



How to change rear anti
roll bar links on **BMW 1**
Hatchback (E81) –
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:

BMW 1 Hatchback (E81) 116i 1.6, BMW 1 Hatchback (E81) 120d 2.0, BMW 1 Hatchback (E81) 130i 3.0, BMW 1 Hatchback (E81) 118i 2.0, BMW 1 Hatchback (E81) 120i 2.0, BMW 1 Hatchback (E81) 118d 2.0, BMW 1 Hatchback (E81) 123d 2.0, BMW 1 Hatchback (E81) 116i 2.0, BMW 1 Hatchback (E81) 116d 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 HATCHBACK (E81). TOOLS YOU NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Drive socket # 13
- Combination spanner #17
- HEX bit No.H5.
- Wheel impact socket #17
- Ratchet wrench
- Flat Screwdriver
- Torque wrench
- Wheel chock

[Buy tools](#)

AUTODOC recommends:

- Replace the stabiliser links on BMW 1 Hatchback (E81) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – BMW 1 Hatchback (E81) – should be done with the engine switched off.

CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:

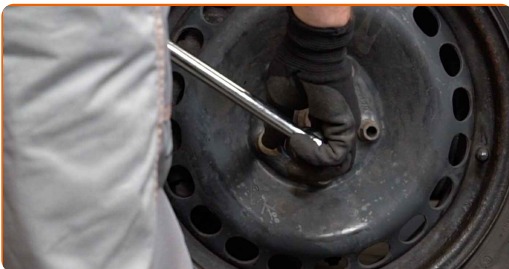
1

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.

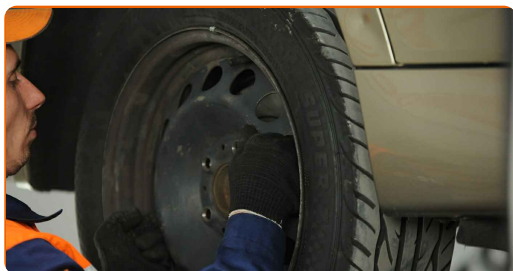


AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts.
BMW 1 Hatchback (E81)

5

Remove the wheel.

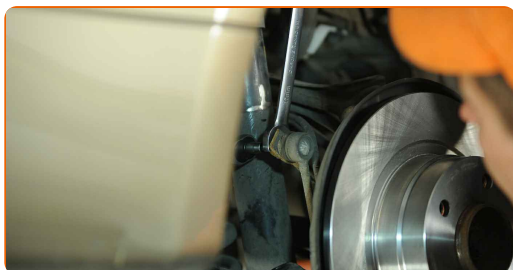


6

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 HEX No.H5. Use a ratchet wrench.



- 8 Unscrew the fastener connecting the stabilizer link to the control arm. Use a drive socket #13. Use a ratchet wrench. Use a flat screwdriver.



- 9 Remove the fastening bolt.

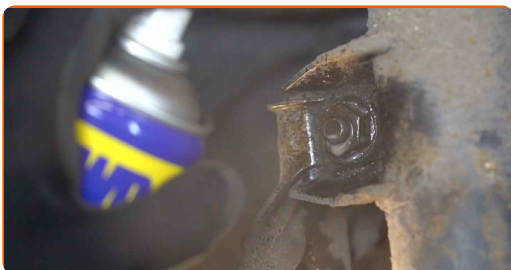
- 10 Remove the stabilizer rod.



Replacement: anti roll bar links – BMW 1 Hatchback (E81). Tip from AUTODOC:

- Examine stabiliser bushes. Replace them if needed.

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



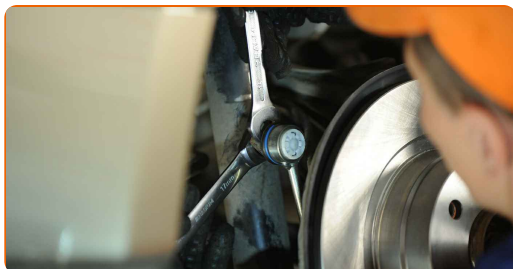
- 12** Install the transverse stabilizer link.



- 13** install the rod fastening to the stabilizer and tighten it. Use a drive socket #13. Use a torque wrench. Tighten it to 21 Nm torque.

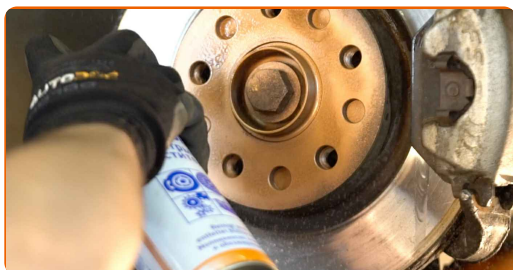


- 14** Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #17 (2 pieces). Use a torque wrench. Tighten it to 58 Nm torque.



- 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.

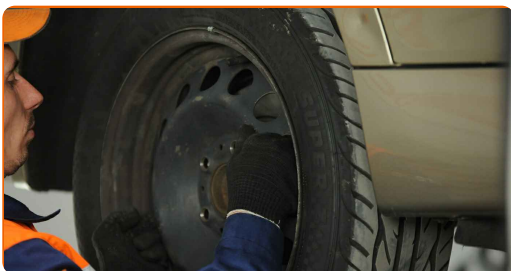


AUTODOC recommends:

- Replacement: anti roll bar links – BMW 1 Hatchback (E81). After applying the spray, wait a few minutes.

18

Install the wheel.



AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. BMW 1 Hatchback (E81)

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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ANTI ROLL BAR LINKS: A WIDE SELECTION

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