



How to change front anti  
roll bar links on **BMW**  
**E39** – replacement guide

## VIDEO TUTORIAL

** Important!**

This replacement procedure can be used for:

BMW 5 Saloon (E39) 520i 2.0, BMW 5 Saloon (E39) 525tds 2.5, BMW 5 Saloon (E39) 523i 2.5, BMW 5 Saloon (E39) 528i 2.8, BMW 5 Saloon (E39) 535i 3.5, BMW 5 Touring (E39) 520i 2.0, BMW 5 Touring (E39) 523i 2.5, BMW 5 Saloon (E39) 525td 2.5, BMW 5 Touring (E39) 528i 2.8, BMW 5 Saloon (E39) 530d 3.0, BMW 5 Touring (E39) 530d 3.0, BMW 5 Touring (E39) 525tds 2.5, BMW 5 Saloon (E39) 520d 2.0, BMW 5 Touring (E39) 520d 2.0, BMW 5 Saloon (E39) 525d 2.5, (+ 7)

The steps may slightly vary depending on the car design.

REPLACEMENT: ANTI ROLL BAR LINKS – BMW 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 E39. AUTODOC experts recommend:

- Replace the stabiliser links on BMW 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 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.



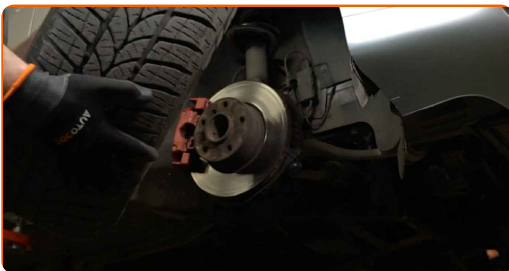
**4** Unscrew the wheel bolts.



**Replacement: anti roll bar links – BMW E39. Tip:**

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

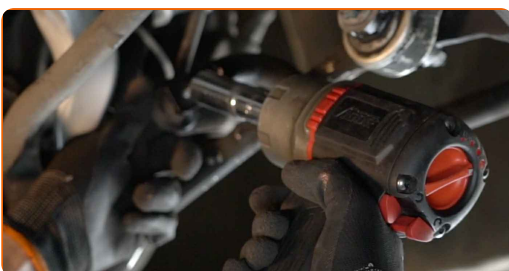
**5** Remove the wheel.



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



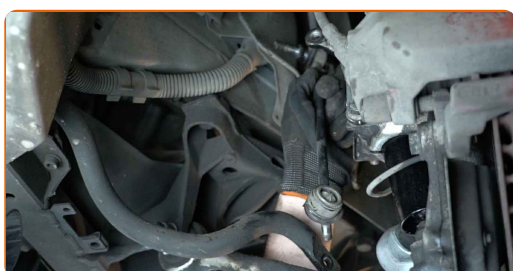
**7** Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a drive socket #17. Use a ratchet wrench.



- 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.



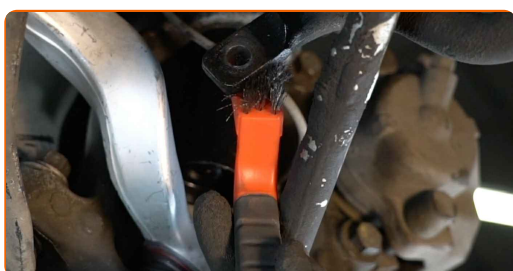
- 9** Remove the stabilizer rod.



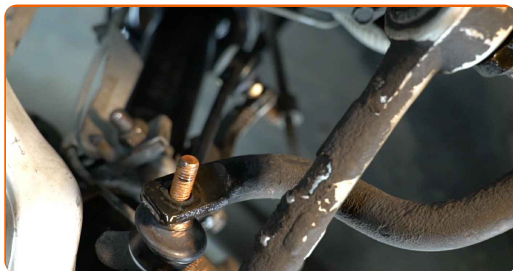
Replacement: anti roll bar links – BMW E39. AUTODOC recommends:

- Examine stabiliser bushes. Replace them if needed.

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



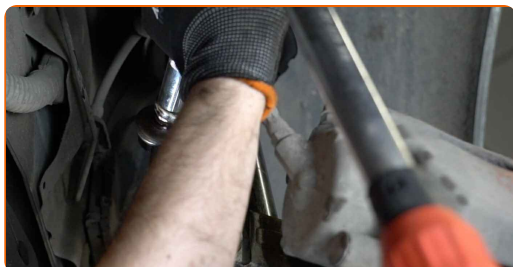
**11** Install the transverse stabilizer link.



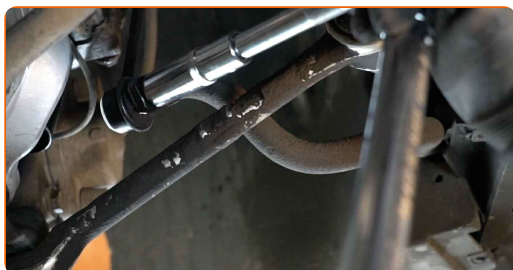
**12** Tighten the stabiliser link fastener. Use a combination spanner #17. Use a drive socket #17. Use a ratchet wrench.



**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.

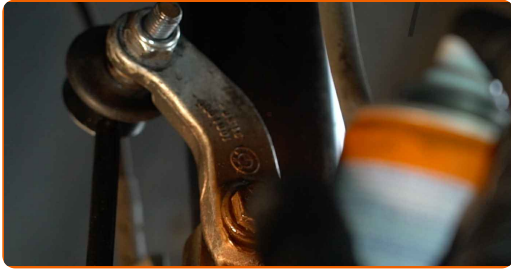


**14** Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a drive socket #17. Use a torque wrench. Tighten it to 65 Nm torque.



**15**

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



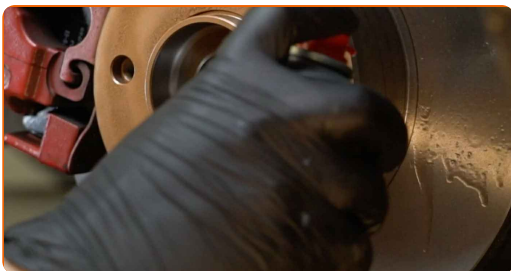
**16**

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 E39. After applying the spray, wait a few minutes.

**18**

Install the wheel.



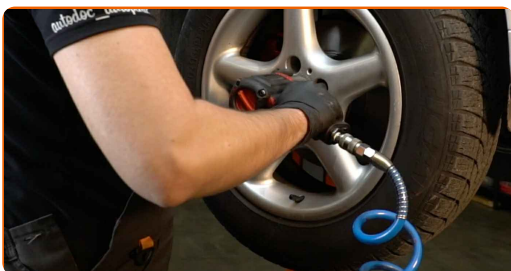


Replacement: anti roll bar links – BMW E39. Tip from AUTODOC experts:

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

19

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



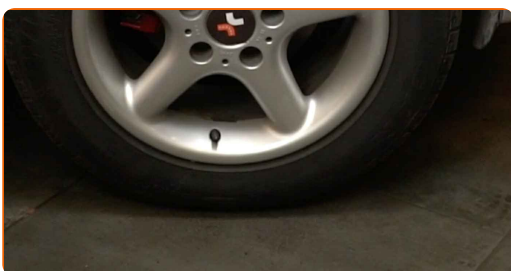
20

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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