



How to change front anti
roll bar links on **BMW 3**
Coupe (E46) –
replacement guide

SIMILAR VIDEO TUTORIAL



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

Important!

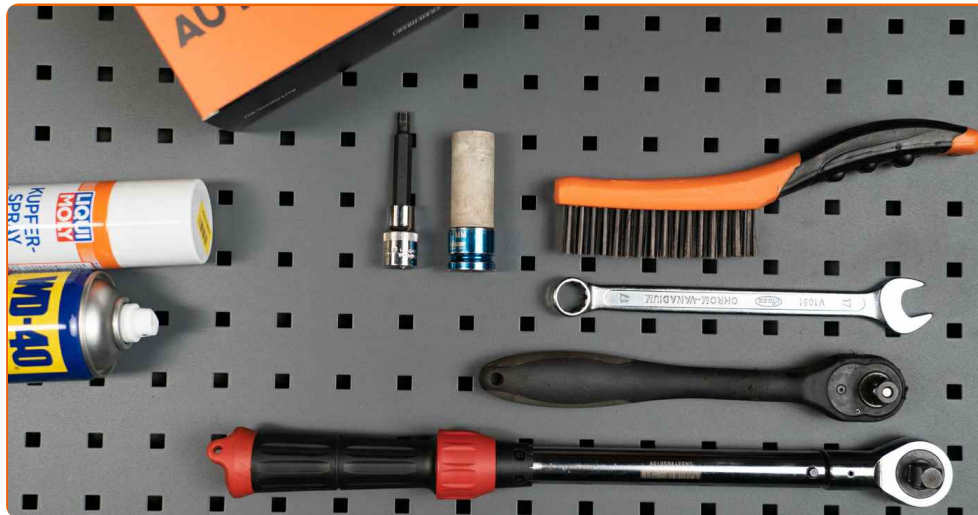
This replacement procedure can be used for:

BMW 3 Coupe (E46) 323Ci 2.5, BMW 3 Coupe (E46) 328Ci 2.8, BMW 3 Coupe (E46) 320Ci 2.0, BMW 3 Coupe (E46) 318Ci 1.9, BMW 3 Coupe (E46) M3, BMW 3 Coupe (E46) 320Ci 2.2, BMW 3 Coupe (E46) 325Ci 2.5, BMW 3 Coupe (E46) 316Ci 1.6, BMW 3 Coupe (E46) 318Ci 2.0, BMW 3 Coupe (E46) 330Cd 3.0, BMW 3 Coupe (E46) 320Cd 2.0, BMW 3 Coupe (E46) 330Ci 3.0

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 Touring (E46) 330d 3.0

REPLACEMENT: ANTI ROLL BAR LINKS – BMW 3
COUPE (E46). TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Copper grease
- Combination spanner #17
- Drive socket # 17
- HEX bit no.H7
- Wheel impact socket #17
- Ratchet wrench
- Torque wrench
- Fender cover
- Wheel chock

[Buy tools](#)

AUTODOC recommends:

- Replace the stabiliser links on BMW 3 Coupe (E46) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Warning! Shut down the engine before starting any work – BMW 3 Coupe (E46).

CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:

1 Open the hood.

2 Use a fender protection cover to prevent damaging paintwork and plastic parts of the car.

3 Secure the wheels with chocks.



4 Loosen the wheel mounting bolts. Use wheel impact socket #17.



5 Raise the front of the car and secure on supports.

6

Unscrew the wheel bolts.



AUTODOC recommends:

- Important! Hold the wheel while unscrewing the fastening bolts. BMW 3 Coupe (E46)

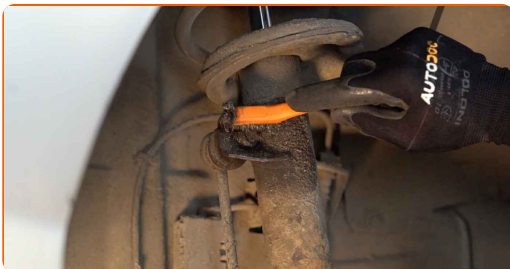
7

Remove the wheel.



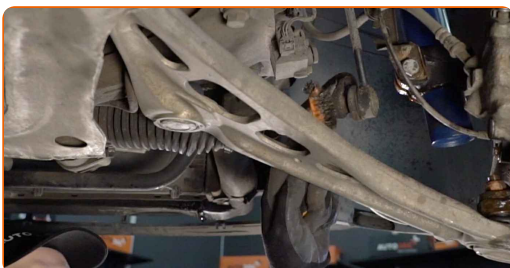
8.1

Clean the stabiliser link fasteners.



8.2

Use a wire brush. Use WD-40 spray.



- 9 Unscrew the fastener connecting the stabilizer link to the shock strut. Use HEX No.H7. Use a combination spanner #17. Use a ratchet wrench.



