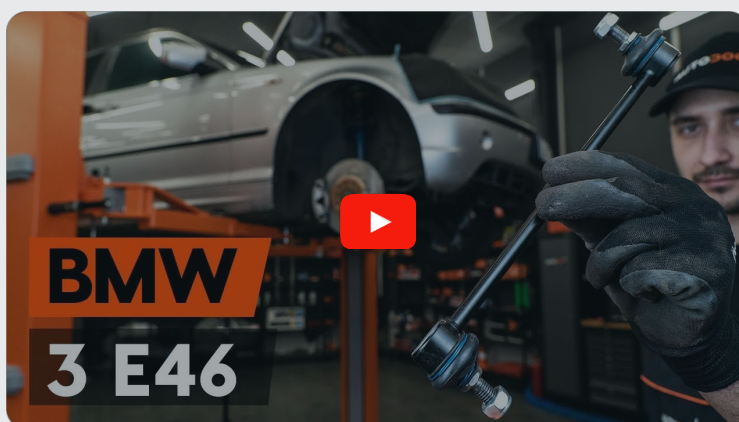


## SIMILAR VIDEO TUTORIAL



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

### **i Important!**

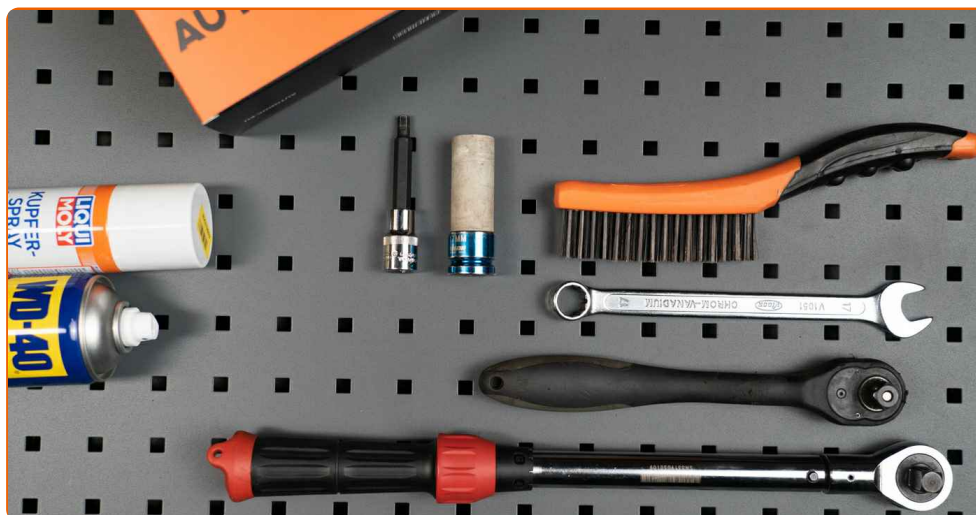
This replacement procedure can be used for:

BMW Z4 Coupe (E86) 3.0 si, BMW Z4 Coupe (E86) M

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 3 Touring (E46) 330d 3.0

## REPLACEMENT: ANTI ROLL BAR LINKS – BMW Z4 COUPE (E86). TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Copper grease
- Combination spanner #17
- Drive socket # 17
- HEX bit no.H7
- Wheel impact socket #17
- Ratchet wrench
- Torque wrench
- Fender cover
- Wheel chock

**Buy tools**

**AUTODOC recommends:**

- Replace the stabiliser links on BMW Z4 Coupe (E86) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Warning! Shut down the engine before starting any work – BMW Z4 Coupe (E86).

**CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:**

**1** Open the hood.

**2** Use a fender protection cover to prevent damaging paintwork and plastic parts of the car.

**3** Secure the wheels with chocks.



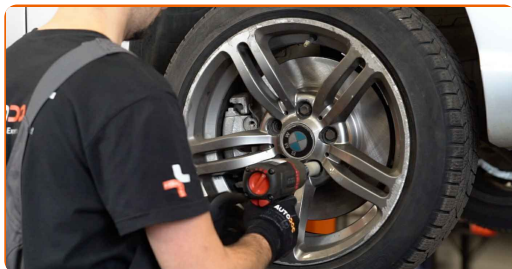
**4** Loosen the wheel mounting bolts. Use wheel impact socket #17.



**5** Raise the front of the car and secure on supports.

6

Unscrew the wheel bolts.

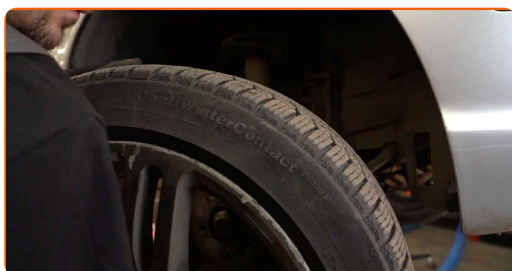


### AUTODOC recommends:

- Important! Hold the wheel while unscrewing the fastening bolts. BMW Z4 Coupe (E86)

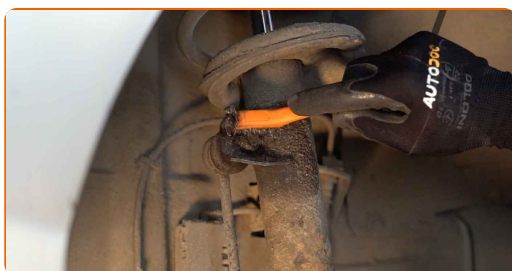
7

Remove the wheel.



8.1

Clean the stabiliser link fasteners.



