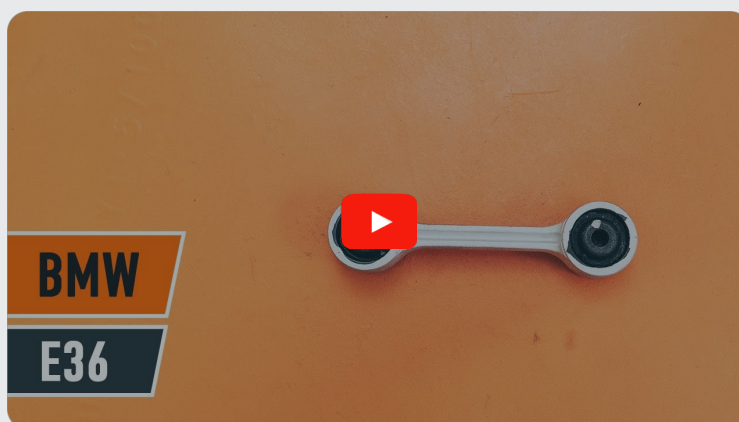




How to change rear anti  
roll bar links on **BMW 3**  
**Coupe (E36)** –  
replacement guide

### 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 3 Coupe (E36) 318is 1.8, BMW 3 Coupe (E36) 320i 2.0, BMW 3 Coupe (E36) 325i 2.5, BMW 3 Coupe (E36) 316i 1.6, BMW 3 Coupe (E36) M3 3.0, BMW 3 Coupe (E36) 328i 2.8, BMW 3 Coupe (E36) 318is 1.9, BMW 3 Coupe (E36) 323i 2.5, BMW 3 Coupe (E36) M3 3.2

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 – BMW 3 COUPE (E36). LIST OF THE TOOLS YOU'LL NEED:



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

**Buy tools**

**AUTODOC recommends:**

- Replace the stabiliser links on BMW 3 Coupe (E36) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – BMW 3 Coupe (E36) – 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.



**AUTODOC recommends:**

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts.  
BMW 3 Coupe (E36)

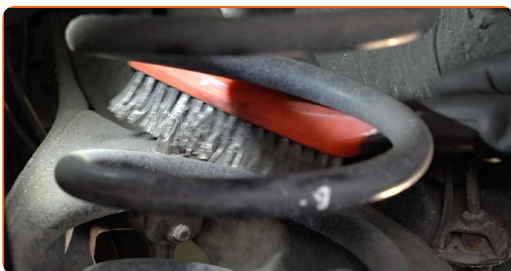
5

Remove the wheel.



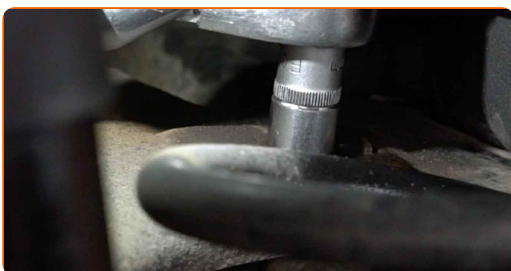
6

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



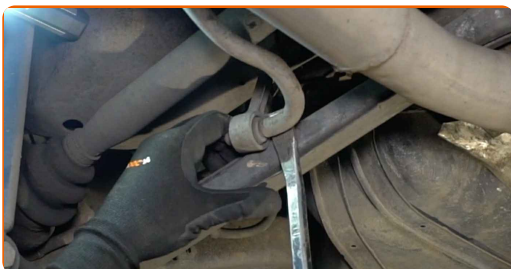
7

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



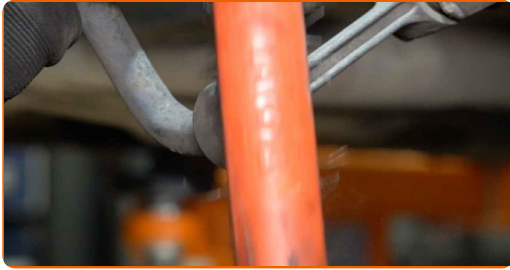
8

Move the stabiliser bar aside. Use a crowbar.



9

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



10

Remove the stabilizer rod.



Replacement: anti roll bar links – BMW 3 Coupe (E36). AUTODOC recommends:

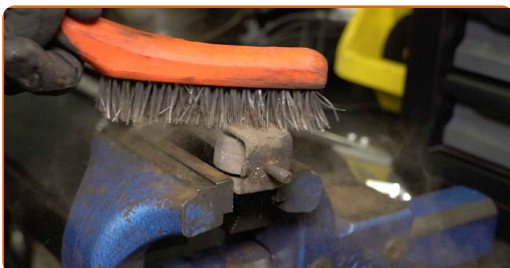
- Examine the stabiliser bushes. Replace them if necessary.

11

Grip the stabiliser link in a vice.

12

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



13

Unscrew the fastener of the stabiliser link bracket. Use a drive socket #13. Use a ratchet wrench.



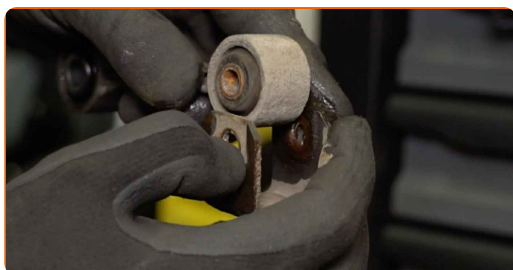
14

Remove the fastening bolt.



15

Remove the stabiliser link bracket.



