



How to change rear
lower arm on **ALPINA B7**
(E65) – replacement
guide

SIMILAR VIDEO TUTORIAL



This video shows the replacement procedure of a similar car part on another vehicle

i Important!

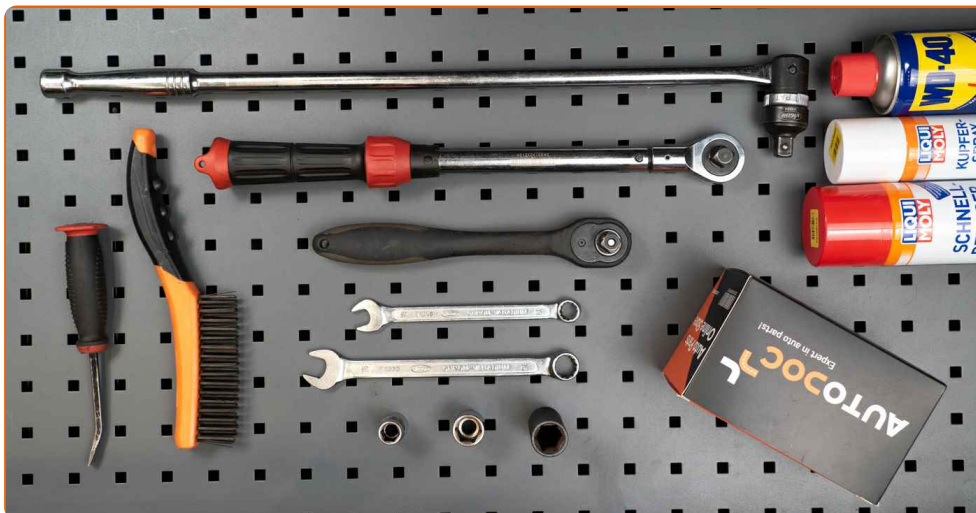
This replacement procedure can be used for:
ALPINA B7 (E65) 4.4

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 5 Saloon (E60) 520d 2.0

REPLACEMENT: REAR LOWER ARM – ALPINA B7 (E65).

TOOLS YOU MIGHT NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Combination spanner #18
- Combination spanner #21
- Drive socket # 10
- Wheel impact socket #17
- Ratchet wrench
- Torque wrench
- Flat Screwdriver
- Crow bar
- Hydraulic transmission jack
- Wheel chock

[Buy tools](#)

Replacement: rear lower arm – ALPINA B7 (E65). Tip from AUTODOC experts:

- The replacement procedure is identical for the right and left upper control arms.
- Please note: all work on the car – ALPINA B7 (E65) – should be done with the engine switched off.

CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:

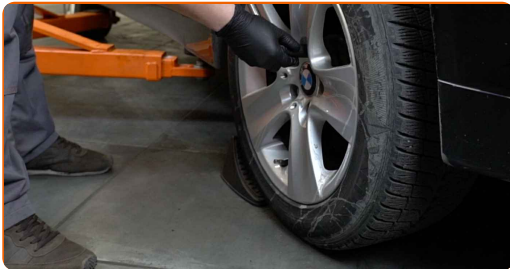
1

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.

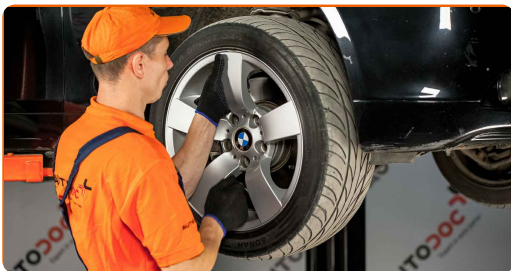


Replacement: rear lower arm – ALPINA B7 (E65). Tip:

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

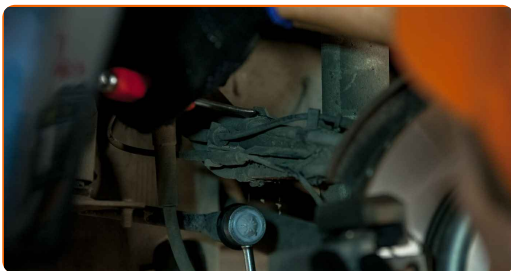
5

Remove the wheel.



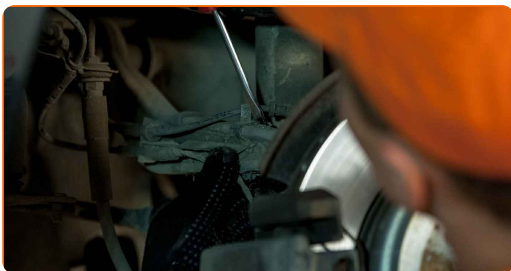
6

Disconnect the ABS sensor wiring. Use a flat screwdriver.



