



How to change front anti
roll bar links on **BMW 5**
Touring (E39) –
replacement guide

SIMILAR VIDEO TUTORIAL



This video shows the replacement procedure of a similar car part on another vehicle

i Important!

This replacement procedure can be used for:

BMW 5 Touring (E39) 520i 2.0, BMW 5 Touring (E39) 523i 2.5, BMW 5 Touring (E39) 528i 2.8, BMW 5 Touring (E39) 530d 3.0, BMW 5 Touring (E39) 525tds 2.5, BMW 5 Touring (E39) 520d 2.0, BMW 5 Touring (E39) 525d 2.5, BMW 5 Touring (E39) 520i 2.2, BMW 5 Touring (E39) 525i 2.5, BMW 5 Touring (E39) 530i 3.0

The steps may slightly vary depending on the car design.

This tutorial was created based on the replacement procedure for a similar car part on: BMW 5 Saloon (E39) 520i 2.0

REPLACEMENT: ANTI ROLL BAR LINKS – BMW 5 TOURING (E39). TOOLS YOU'LL NEED:



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

[Buy tools](#)

Replacement: anti roll bar links – BMW 5 Touring (E39). AUTODOC experts recommend:

- Replace the stabiliser links on BMW 5 Touring (E39) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- All work should be done with the engine stopped.

REPLACEMENT: ANTI ROLL BAR LINKS – BMW 5 TOURING (E39). TAKE THE FOLLOWING STEPS:

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.

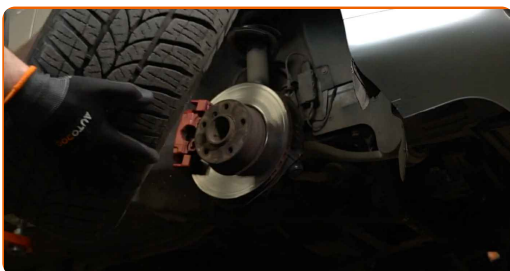
4 Unscrew the wheel bolts.



Replacement: anti roll bar links – BMW 5 Touring (E39). Tip:

- To avoid injury, hold up the wheel when unscrewing the bolts.

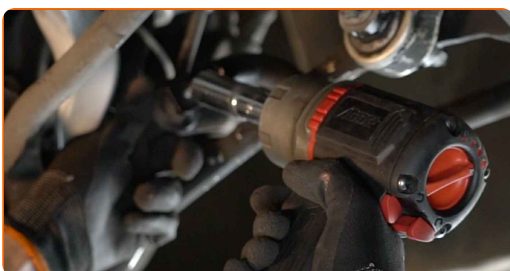
5 Remove the wheel.



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



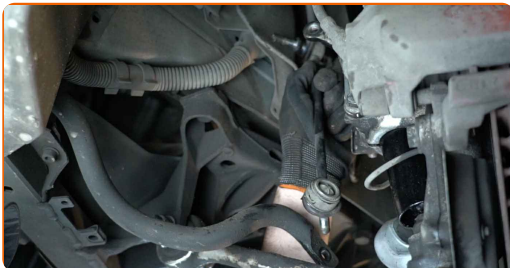
7 Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a drive socket #17. Use a ratchet wrench.



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



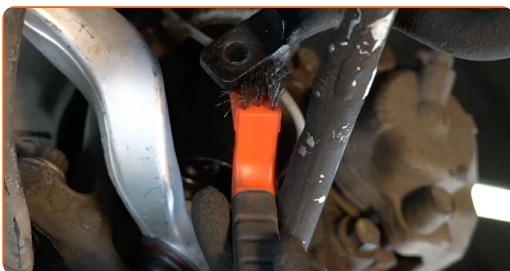
- 9 Remove the stabilizer rod.



