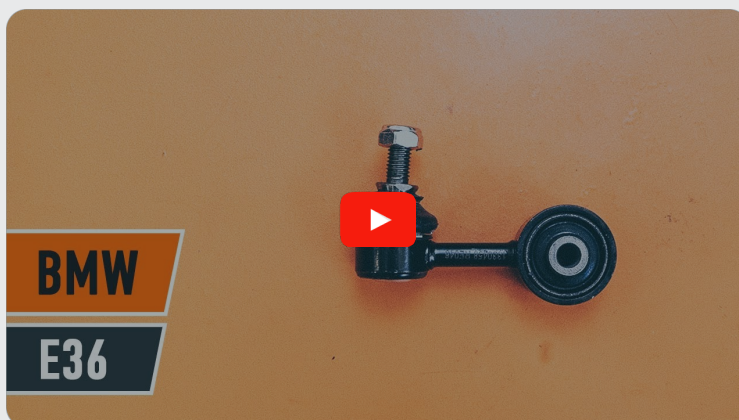




How to change front anti  
roll bar links on **BMW 3**  
**Touring (E36)** –  
replacement guide

## 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 Touring (E36) 320i 2.0, BMW 3 Touring (E36) 328i 2.8, BMW 3 Touring (E36) 318tds 1.7, BMW 3 Touring (E36) 325tds 2.5, BMW 3 Touring (E36) 323i 2.5, BMW 3 Touring (E36) 318i 1.8, BMW 3 Touring (E36) 316i 1.6

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 TOURING (E36). TOOLS YOU MIGHT NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Torque wrench
- Combination spanner #13
- Combination spanner #16
- Combination spanner #17
- Drive socket # 13
- Drive socket # 16
- Drive socket # 17
- Wheel impact socket #17
- Ratchet wrench
- Hydraulic transmission jack
- Wheel chock

**Buy tools**

**AUTODOC recommends:**

- Replace the stabiliser links on BMW 3 Touring (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 Touring (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 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 3 Touring (E36)

**5** Remove the wheel.



**6** Clean 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 combination spanner #13. Use a drive socket #13. Use a ratchet wrench.



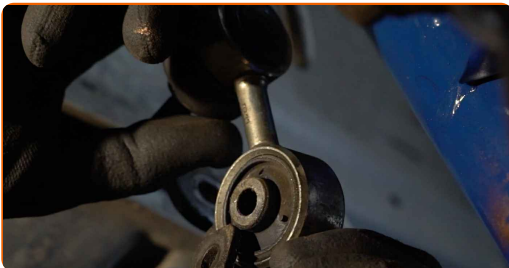
**8** Remove the fastening bolt.



- 9** Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #16. Use a drive socket #16. Use a ratchet wrench.



- 10** Remove the stabilizer rod.



Replacement: anti roll bar links – BMW 3 Touring (E36). AUTODOC experts recommend:

- Examine the stabiliser bushes. Replace them if necessary.

- 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 fastening bolt.

**14** Tighten the stabiliser link fastener. Use a combination spanner #17. Use a drive socket #17. Use a ratchet wrench.



**15** Support the arm. Use a hydraulic transmission jack.



**16** Tighten the fastener connecting the stabilizer bar with the control arm. Use a combination spanner #17. Use a drive socket #17. Use a torque wrench. Tighten it to 42 Nm torque.

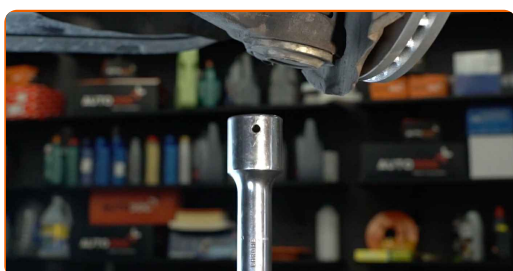




- 17 Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #17. Use a drive socket #17. Use a torque wrench. Tighten it to 59 Nm torque.



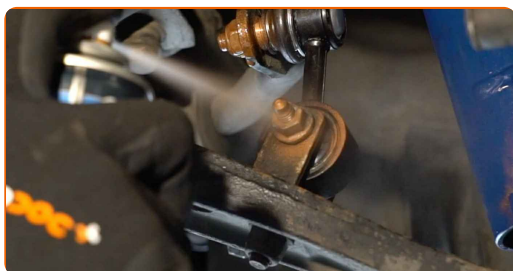
- 18 Remove the support from under the arm.



**AUTODOC recommends:**

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

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





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



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



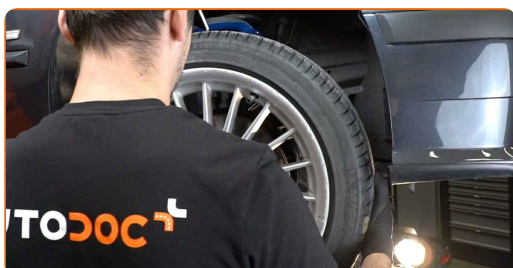
**22** Clean the brake disk surface. Use a brake cleaner.



**AUTODOC recommends:**

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

**23** Install the wheel.



**AUTODOC recommends:**

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. BMW 3 Touring (E36)

**24**

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



**25**

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.



**26**

Remove the jacks and chocks.



**WELL DONE!** 

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