



How to change front anti  
roll bar links on **BMW**  
**E46 touring** –  
replacement guide

## VIDEO TUTORIAL



**BMW**  
**3 E46**

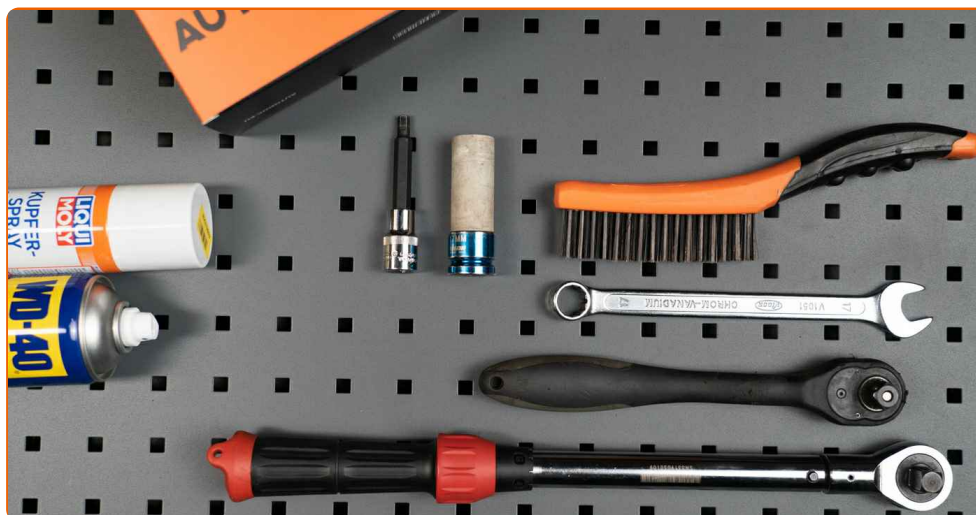
### **i Important!**

This replacement procedure can be used for:

BMW 3 Saloon (E46) 318i 1.9, BMW 3 Saloon (E46) 328i 2.8, BMW 3 Saloon (E46) 320d 2.0, BMW 3 Saloon (E46) 323i 2.5, BMW 3 Saloon (E46) 320i 2.0, BMW 3 Coupe (E46) 323Ci 2.5, BMW 3 Coupe (E46) 328Ci 2.8, BMW 3 Saloon (E46) 316i 1.9, BMW 3 Touring (E46) 320i 2.0, BMW 3 Coupe (E46) 320Ci 2.0, BMW 3 Coupe (E46) 318Ci 1.9, BMW 3 Touring (E46) 318i 1.9, BMW 3 Touring (E46) 328i 2.8, BMW 3 Touring (E46) 320d 2.0, BMW 3 Saloon (E46) 330d 2.9, (+ 49)

The steps may slightly vary depending on the car design.

## REPLACEMENT: ANTI ROLL BAR LINKS – BMW E46 TOURING. 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**

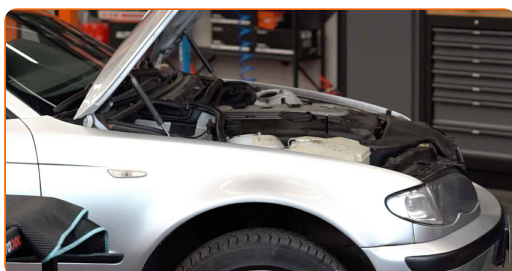
### AUTODOC recommends:

- Replace the stabiliser links on BMW E46 touring 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 E46 touring.

## 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.



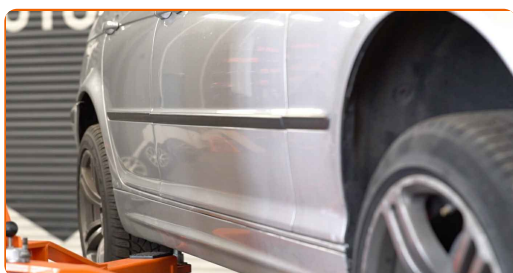
4

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



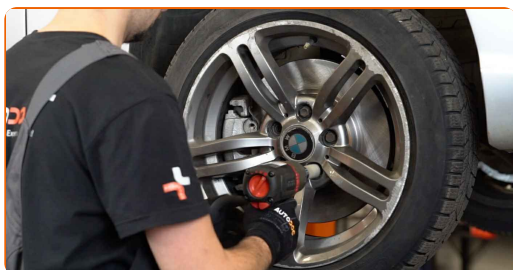
5

Raise the front of the car and secure on supports.



6

Unscrew the wheel bolts.



## AUTODOC recommends:

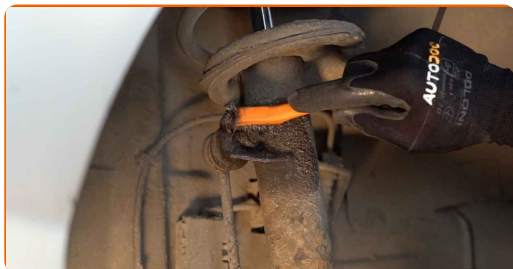
- Important! Hold the wheel while unscrewing the fastening bolts. BMW E46 touring

7

Remove the wheel.



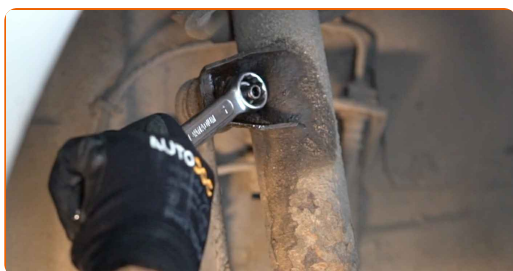
**8.1** Clean the stabiliser link fasteners.



