

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 3 Touring (E36) 320i 2.0, BMW 3 Touring (E36) 328i 2.8, BMW 3 Touring (E36) 318tds 1.7, BMW 3 Touring (E36) 325tds 2.5, BMW 3 Touring (E36) 323i 2.5, BMW 3 Touring (E36) 318i 1.8, BMW 3 Touring (E36) 316i 1.6

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 Convertible (E46) 318Ci 2.0

REPLACEMENT: SHOCK ABSORBERS – BMW 3 TOURING (E36). LIST OF THE TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Copper grease
- Combination spanner #17
- Drive socket # 13
- Drive socket # 18
- Wheel impact socket #17
- Ratchet wrench
- Torque wrench
- Adjustable wrench
- Tap wrench
- Crow bar
- Vice
- Hydraulic transmission jack
- Wheel chock

[Buy tools](#)

Replacement: shock absorbers – BMW 3 Touring (E36). AUTODOC recommends:

- Both shock absorbers of the rear suspension should be replaced simultaneously.
- The replacement procedure is identical for the left and right shock absorbers of the rear suspension.
- Please note: all work on the car – BMW 3 Touring (E36) – should be done with the engine switched off.

CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:

1 Press and hold the folding roof control switch. Hold the button pressed until you get access to the upper fasteners of the shock absorber.

2 Remove the shock strut mount caps. Use a crowbar.



3 Clean the fasteners of the shock absorber upper mount. Use WD-40 spray.



4

Loosen the upper fastener of the shock absorber. Use a drive socket #13. Use a ratchet wrench.



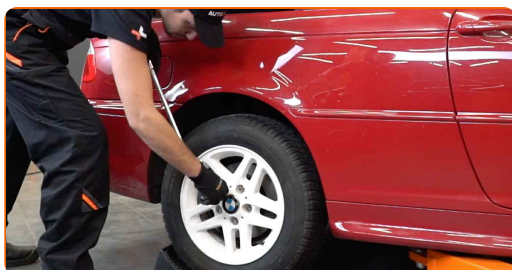
5

Secure the wheels with chocks.



6

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



7

Raise the rear of the car and secure on supports.

8

Unscrew the wheel bolts.



Replacement: shock absorbers – BMW 3 Touring (E36). Tip:

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

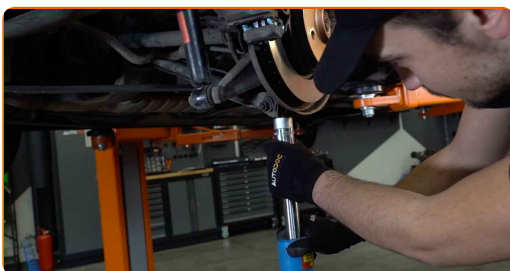
9

Remove the wheel.



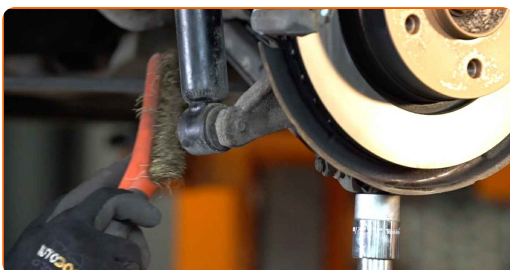
10

Support the arm. Use a hydraulic transmission jack.



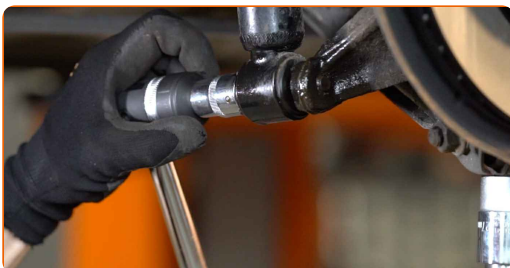
11

Clean the shock absorber fasteners. Use a wire brush. Use WD-40 spray.



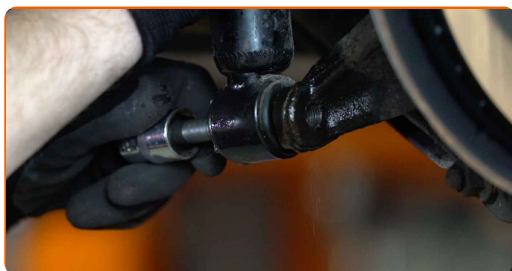
12

Unscrew the lower fastener of the shock absorber. Use a drive socket #18. Use a tap wrench.



13

Remove the fastening bolt.



14

Unscrew the upper fastener of the shock absorber. Use a drive socket #13. Use a ratchet wrench.



AUTODOC recommends:

- Important! Hold the shock absorber while unscrewing the fastening bolts. BMW 3 Touring (E36)

15

Remove the shock absorber.



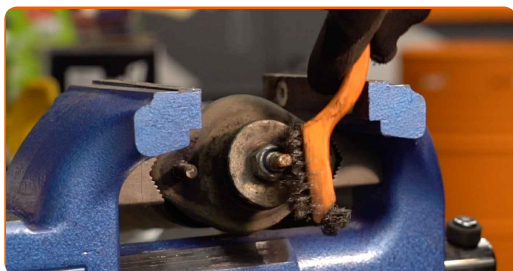
16

Grip the shock absorber in a vice.



