



How to change front anti
roll bar links on **ALFA**
ROMEO 156 Sportwagon
(932) – replacement
guide

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:

ALFA ROMEO 156 Sportwagon (932) 1.6 16V T.SPARK., ALFA ROMEO 156 Sportwagon (932) 1.8 16V T.SPARK, ALFA ROMEO 156 Sportwagon (932) 2.0 16V T.SPARK, ALFA ROMEO 156 Sportwagon (932) 2.5 V6 24V, ALFA ROMEO 156 Sportwagon (932) 1.9 JTD, ALFA ROMEO 156 Sportwagon (932) 2.4 JTD, ALFA ROMEO 156 Sportwagon (932) 3.2 GTA, ALFA ROMEO 156 Sportwagon (932) 2.0 JTS, ALFA ROMEO 156 Sportwagon (932) 1.9 JTD 16V, ALFA ROMEO 156 Sportwagon (932) 1.9 JTD 16V Q4, ALFA ROMEO 156 Sportwagon (932) 1.6 16V T.SPARK

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: ALFA ROMEO 147 (937) 1.6 16V T.SPARK

REPLACEMENT: ANTI ROLL BAR LINKS – ALFA ROMEO 156 SPORTWAGON (932). TOOLS YOU NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Torque wrench
- Combination spanner #17
- Drive socket # 17
- HEX bit No.H5
- Wheel impact socket #17
- Ratchet wrench
- Wheel chock

Buy tools

AUTODOC recommends:

- Replace the stabiliser links on ALFA ROMEO 156 Sportwagon (932) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – ALFA ROMEO 156 Sportwagon (932) – 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.
ALFA ROMEO 156 Sportwagon (932)

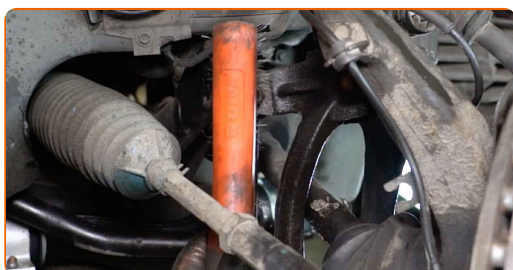
5

Remove the wheel.



6

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



7

Undo the fastening nut that attaches the stabilizer link to the shock absorber fork. Use a drive socket #17. Use a ratchet wrench.



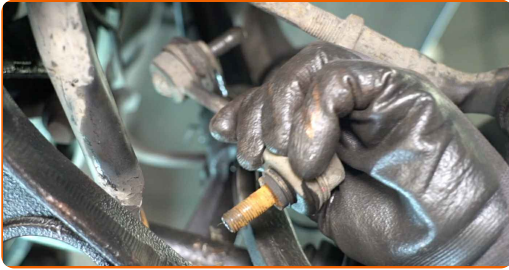
8

Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #17. Use HEX No.H5.



9

Remove the stabiliser link.

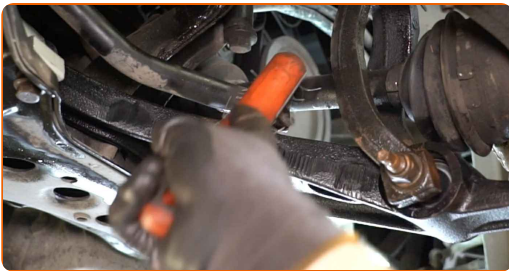


Replacement: anti roll bar links – ALFA ROMEO 156 Sportwagon (932).
AUTODOC experts recommend:

- Examine stabiliser bushes. Replace them if needed.

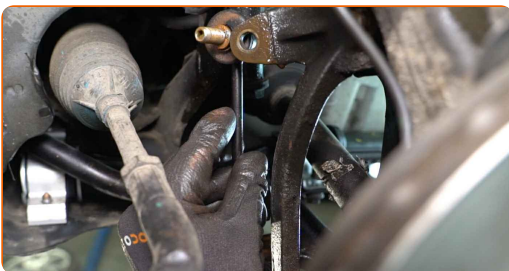
10

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



11

Install the transverse stabilizer link.



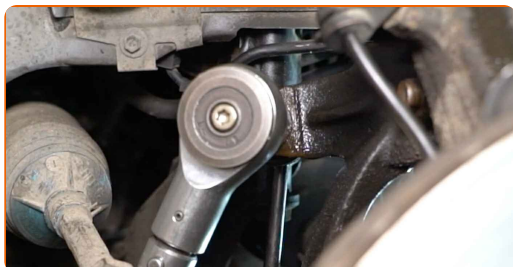
12 Tighten the stabiliser link fastener. Use a combination spanner #17. Use HEX No.H5.



