



How to change front anti
roll bar links on **BMW Z4**
Coupe (E86) –
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 Z4 Coupe (E86) 3.0 si, BMW Z4 Coupe (E86) M

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 Z4
COUPE (E86). 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 Z4 Coupe (E86) 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 Z4 Coupe (E86).

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 Z4 Coupe (E86)

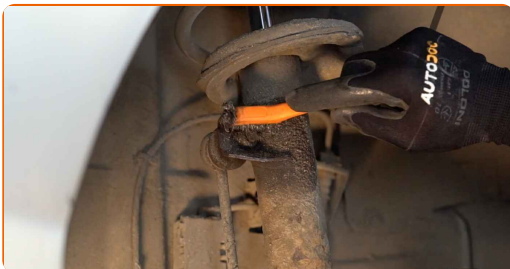
7

Remove the wheel.



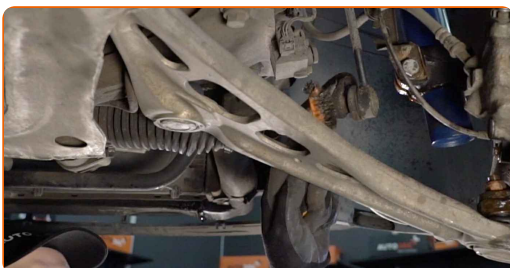
8.1

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.



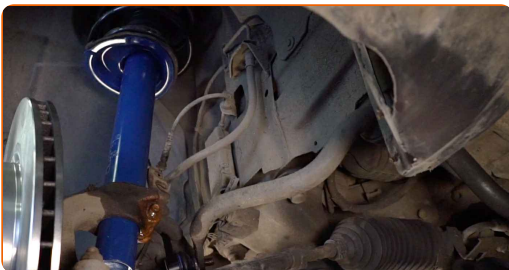
- 10 Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use HEX No.H7. Use a combination spanner #17. Use a ratchet wrench.



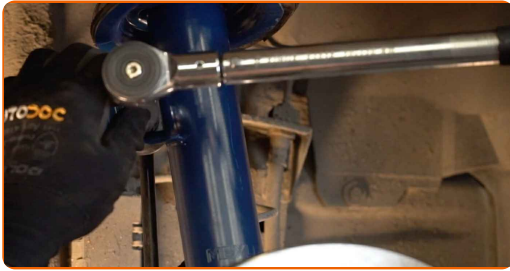
- 11 Remove the stabilizer rod.



- 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.



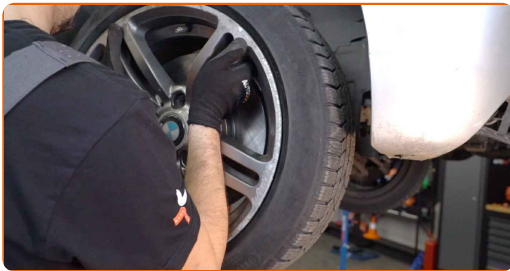
16

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



17

Install the wheel.

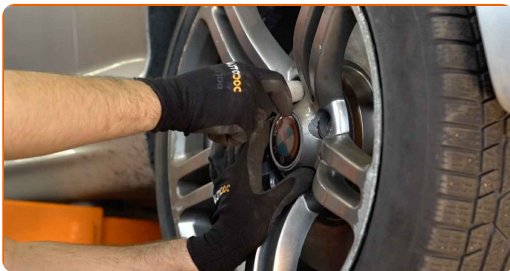


AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. BMW Z4 Coupe (E86)

18

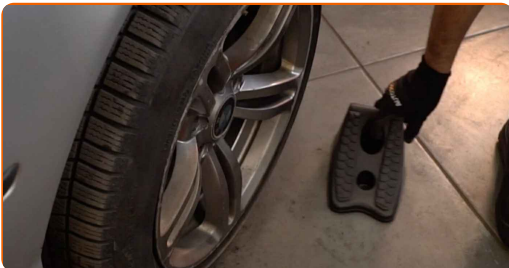
Screw in the wheel bolts. Use wheel impact socket #17.



- 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! 

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ANTI ROLL BAR LINKS: A WIDE SELECTION

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