7

Disconnect the brake pad wear sensor cable. Use a flat screwdriver.



8

Remove the mounting bracket of the ABS sensor wiring from the upper arm. Use a flat screwdriver.

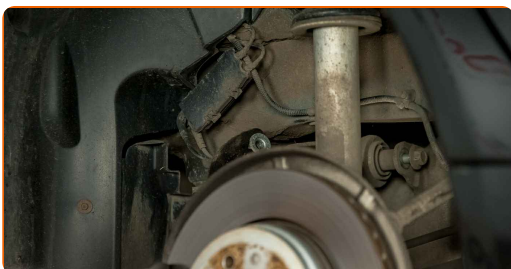


9 Clean all joints of the arm. Use a wire brush. Use WD-40 spray.

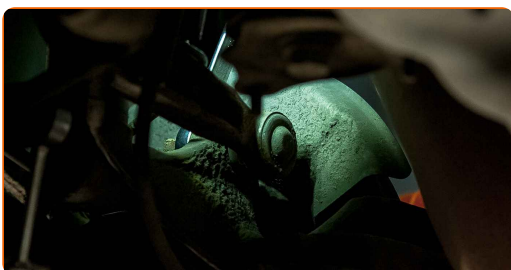
10 Unscrew the front arm fastener. Use a combination spanner #18 (2 pieces).



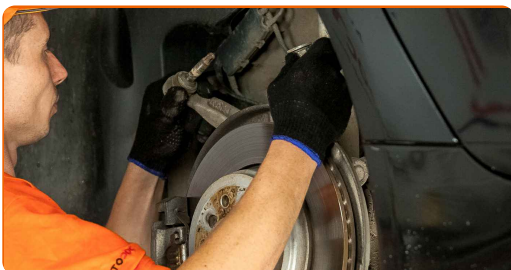
11 Remove the front fastener of the control arm. Use a crowbar. Use a flat screwdriver.



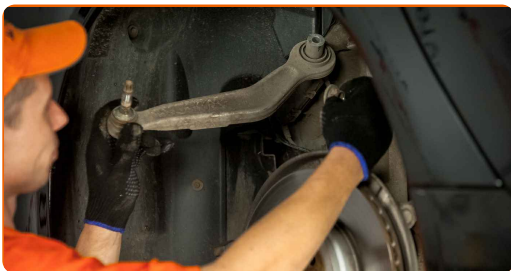
12 Unscrew the fastener connecting the control arm to the rear knuckle. Use a combination spanner #21. Use a drive socket #10. Use a ratchet wrench.



13 Detach the suspension arm from the rear knuckle.

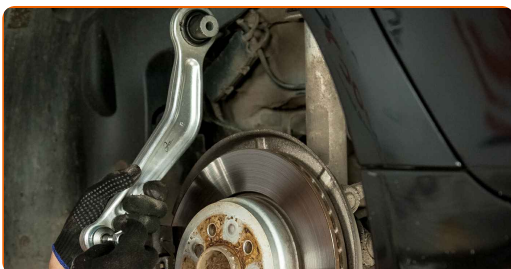


14 Remove the arm.



15 Clean the mounting seats and the thread of the suspension arm. Use a wire brush. Use WD-40 spray.

16 Install a new arm.

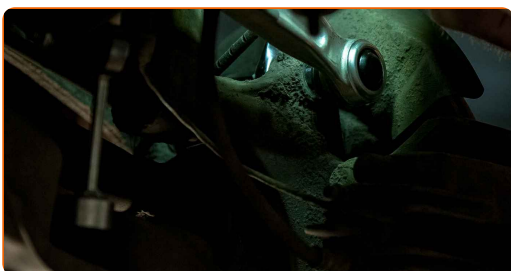


Replacement: rear lower arm – ALPINA B7 (E65). AUTODOC recommends:

- During the installation process, use only new bolts and nuts.
- Do not damage the ball joint cover.

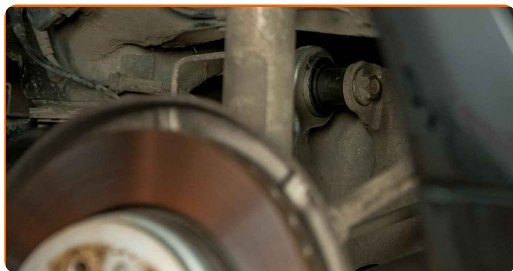
17 Attach the suspension arm to the rear knuckle.

