



How to change rear anti  
roll bar links on **BMW 5**  
**Touring (E39)** –  
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 5 Touring (E39) 520i 2.0, BMW 5 Touring (E39) 523i 2.5, BMW 5 Touring (E39) 540i 4.4, BMW 5 Touring (E39) 528i 2.8, BMW 5 Touring (E39) 530d 3.0, BMW 5 Touring (E39) 525tds 2.5, BMW 5 Touring (E39) 520d 2.0, BMW 5 Touring (E39) 525d 2.5, BMW 5 Touring (E39) 520i 2.2, BMW 5 Touring (E39) 525i 2.5, BMW 5 Touring (E39) 530i 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 5 Saloon (E39) 520i 2.0

REPLACEMENT: ANTI ROLL BAR LINKS – BMW 5 TOURING (E39). LIST OF THE TOOLS YOU'LL NEED:



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

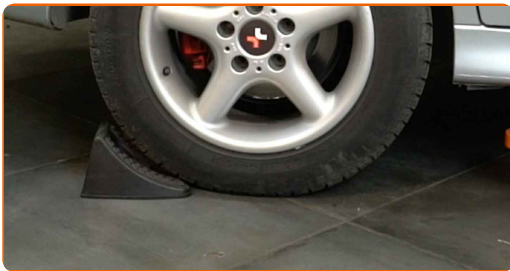
**Buy tools**

**Replacement: anti roll bar links – BMW 5 Touring (E39). Tip from AUTODOC:**

- Replace the stabiliser links on BMW 5 Touring (E39) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – BMW 5 Touring (E39) – 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.



Replacement: anti roll bar links – BMW 5 Touring (E39). AUTODOC recommends:

- To avoid injury, hold up the wheel when unscrewing the bolts.

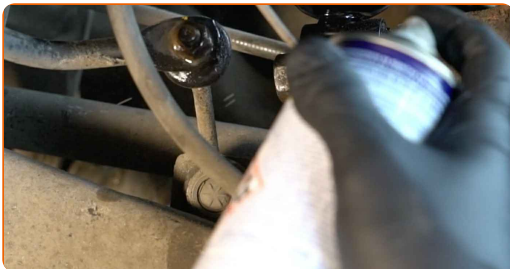
5

Remove the wheel.

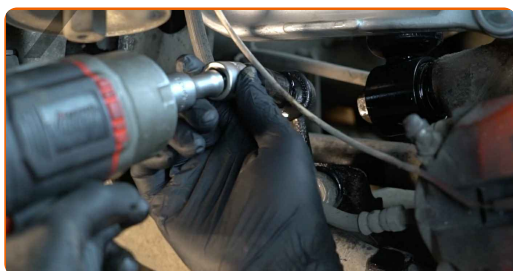


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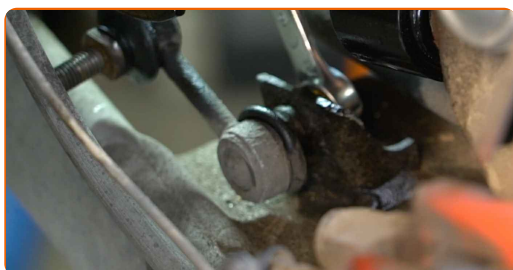
Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.



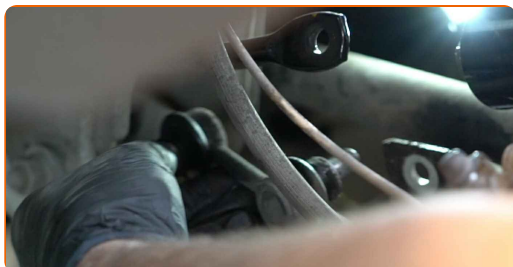
- 7** Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #16. Use a drive socket #16. Use a ratchet wrench.



- 8** Unscrew the fastener connecting the stabilizer bar with the control arm. Use a combination spanner #16. Use a drive socket #16. Use a ratchet wrench.