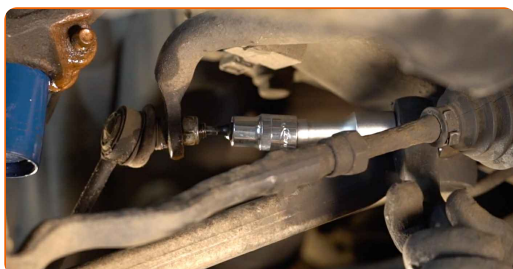
**8.2** Use a wire brush. Use WD-40 spray.



**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.

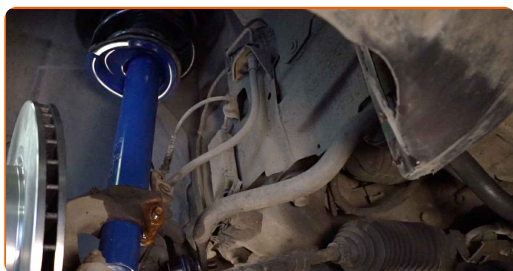




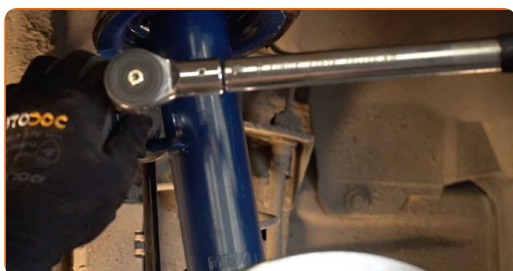
- 11 Remove the stabilizer rod.



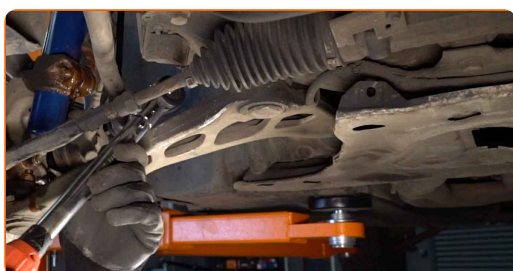
- 12 Install a new rod, tighten the fasteners.



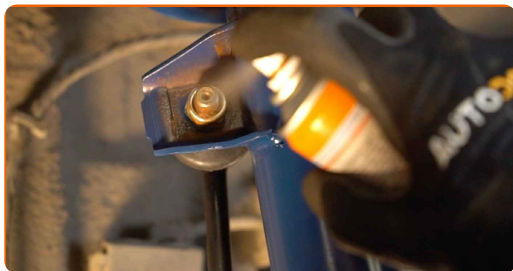
- 13 Tighten the fastener connecting the stabilizer link to the shock strut. Use a drive socket #17. Use a combination spanner #17. Use a torque wrench. Tighten it to 55 Nm torque.



- 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.



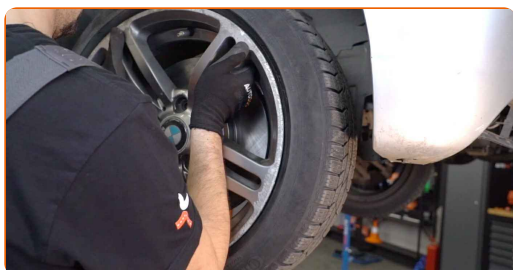
**15.2** Use copper grease.



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



**17** Install the wheel.

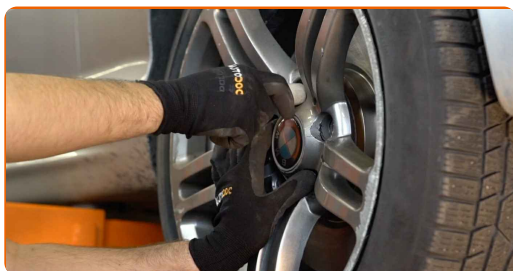


### AUTODOC recommends:

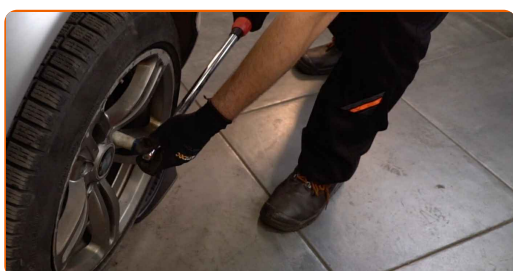
- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. BMW E46 touring



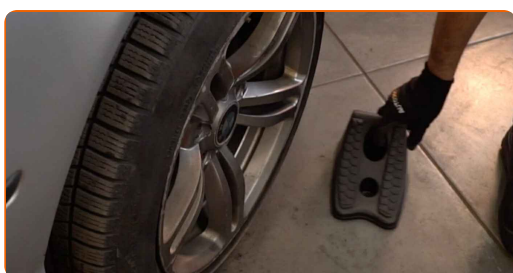
- 18 Screw in the wheel bolts. Use wheel impact socket #17.



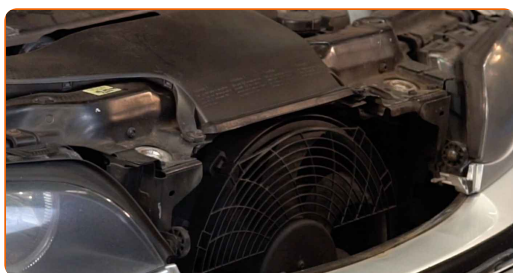
- 19 Lower the car and working in a cross order, tighten the wheel bolts. Use wheel impact socket #17. Use a torque wrench. Tighten it to 120 Nm torque.



- 20 Remove the jacks and chocks.



- 21 Remove the fender protection cover.



22

Close the hood.

**WELL DONE!** 👍[VIEW MORE TUTORIALS](#)

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