque the bolts after 1k miles.

Uniball and Hiem Replacement Part Numbers:

-Uniball (FKSSX16T) and hiem (JMX16T).

Joints can be purchased from most offroad shops or online stores like Summit Racing.

Note: Bars purchased before 2017 used the JMX16T-1 hiem size.

Check the part number stamped on the hiem to confirm what joint you need.

For technical assistance call: 949-229-0696 or email: info@bajacustoms.com