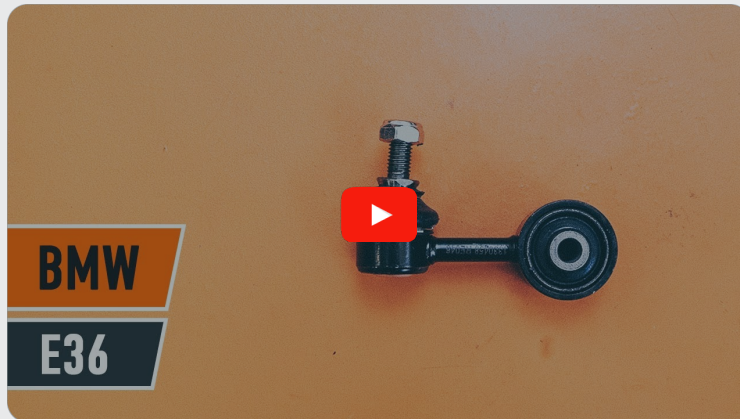




How to change front anti  
roll bar links on **ALPINA**  
**B3 Estate (E30)** –  
replacement guide

## 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:  
ALPINA B3 Estate (E30) 2.7

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 Saloon (E36) 323i 2.5

## REPLACEMENT: ANTI ROLL BAR LINKS – ALPINA B3 ESTATE (E30). TOOLS YOU MIGHT NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Torque wrench
- Combination spanner #13
- Combination spanner #16
- Combination spanner #17
- Drive socket # 13
- Drive socket # 16
- Drive socket # 17
- Wheel impact socket #17
- Ratchet wrench
- Hydraulic transmission jack
- Wheel chock

[Buy tools](#)

### AUTODOC recommends:

- Replace the stabiliser links on ALPINA B3 Estate (E30) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – ALPINA B3 Estate (E30) – 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.  
ALPINA B3 Estate (E30)

5

Remove the wheel.



6

Clean all joints of the stabiliser link. Use a wire brush. Use WD-40 spray.



7

Unscrew the fastener connecting the stabilizer bar with the control arm. Use a combination spanner #13. Use a drive socket #13. Use a ratchet wrench.

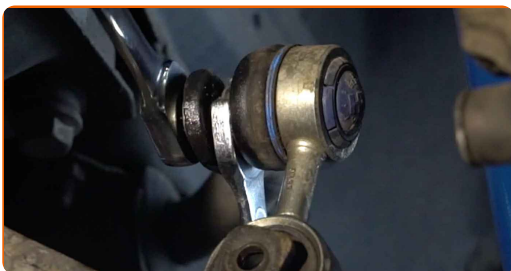


8

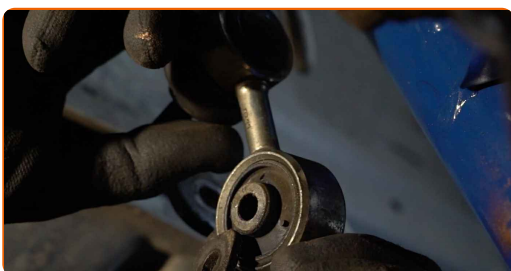
Remove the fastening bolt.



- 9 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.



- 10 Remove the stabilizer rod.



Replacement: anti roll bar links – ALPINA B3 Estate (E30). AUTODOC experts recommend:

- Examine the stabiliser bushes. Replace them if necessary.

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

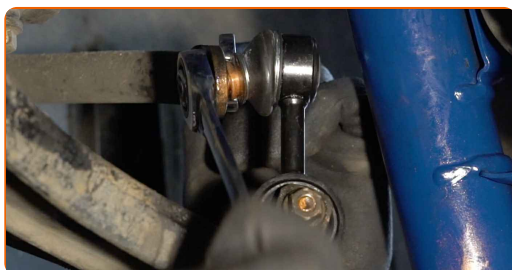


- 12** Install the transverse stabilizer link.

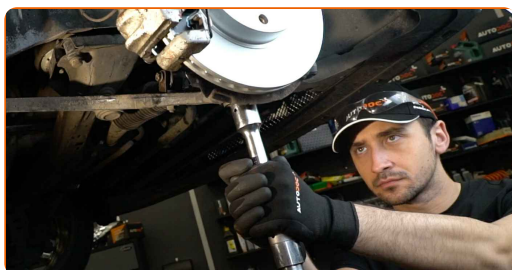


- 13** Install the fastening bolt.

