



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

VIDEO TUTORIAL



i 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) 540i 4.4, BMW 5 Saloon (E39) 535i 3.5, BMW 5 Touring (E39) 520i 2.0, BMW 5 Touring (E39) 523i 2.5, BMW 5 Touring (E39) 540i 4.4, 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 Saloon (E39) M5, BMW 5 Touring (E39) 525tds 2.5, (+ 10)

The steps may slightly vary depending on the car design.

REPLACEMENT: ANTI ROLL BAR LINKS – BMW E39.

LIST OF THE TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Combination spanner #16
- Drive socket # 16
- Drive socket # 17
- Wheel impact socket #17
- Ratchet wrench
- Torque wrench
- Wheel chock

[BUY TOOLS](#)

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

- Replace the stabiliser links on BMW E39 in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – BMW E39 – should be done with the engine switched off.

CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:

1

Secure the wheels with chocks.



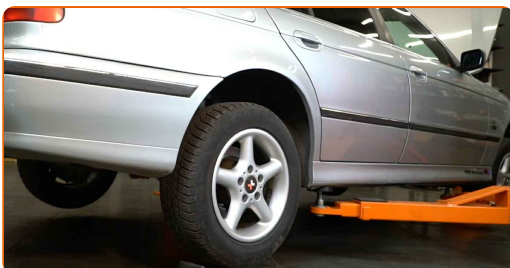
2

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



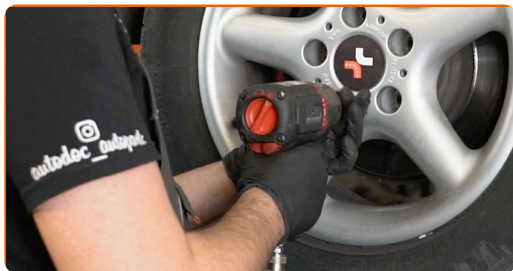
3

Raise the rear of the car and secure on supports.



4

Unscrew the wheel bolts.

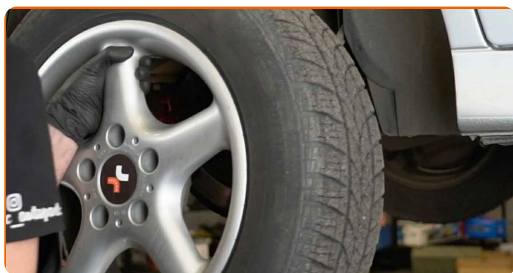


Replacement: anti roll bar links – BMW E39. AUTODOC recommends:

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

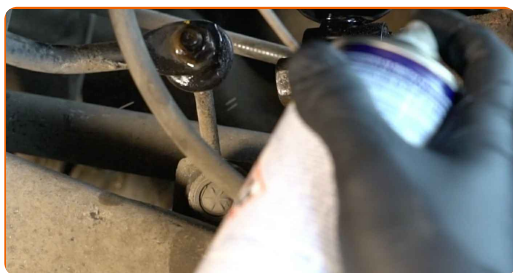
5

Remove the wheel.

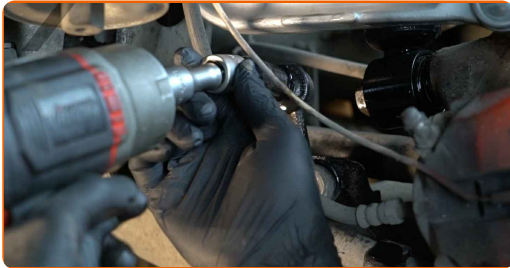


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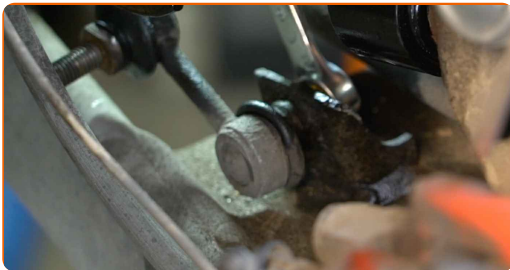
Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.



