

SIMILAR VIDEO TUTORIAL



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

Important!

This replacement procedure can be used for:

BMW X1 (E84) sDrive 20 i, BMW X1 (E84) sDrive 18 i, BMW X1 (E84) sDrive 18 d, BMW X1 (E84) sDrive 20 d, BMW X1 (E84) xDrive 25 i, BMW X1 (E84) sDrive 28 i, BMW X1 (E84) sDrive 16 d, BMW X1 (E84) sDrive 16 i, BMW X1 (E84) sDrive 20 i Flex

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 Saloon (E90) 318i 2.0

REPLACEMENT: ANTI ROLL BAR LINKS – BMW X1 (E84). 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

Buy tools

AUTODOC recommends:

- Replace the stabiliser links on BMW X1 (E84) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – BMW X1 (E84) – 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.

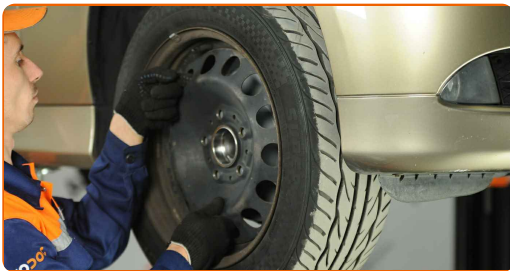


AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts.
BMW X1 (E84)

5

Remove the wheel.



6

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

7

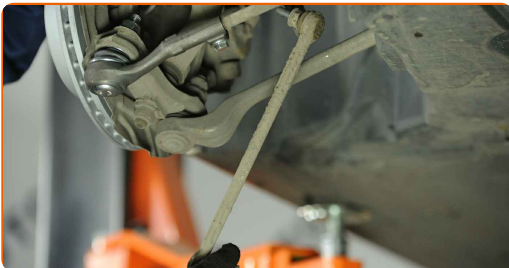
Unscrew the fastener connecting the stabilizer link to the shock strut. Use a combination spanner #17. Use a drive socket #16. Use a ratchet wrench.



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



- 9 Remove the stabilizer rod.

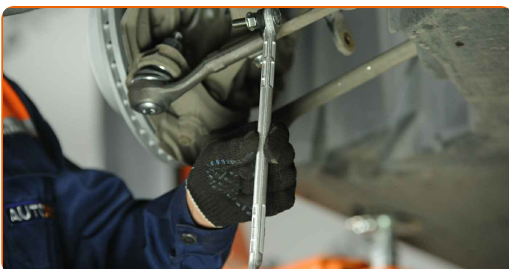


Replacement: anti roll bar links – BMW X1 (E84). Tip from AUTODOC experts:

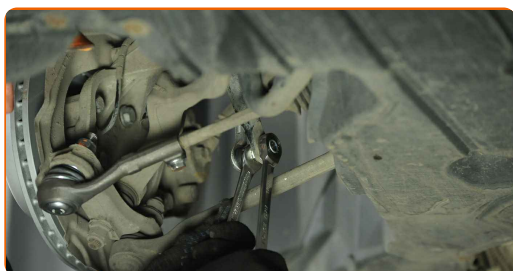
- Examine stabiliser bushes. Replace them if needed.

- 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.

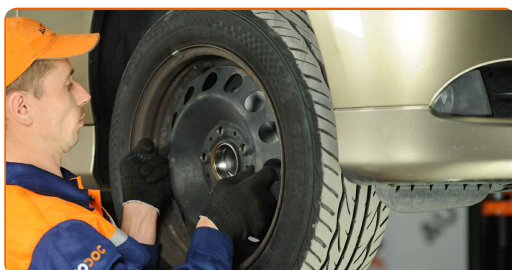


AUTODOC recommends:

- Replacement: anti roll bar links – BMW X1 (E84). 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 X1 (E84)

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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