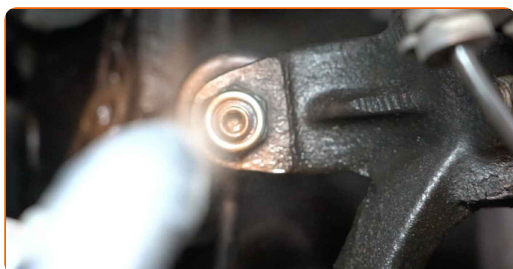
13 Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #17. Use a drive socket #17. Use HEX No.H5. Use a torque wrench. Tighten it to 55 Nm torque.



14 Tighten the fastener connecting the stabilizer link with the shock absorber fork. Use a combination spanner #17. Use a drive socket #17. Use HEX No.H5. Use a torque wrench. Tighten it to 55 Nm torque.



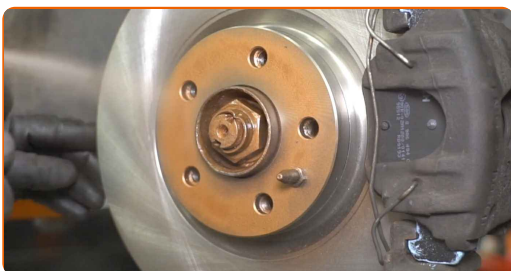
15 Treat all joints of the stabiliser link. Use copper grease.



16 Clean the wheel rim mounting seat. Use a wire brush.



17 Treat the surface where the brake disc contacts the wheel rim. Use copper grease.



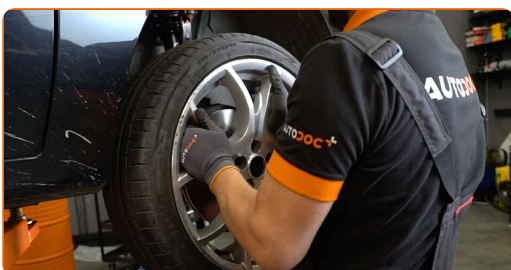
18 Clean the brake disk surface. Use a brake cleaner.



AUTODOC recommends:

- Replacement: anti roll bar links – ALFA ROMEO 156 Sportwagon (932). After applying the spray, wait a few minutes.

19 Install the wheel.



AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. ALFA ROMEO 156 Sportwagon (932)

20

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



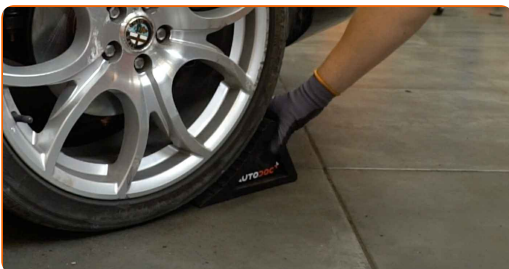
21

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 108 Nm torque.



22

Remove the jacks and chocks.



WELL DONE! 

VIEW MORE TUTORIALS

AUTODOC – TOP QUALITY AND AFFORDABLE CAR PARTS ONLINE

AUTODOC MOBILE APP: GREAT DEALS AND CONVENIENT SHOPPING



+ AUTODOC

GET IT ON
 **Google Play**

 **Download on the App Store**

Download

A GREAT SELECTION OF SPARE PARTS FOR YOUR CAR

ANTI ROLL BAR LINKS: A WIDE SELECTION

DISCLAIMER:

The document contains only general recommendations that may be useful for you when you perform repair or replacement work. AUTODOC shall not be liable for any loss, injury, damage of property occurring in the repair or replacement process due to incorrect use or misinterpretation of the provided information.

AUTODOC shall not be liable for any possible mistakes and uncertainties in this guide. The information provided is for information purposes only and cannot replace advice from specialists.

AUTODOC shall not be liable for incorrect or hazardous usage of equipment, tools and car parts. AUTODOC strongly recommends to be careful and observe the safety rules when performing repair or replacement works. Remember: usage of low quality auto parts does not guarantee you the appropriate level of road safety.

© Copyright 2022 – All the contents of this website, in particular texts, photographs and graphics, are protected by copyright. All rights, including reproduction, publication, editing and translation rights, are reserved by AUTODOC GmbH.