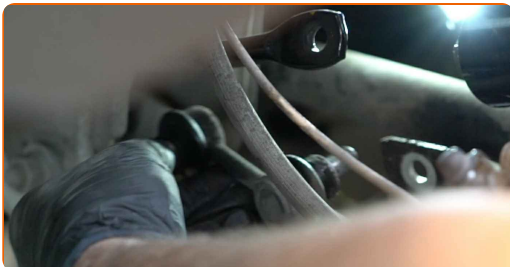
- 7** Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #16. Use a drive socket #16. Use a ratchet wrench.



- 8** Unscrew the fastener connecting the stabilizer bar with the control arm. Use a combination spanner #16. Use a drive socket #16. Use a ratchet wrench.



- 9** Remove the stabilizer rod.

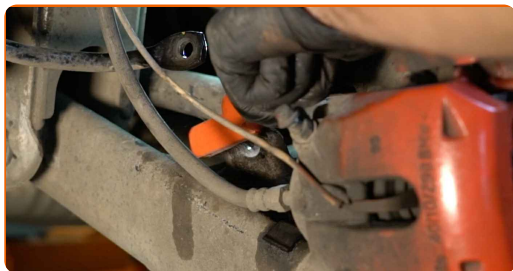


Replacement: anti roll bar links – BMW E39. Tip:

- Examine stabiliser bushes. Replace them if needed.

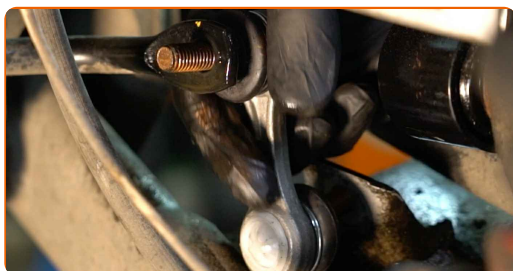
10

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



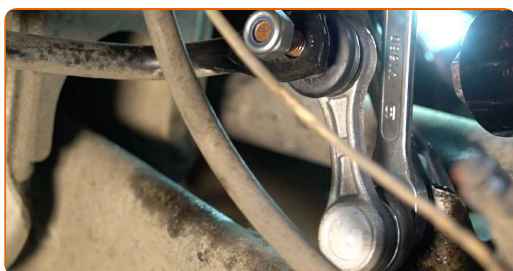
11

Install the transverse stabilizer link.



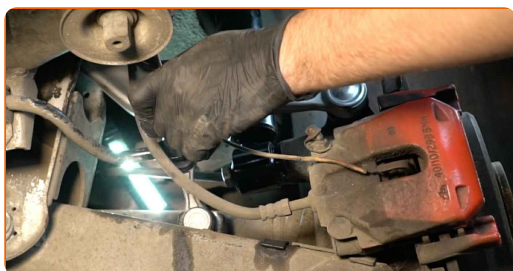
12

Tighten the stabiliser link fastener. Use a combination spanner #16. Use a drive socket #17. Use a ratchet wrench.

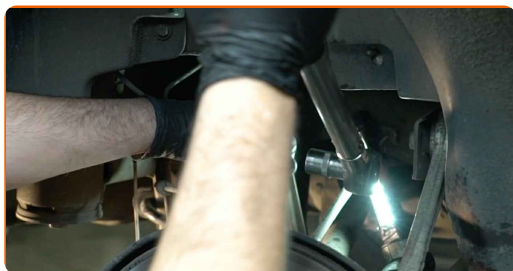


13

Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a drive socket #17. Use a torque wrench. Tighten it to 60 Nm torque.



- 14 Tighten the fastener connecting the stabilizer bar with the control arm. Use a drive socket #17. Use a torque wrench. Tighten it to 60 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.

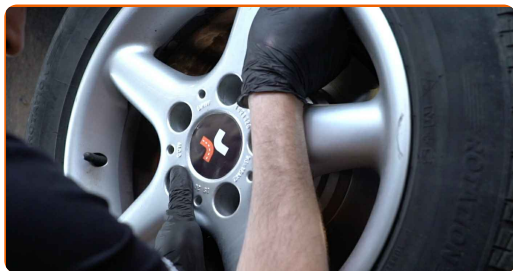


AUTODOC recommends:

- 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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