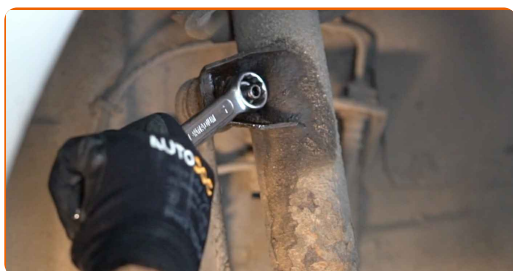
8.2

Use a wire brush. Use WD-40 spray.



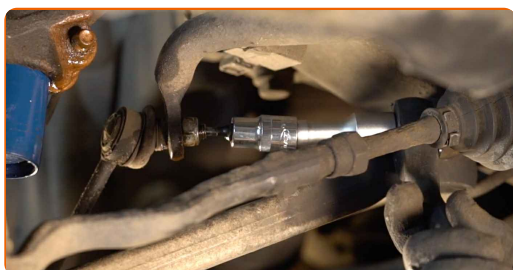
9

Unscrew the fastener connecting the stabilizer link to the shock strut. Use HEX No.H7. Use a combination spanner #17. Use a ratchet wrench.



10

Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use HEX No.H7. Use a combination spanner #17. Use a ratchet wrench.



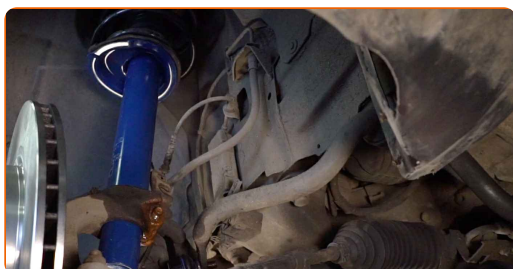
11

Remove the stabilizer rod.



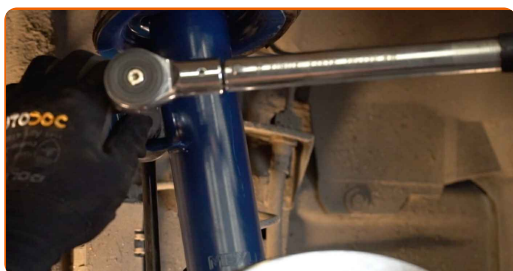
12

Install a new rod, tighten the fasteners.



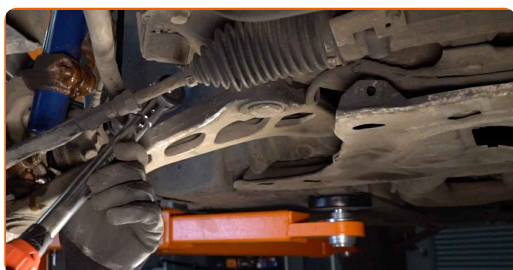
13

Tighten the fastener connecting the stabilizer link to the shock strut. Use a drive socket #17. Use a combination spanner #17. Use a torque wrench. Tighten it to 55 Nm torque.



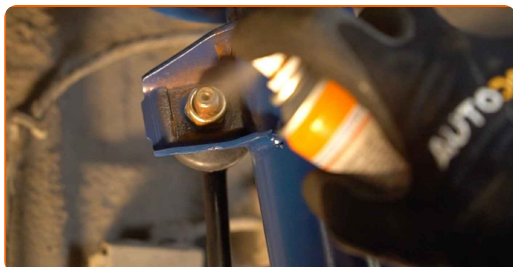
14

Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a drive socket #17. Use a combination spanner #17. Use a torque wrench. Tighten it to 55 Nm torque.



15.1

Treat all joints of the stabiliser link.



15.2

Use copper grease.





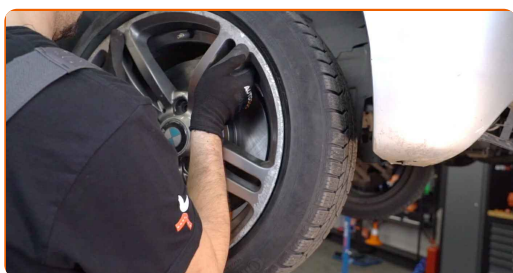
16

Clean the wheel rim mounting seat. Use a wire brush. Treat the contacting surface. Use copper grease.



17

Install the wheel.

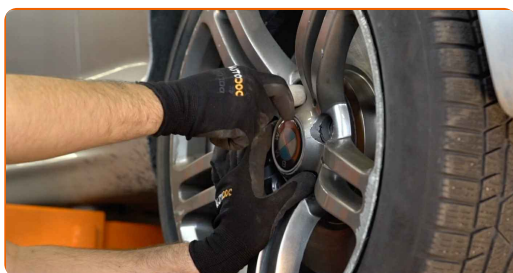


### AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. BMW Z4 Coupe (E86)

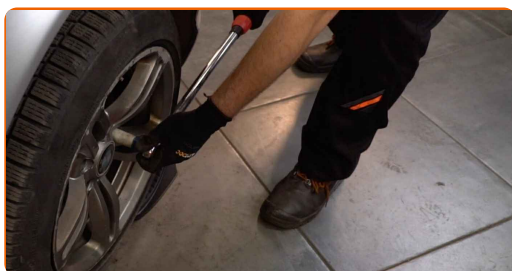
18

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



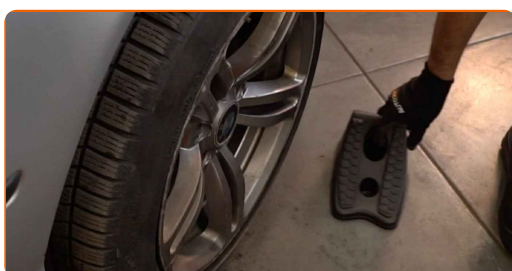
19

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.



21

Remove the fender protection cover.

22

Close the hood.

**WELL DONE!** 👍

**VIEW MORE TUTORIALS**