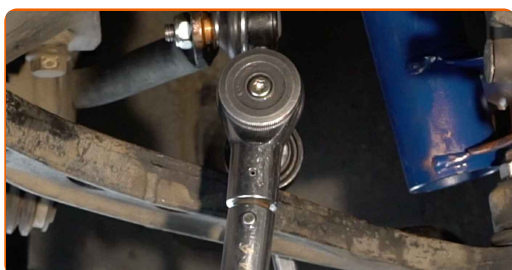
- 14** Tighten the stabiliser link fastener. Use a combination spanner #17. Use a drive socket #17. Use a ratchet wrench.



- 15** Support the arm. Use a hydraulic transmission jack.

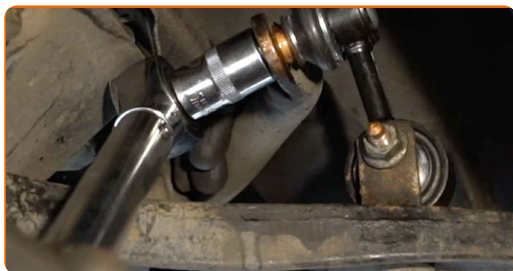


- 16** Tighten the fastener connecting the stabilizer bar with the control arm. Use a combination spanner #17. Use a drive socket #17. Use a torque wrench. Tighten it to 42 Nm torque.

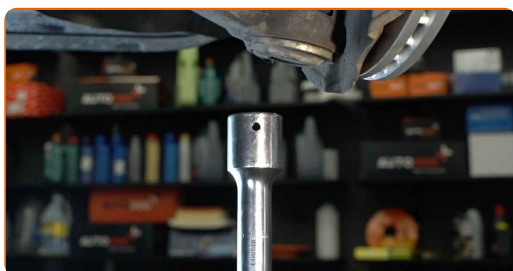




- 17 Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #17. Use a drive socket #17. Use a torque wrench. Tighten it to 59 Nm torque.



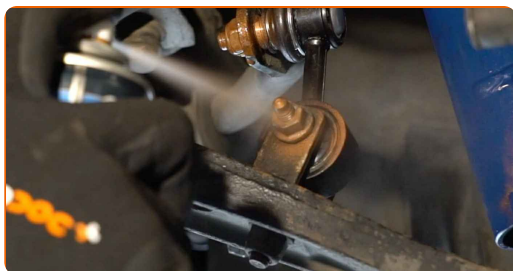
- 18 Remove the support from under the arm.



### AUTODOC recommends:

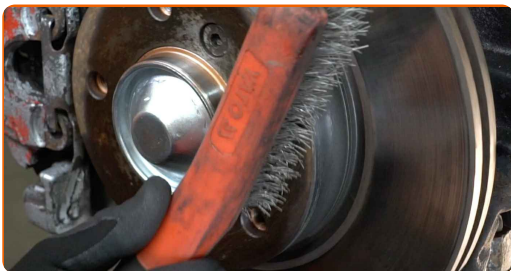
- Replacement: anti roll bar links – ALPINA B3 Estate (E30). Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.

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

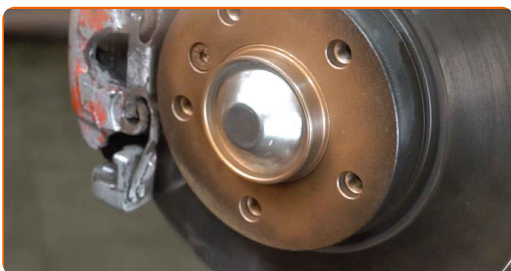




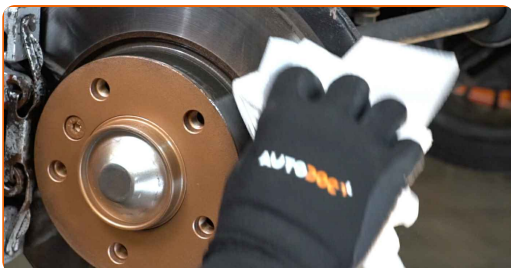
20 Clean the wheel rim mounting seat. Use a wire brush.



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



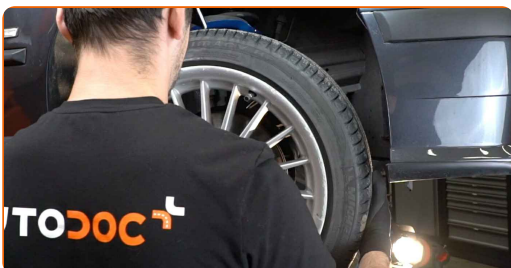
22 Clean the brake disk surface. Use a brake cleaner.



### AUTODOC recommends:

- Replacement: anti roll bar links – ALPINA B3 Estate (E30). After applying the spray, wait a few minutes.

23 Install the wheel.



### AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. ALPINA B3 Estate (E30)

24

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



25

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.



26

Remove the jacks and chocks.



## WELL DONE!

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**ANTI ROLL BAR LINKS: A WIDE SELECTION**

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