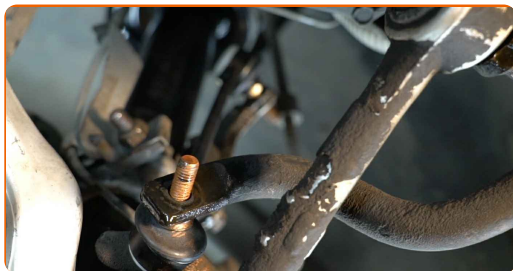
Replacement: anti roll bar links – BMW 5 Touring (E39). AUTODOC recommends:

- Examine stabiliser bushes. Replace them if needed.

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



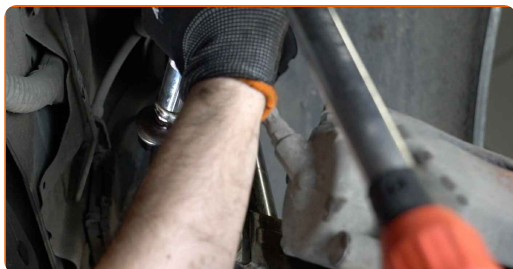
- 11 Install the transverse stabilizer link.



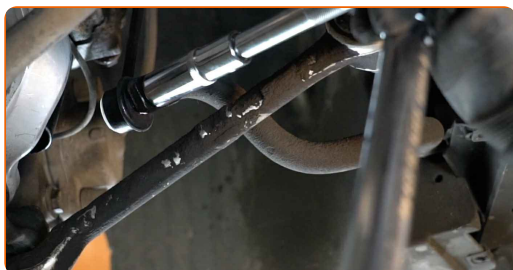
- 12 Tighten the stabiliser link fastener. Use a combination spanner #17. Use a drive socket #17. Use a ratchet wrench.



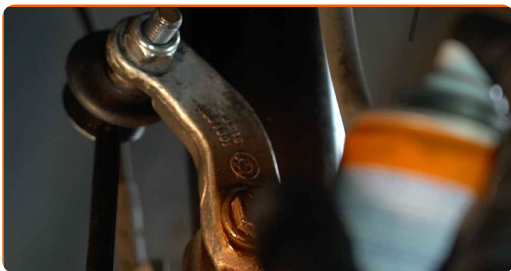
- 13 Tighten the fastener connecting the stabilizer link to the shock strut. Use a drive socket #17. Use a torque wrench. Tighten it to 65 Nm torque.



- 14 Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a drive socket #17. Use a torque wrench. Tighten it to 65 Nm torque.



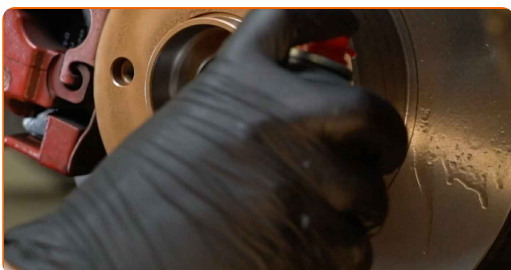
- 15 Treat all joints of the stabiliser link. Use copper grease.



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



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



AUTODOC recommends:

- Replacement: anti roll bar links – BMW 5 Touring (E39). After applying the spray, wait a few minutes.

- 18 Install the wheel.



Replacement: anti roll bar links – BMW 5 Touring (E39). Tip from AUTODOC experts:

- To avoid injury, hold up the wheel when screwing in the fastening bolts.

19

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



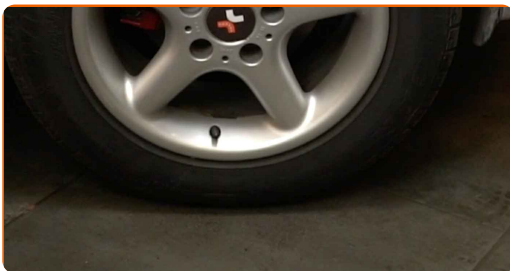
20

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.



21

Remove the jacks and chocks.



WELL DONE! 👍

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ANTI ROLL BAR LINKS: A WIDE SELECTION

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