



How to change front anti  
roll bar links on **BMW**  
**E90** – replacement guide

## VIDEO TUTORIAL



### **i Important!**

This replacement procedure can be used for:

BMW 3 Touring (E91) 325i 3.0, BMW 3 Touring (E91) 318d 2.0, BMW 3 Saloon (E90) 318d 2.0, BMW 3 Touring (E91) 318i 2.0, BMW 3 Touring (E91) 316d 2.0, BMW Z4 Roadster (E89) sDrive 20 i, BMW Z4 Roadster (E89) sDrive 28 i, BMW X1 (E84) sDrive 20 i, BMW 1 Coupe (E82) 118d 2.0, BMW 3 Coupe (E92) 318i 2.0, BMW 3 Convertible (E93) 318i 2.0, BMW 3 Convertible (E93) 325d 3.0, BMW 1 Hatchback (E81) 116i 1.6, BMW 1 Hatchback (E81) 120d 2.0, BMW 3 Saloon (E90) 320i 2.0, (+ 88)

The steps may slightly vary depending on the car design.

## REPLACEMENT: ANTI ROLL BAR LINKS – BMW E90. AUTODOC EXPERTS RECOMMEND:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Combination spanner #17
- Drive socket # 16
- Wheel impact socket #17
- Ratchet wrench
- Torque wrench
- Wheel chock

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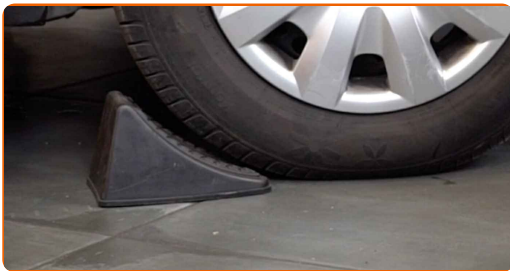
### AUTODOC recommends:

- Replace the stabiliser links on BMW E90 in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – BMW E90 – should be done with the engine switched off.

## CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:

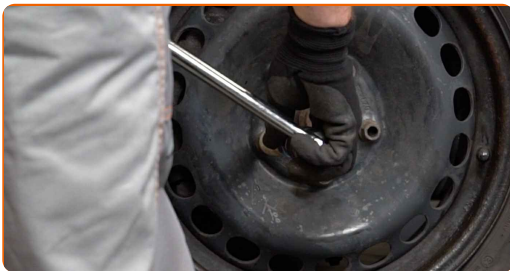
1

Secure the wheels with chocks.



2

Loosen the wheel mounting bolts. Use wheel impact socket #17.



3

Raise the front of the car and secure on supports.

4

Unscrew the wheel bolts.

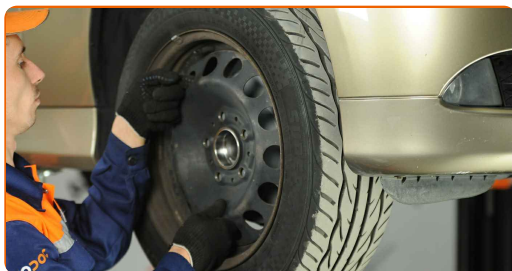


### AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts.  
BMW E90

5

Remove the wheel.



6

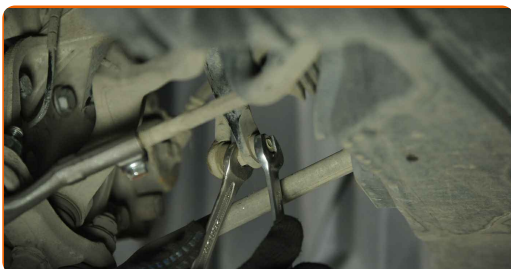
Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.

7

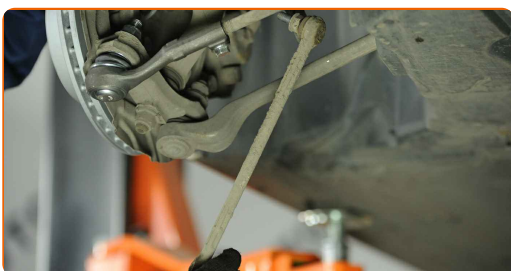
Unscrew the fastener connecting the stabilizer link to the shock strut. Use a combination spanner #17. Use a drive socket #16. Use a ratchet wrench.



- 8 Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #17 (2 pieces).



- 9 Remove the stabilizer rod.

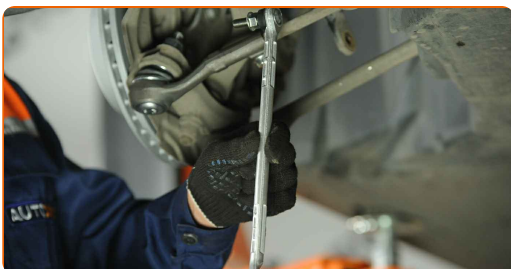


Replacement: anti roll bar links – BMW E90. Tip from AUTODOC experts:

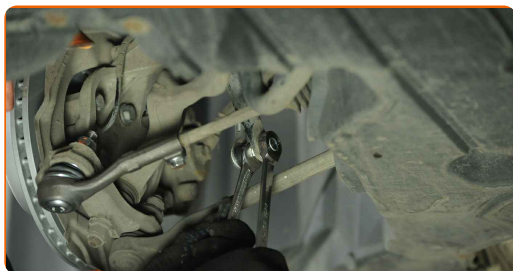
- Examine stabiliser bushes. Replace them if needed.

- 10 Clean the mounting seats of the stabiliser link. Use a wire brush. Use WD-40 spray.

- 11 Install a new rod, tighten the fasteners.



- 12 Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #17 (2 pieces). Use a torque wrench. Tighten it to 58 Nm torque.

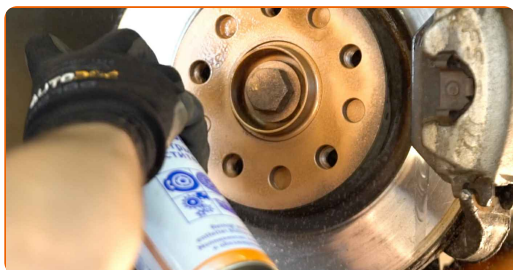


- 13 Tighten the fastener connecting the stabilizer link to the shock strut. Use a combination spanner #17. Use a drive socket #16. Use a torque wrench. Tighten it to 58 Nm torque.



- 14 Treat all joints of the stabiliser link. Use copper grease.

- 15 Treat the surface where the brake disc contacts the wheel rim. Use copper grease.



- 16 Clean the brake disk surface. Use a brake cleaner.



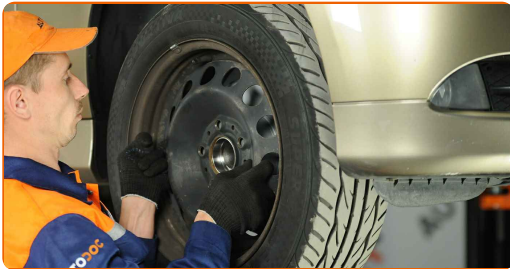


### AUTODOC recommends:

- Replacement: anti roll bar links – BMW E90. After applying the spray, wait a few minutes.

17

Install the wheel.



### AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. BMW E90

18

Screw in the wheel bolts. Use wheel impact socket #17.



19

Lower the car and working in a cross order, tighten the wheel bolts. Use wheel impact socket #17. Use a torque wrench. Tighten it to 120 nm torque.





20

Remove the jacks and chocks.



**WELL DONE!** 

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