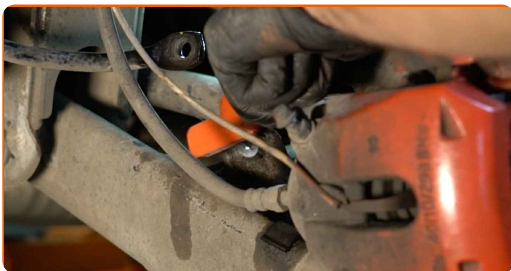
- 9** Remove the stabilizer rod.



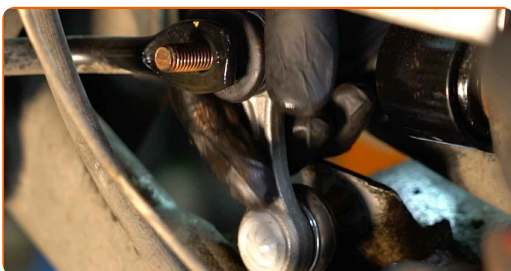
**Replacement: anti roll bar links – BMW 5 Touring (E39). Tip:**

- Examine stabiliser bushes. Replace them if needed.

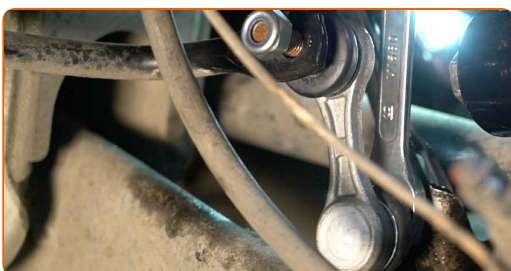
**10** Clean the mounting seats of the stabiliser link. Use a wire brush. Use WD-40 spray.



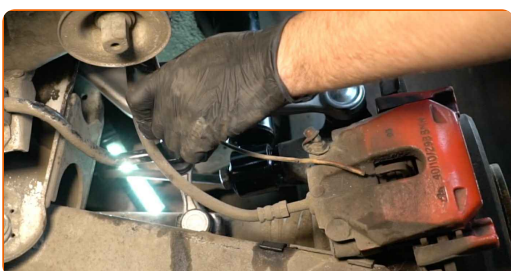
**11** Install the transverse stabilizer link.



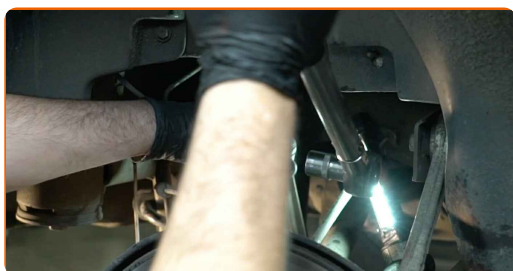
**12** Tighten the stabiliser link fastener. Use a combination spanner #16. Use a drive socket #17. Use a ratchet wrench.



**13** Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a drive socket #17. Use a torque wrench. Tighten it to 60 Nm torque.



- 14 Tighten the fastener connecting the stabilizer bar with the control arm. Use a drive socket #17. Use a torque wrench. Tighten it to 60 Nm torque.

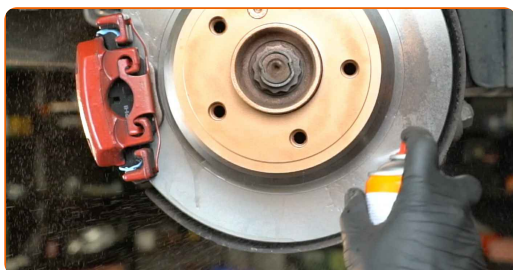


- 15 Treat all joints of the stabiliser link. Use copper grease.

- 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 5 Touring (E39). After applying the spray, wait a few minutes.



**18** Install the wheel.



Replacement: anti roll bar links – BMW 5 Touring (E39). Tip from AUTODOC experts:

- To avoid injury, hold up the wheel when screwing in the fastening bolts.

**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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