18 Tighten the fastener connecting the suspension arm to the rear knuckle. Use a combination spanner #21. Use a drive socket #10. Use a torque wrench. Tighten it to 165 Nm torque.



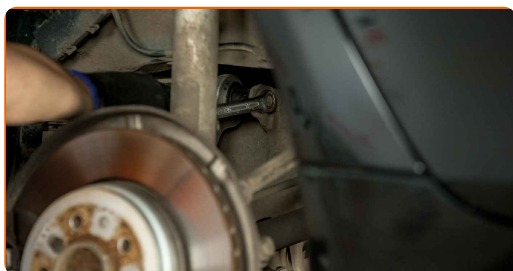
19

Install the front fastener of the arm.



20

Screw the front arm fastener. Use a combination spanner #18 (2 pieces).



21

Support the stub axle. Use a hydraulic transmission jack.



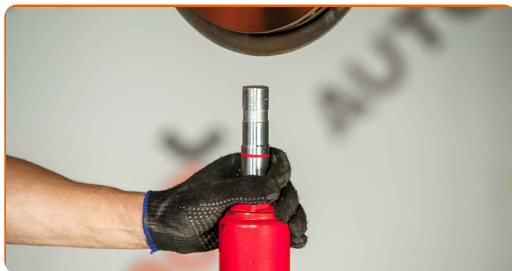
22

Tighten the front fastener connecting the control arm to the subframe. Use a combination spanner #18 (2 pieces). Use a torque wrench. Tighten it to 100 Nm torque.



23

Remove the support from under the stub axle.

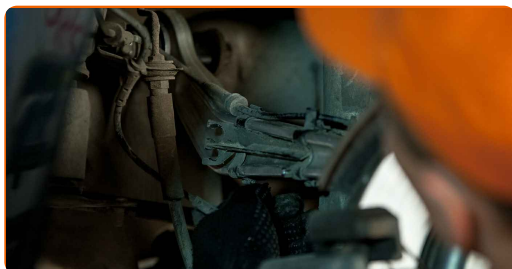


AUTODOC recommends:

- Replacement: rear lower arm – ALPINA B7 (E65). Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.

24

Install the mounting bracket of the ABS sensor wiring onto the upper arm.

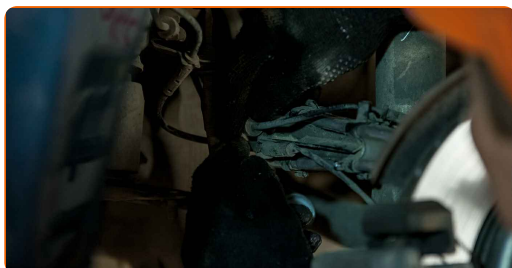


25

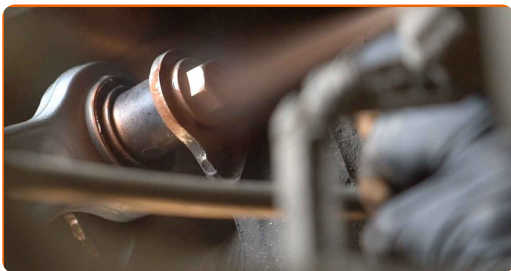
Connect the brake pad wear sensor cable.

26

Connect the ABS sensor wiring.



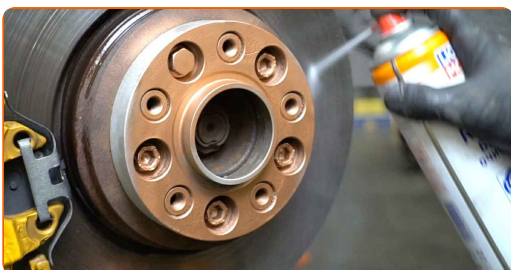
27 Treat all joints of the arm. Use copper grease.



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



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



Replacement: rear lower arm – ALPINA B7 (E65). AUTODOC experts recommend:

- After applying the spray, wait a few minutes.

30 Install the wheel.



AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. ALPINA B7 (E65)

31

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



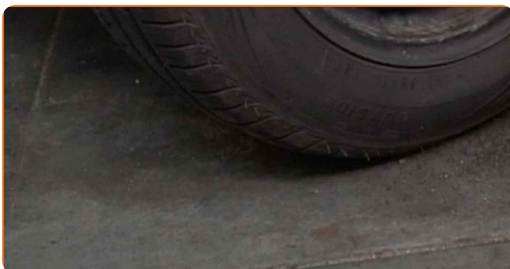
32

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.



33

Remove the jacks and chocks.



WELL DONE! 

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