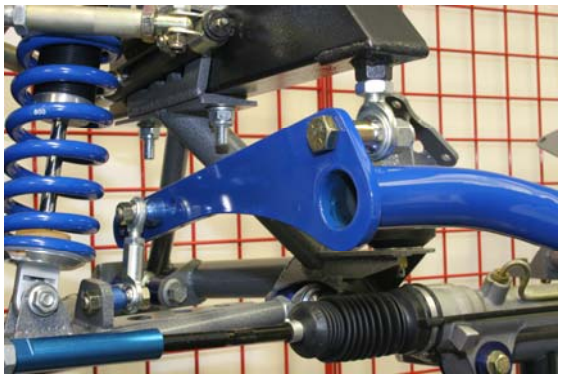
Griggs Racing Instruction Sheet
MAR Series, Bind Free, Adjustable GR40 Anti Roll Bar

September 06

1) Assemble the bar as shown in ***Picture A.*** Hold entire assembly in place under car. Locate the ARB mounting nut plate locations on bottom of subframe. End links should be held vertical. The nut plate should be centered front to rear directly under the oval hole in the side of the subframe. See ***Picture B***. Clean off Bottom of subframe in this area for welding.



Picture A

Picture B

2) Be sure ARB is positioned centered and square to car. Arms must be free of interference with subframe. Weld nut plates to chassis.

3) If you prefer to use the softer settings of the bar, a second nut plate mounted adjacent and forward will allow use of the softer settings. Most V-8 applications require the 3 stiffer settings.

4) Install end links so that they are vertical when chassis is at ride height. We recommend the center hole to start. Be sure to neutralize bar loading with driver weight in car during chassis setup. *Note:* Spacers may be cut or shimmed as required to affect this as it will depend on variables such as the control arm length. Also, varying the spacer length will make small changes in the stiffness of the ARB by altering the motion ratio. The further outboard the end link ball is mounted on the arm and the more vertical the link, the more effective the ARB.

Rate Chart:

'79-'04

<___Shorter____Arm Hole____Longer___>

MAR 2000 1 BLUE BAR	1	2	3	4	5
BAR RATE	1200	972	803	675	575
MOTION RATIO	0.5	0.5	0.5	0.5	0.5
BAR RATE @ WHEEL	600	486	402	338	288

MAR 2000 2 BLACK BAR					
BAR RATE	1451	1176	972	816	696
MOTION RATIO	0.5	0.5	0.5	0.5	0.5
BAR RATE @ WHEEL	726	588	486	408	348

S197 ('05 UP)

<_Shorter____Arm Hole____Longer_>

MAR 4000 1 BLUE BAR	1	2	3
BAR RATE	1281	1026	840
MOTION RATIO	0.5	0.5	0.5
BAR RATE @ WHEEL	641	513	420

MAR 4000 2 BLACK BAR			
BAR RATE	1550	1241	1016
MOTION RATIO	0.5	0.5	0.5
BAR RATE @ WHEEL	775	620	508

Patent pending on anti-roll bar design.