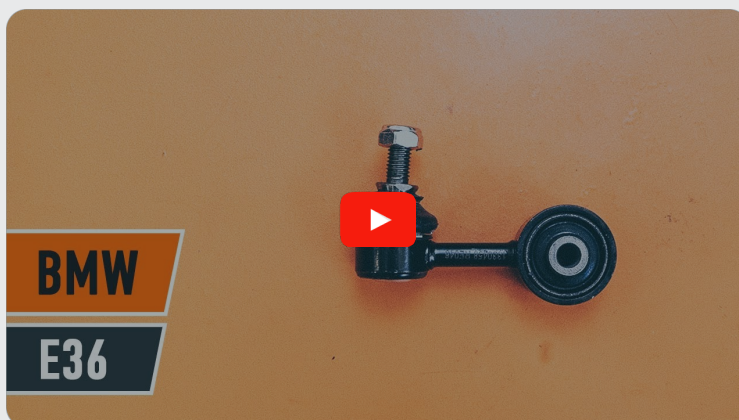




How to change front anti
roll bar links on **BMW Z3**
Coupe (E36) –
replacement guide

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 Z3 Coupe (E36) 2.8 i, BMW Z3 Coupe (E36) 3.0 i, BMW Z3 Coupe (E36) 3.2 i

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 Z3
COUPE (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 Z3 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 Z3 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 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 Z3 Coupe (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.



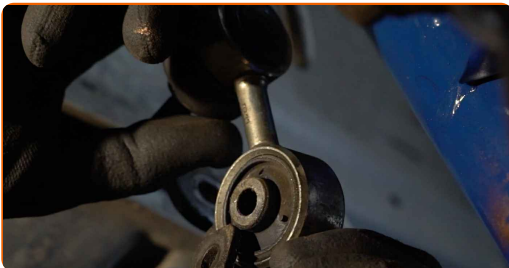
8 Remove the fastening bolt.



- 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 Z3 Coupe (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.



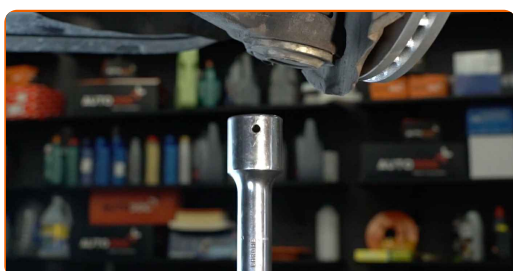
16 Tighten the fastener connecting the stabilizer bar with the control arm. Use a combination spanner #17. Use a drive socket #17. Use a torque wrench. Tighten it to 42 Nm torque.



- 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.



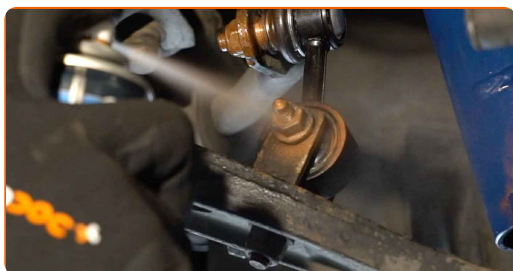
- 18** Remove the support from under the arm.



AUTODOC recommends:

- Replacement: anti roll bar links – BMW Z3 Coupe (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 Z3 Coupe (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 Z3 Coupe (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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ANTI ROLL BAR LINKS: A WIDE SELECTION

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