



How to change front anti
roll bar links on **BMW 1
Coupe (E82)** –
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:

BMW 1 Coupe (E82) 118d 2.0, BMW 1 Coupe (E82) 135i 3.0, BMW 1 Coupe (E82) 120d 2.0, BMW 1 Coupe (E82) 123d 2.0, BMW 1 Coupe (E82) 125i 3.0, BMW 1 Coupe (E82) 120i 2.0

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 (E90) 318i 2.0

REPLACEMENT: ANTI ROLL BAR LINKS – BMW 1 COUPE (E82). AUTODOC EXPERTS RECOMMEND:



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

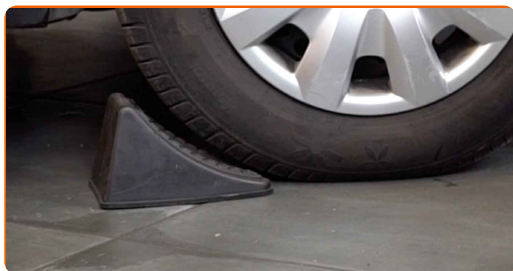
Buy tools

AUTODOC recommends:

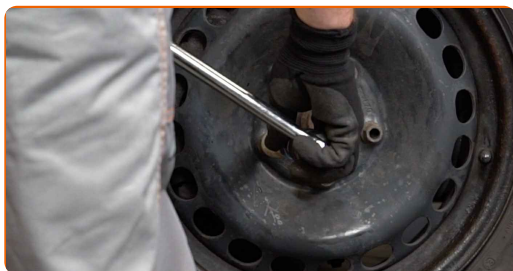
- Replace the stabiliser links on BMW 1 Coupe (E82) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – BMW 1 Coupe (E82) – should be done with the engine switched off.

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.

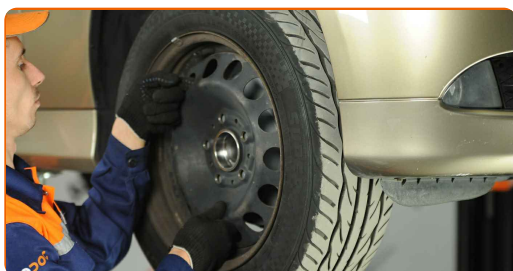
4 Unscrew the wheel bolts.



AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts.
BMW 1 Coupe (E82)

5 Remove the wheel.

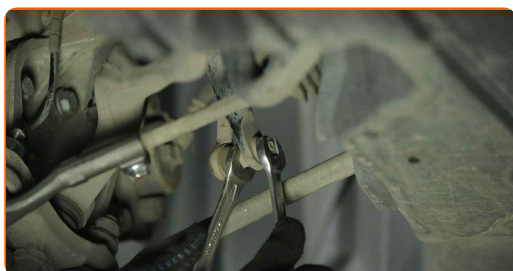


6 Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.

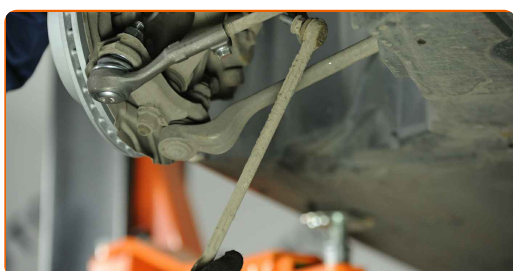
7 Unscrew the fastener connecting the stabilizer link to the shock strut. Use a combination spanner #17. Use a drive socket #16. Use a ratchet wrench.



- 8** Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #17 (2 pieces).



- 9** Remove the stabilizer rod.

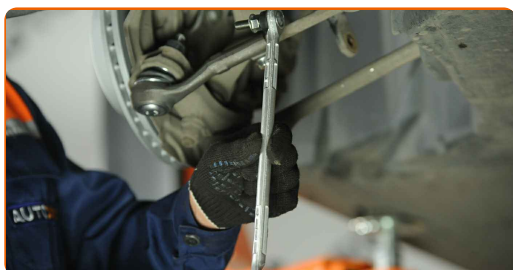


Replacement: anti roll bar links – BMW 1 Coupe (E82). Tip from AUTODOC experts:

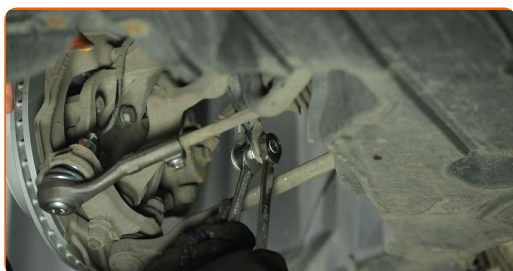
- Examine stabiliser bushes. Replace them if needed.

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

- 11** Install a new rod, tighten the fasteners.



- 12** Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #17 (2 pieces). Use a torque wrench. Tighten it to 58 Nm torque.



- 13** Tighten the fastener connecting the stabilizer link to the shock strut. Use a combination spanner #17. Use a drive socket #16. Use a torque wrench. Tighten it to 58 Nm torque.



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

- 15** Treat the surface where the brake disc contacts the wheel rim. Use copper grease.



- 16** Clean the brake disk surface. Use a brake cleaner.



AUTODOC recommends:

- Replacement: anti roll bar links – BMW 1 Coupe (E82). After applying the spray, wait a few minutes.

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Install the wheel.



AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. BMW 1 Coupe (E82)

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



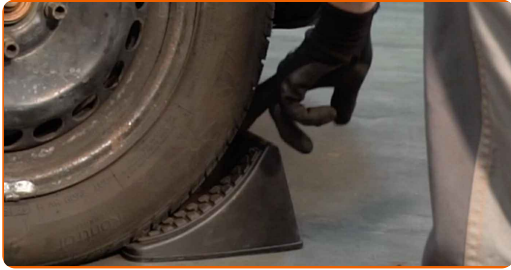
19

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.



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Remove the jacks and chocks.



WELL DONE! 

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ANTI ROLL BAR LINKS: A WIDE SELECTION

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