16

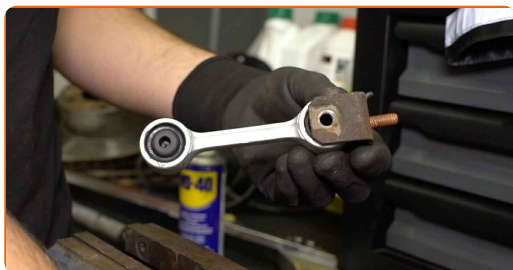
Release the vice and remove the stabiliser link.

17

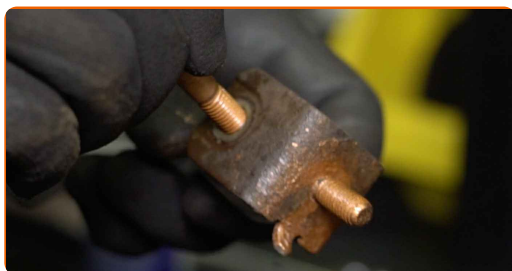
Grip a new stabiliser link in a vice.

18

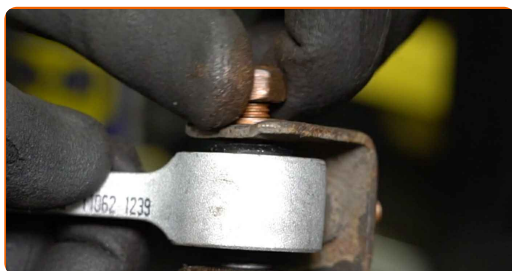
Install the stabiliser link bracket.



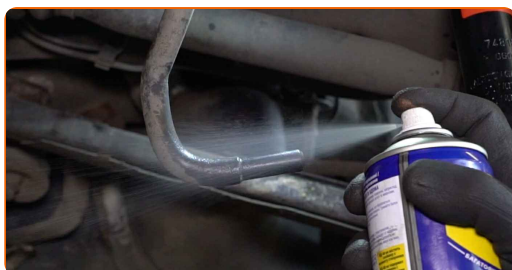
**19** Install the fastening bolt.



**20** Screw in the fastener of the stabiliser link bracket. Use a drive socket #13. Use a ratchet wrench.

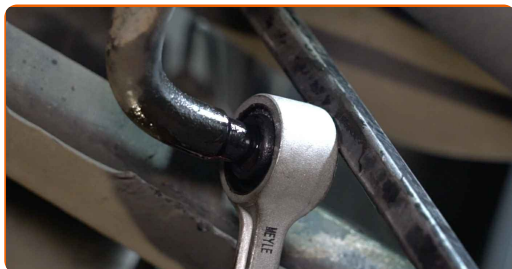


**21** Clean the mounting seats of the stabiliser link. Use a wire brush. Use WD-40 spray.



**22** Release the vice and remove the stabiliser link.

**23** Install the transverse stabilizer link. Use a crowbar.



**24** Reinstall the stabiliser bar in its mounting seat.



- 25** Screw in the fastener connecting the stabilizer bar to the control arm. Use a drive socket #13. Use a ratchet wrench.



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



- 27** Tighten the fastener connecting the stabilizer bar with the control arm. Use a drive socket #13. Use a torque wrench. Tighten it to 27 Nm torque.



- 28** Tighten the fastener of the stabiliser link bracket. Use a combination spanner #13. Use a drive socket #13. Use a torque wrench. Tighten it to 25 Nm torque.



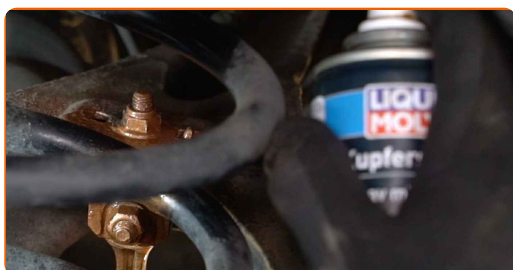
- 29** Remove the support from under the arm.

**AUTODOC recommends:**

- Replacement: anti roll bar links – BMW 3 Coupe (E36). Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.

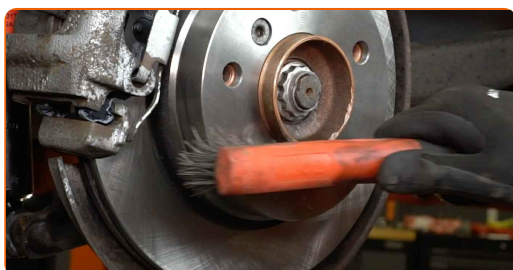
**30**

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



**31**

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



**32**

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



33

Clean the brake disk surface. Use a brake cleaner.



**AUTODOC recommends:**

- Replacement: anti roll bar links – BMW 3 Coupe (E36). After applying the spray, wait a few minutes.

34

Install the wheel.

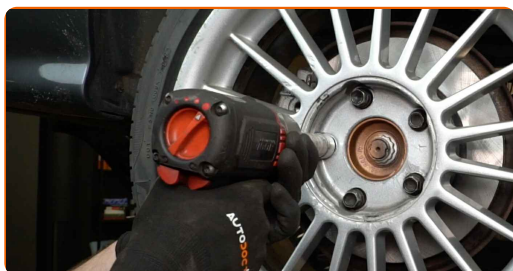


**AUTODOC recommends:**

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts. BMW 3 Coupe (E36)

35

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



**36**

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.

**37**

Remove the jacks and chocks.



**WELL DONE!** 

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

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