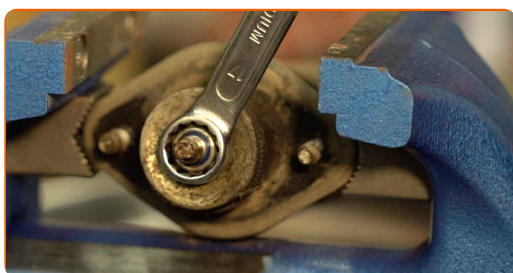
17

Clean the shock absorber rod fastener. Use a wire brush.



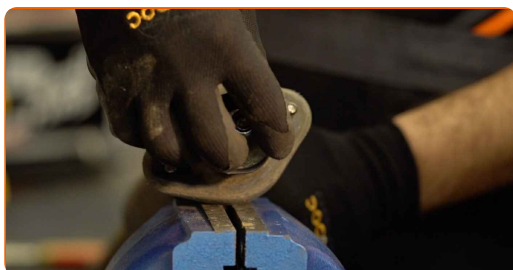
18

Remove the shock absorber piston rod fastening. Use a combination spanner #17.



19

Release the vice and take out the shock absorber.



20

Remove the shock absorber mount, boot and bump stop.

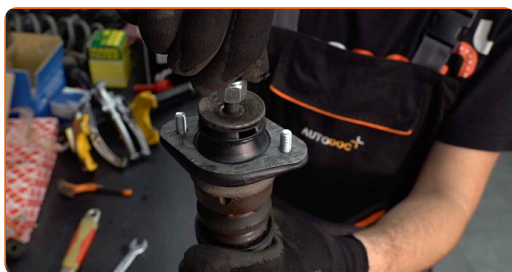


Replacement: shock absorbers – BMW 3 Touring (E36). AUTODOC recommends:

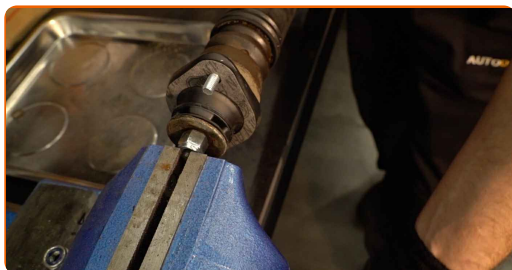
- Thoroughly examine the shock absorber mount, dust boot, bump stop. Replace them if necessary.
- Before installing a new shock absorber you should pump it manually 3-5 times.

21

Install the mount, boot and bump stop onto a new shock absorber.

**22**

Grip the shock absorber in a vice.

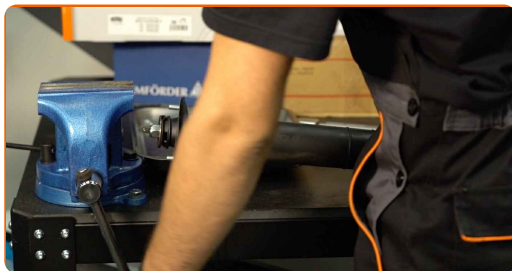
**23**

Screw the shock strut piston rod upper fastening. Use a combination spanner #17. Use an adjustable wrench. Use a torque wrench. Tighten it to 20 Nm torque.



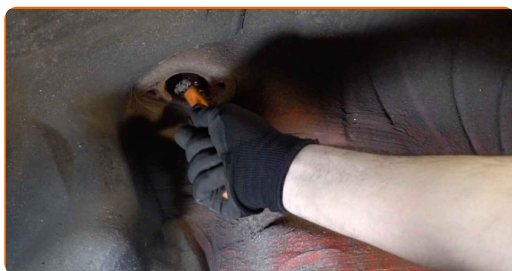
24

Release the vice and take out the shock absorber.



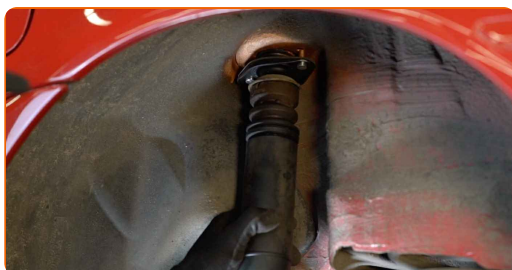
25

Clean the shock absorber mounting seats. Use a wire brush. Use WD-40 spray.



26

Place the shock absorber in the wheel arch and secure it.



Replacement: shock absorbers – BMW 3 Touring (E36). AUTODOC experts recommend:

- To avoid injury, hold the shock absorber cautiously tight when screwing in the fastening bolts.

27

Screw the upper fastener of the shock absorber. Use a drive socket #13. Do not tighten it.



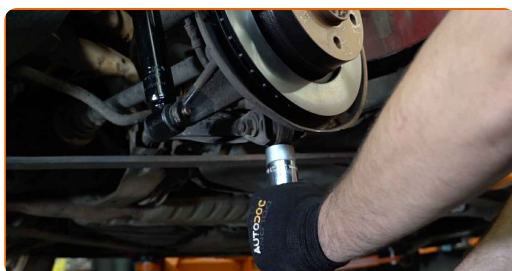
28

Tighten the lower fastener of the shock absorber. Use a drive socket #18. Use a torque wrench. Tighten it to 100 Nm torque.



29

Remove the support from under the arm.



AUTODOC recommends:

- Replacement: shock absorbers – BMW 3 Touring (E36). Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.