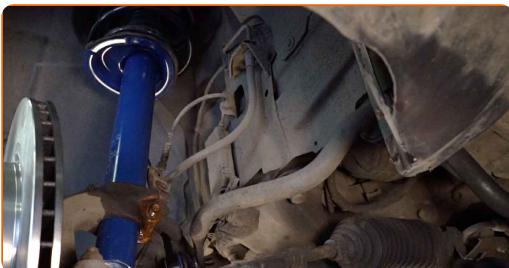
- 10 Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use HEX No.H7. Use a combination spanner #17. Use a ratchet wrench.



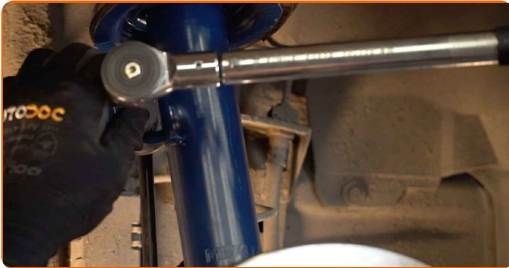
- 11 Remove the stabilizer rod.



- 12 Install a new rod, tighten the fasteners.



- 13** Tighten the fastener connecting the stabilizer link to the shock strut. Use a drive socket #17. Use a combination spanner #17. Use a torque wrench. Tighten it to 55 Nm torque.



- 14** Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a drive socket #17. Use a combination spanner #17. Use a torque wrench. Tighten it to 55 Nm torque.



- 15.1** Treat all joints of the stabiliser link.

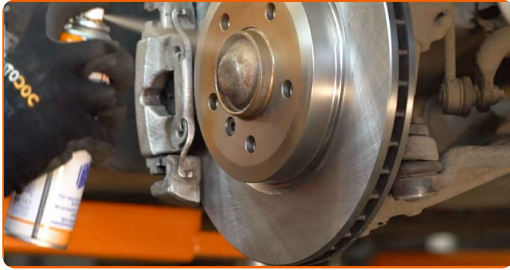


- 15.2** Use copper grease.



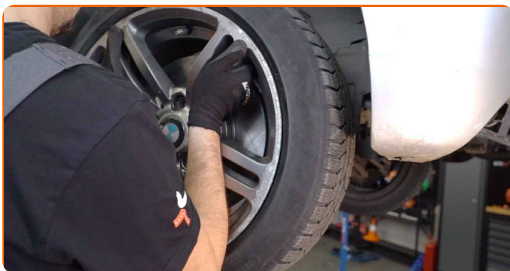
16

Clean the wheel rim mounting seat. Use a wire brush. Treat the contacting surface. Use copper grease.



17

Install the wheel.

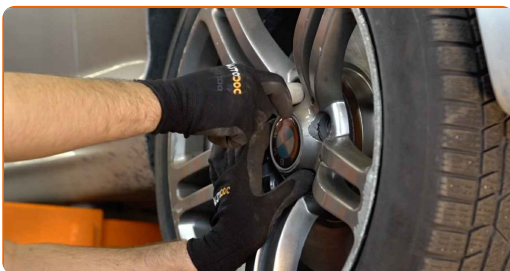


AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. BMW 3 Coupe (E46)

18

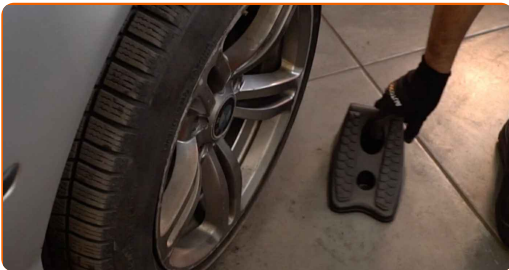
Screw in the wheel bolts. Use wheel impact socket #17.



- 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.



- 20** Remove the jacks and chocks.



- 21** Remove the fender protection cover.

- 22** Close the hood.

WELL DONE! 

[VIEW MORE TUTORIALS](#)

AUTODOC – TOP QUALITY AND AFFORDABLE CAR PARTS ONLINE

AUTODOC MOBILE APP: GREAT DEALS AND CONVENIENT SHOPPING



AUTODOC

GET IT ON
 **Google Play**

Download on the
 **App Store**

Download

A GREAT SELECTION OF SPARE PARTS FOR YOUR CAR

ANTI ROLL BAR LINKS: A WIDE SELECTION

DISCLAIMER:

The document contains only general recommendations that may be useful for you when you perform repair or replacement work. AUTODOC shall not be liable for any loss, injury, damage of property occurring in the repair or replacement process due to incorrect use or misinterpretation of the provided information.

AUTODOC shall not be liable for any possible mistakes and uncertainties in this guide. The information provided is for information purposes only and cannot replace advice from specialists.

AUTODOC shall not be liable for incorrect or hazardous usage of equipment, tools and car parts. AUTODOC strongly recommends to be careful and observe the safety rules when performing repair or replacement works. Remember: usage of low quality auto parts does not guarantee you the appropriate level of road safety.

© Copyright 2022 – All the contents of this website, in particular texts, photographs and graphics, are protected by copyright. All rights, including reproduction, publication, editing and translation rights, are reserved by AUTODOC GmbH.