



How to change front anti
roll bar links on **Honda**
CR-V II – replacement
guide

VIDEO TUTORIAL



Important!

This replacement procedure can be used for:

HONDA CIVIC VII Hatchback (EU, EP, EV) 1.4 iS, HONDA CIVIC VII Hatchback (EU, EP, EV) 1.6 i, HONDA CIVIC VII Coupe (EM2) 1.6 i, HONDA CIVIC VII Hatchback (EU, EP, EV) 1.4 i, HONDA STREAM (RN) 1.7 16V (RN1), HONDA STREAM (RN) 2.0 16V (RN3), HONDA Civic VII Saloon (ES, ET) 1.7, HONDA CIVIC VII Coupe (EM2) 1.7 i, HONDA CIVIC VII Coupe (EM2) 1.7 i VTEC, HONDA CIVIC VII Hatchback (EU, EP, EV) 2.0 Type-R, HONDA CIVIC VII Hatchback (EU, EP, EV) 1.7 CTDi, HONDA CR-V II (RD_) 2.0 (RD4), HONDA Civic VII Saloon (ES, ET) 1.3 IMA (ED9, ES9), HONDA CIVIC VII Hatchback (EU, EP, EV) 2.0 i Sport, HONDA FR-V (BE) 2.2 i CTDi (BE5), (+ 27)

The steps may slightly vary depending on the car design.

REPLACEMENT: ANTI ROLL BAR LINKS – HONDA CR-V
 II. TOOLS YOU MIGHT NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Combination spanner #14
- HEX bit no.H6.
- Wheel impact socket #19
- Ratchet wrench
- Torque wrench
- Crow bar
- Wheel chock

BUY TOOLS

AUTODOC recommends:

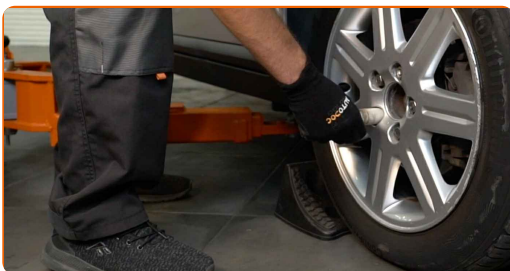
- Replace the stabiliser links on Honda CR-V II in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – Honda CR-V II – should be done with the engine switched off.

CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:

1 Secure the wheels with chocks.



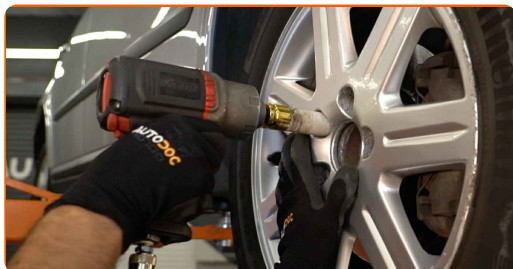
2 Loosen the wheel mounting bolts. Use wheel impact socket #19.



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



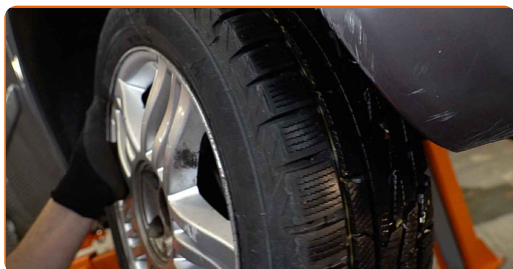
4 Unscrew the wheel bolts.



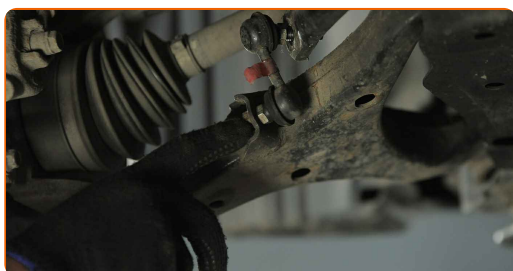
AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts.
Honda CR-V II

5 Remove the wheel.



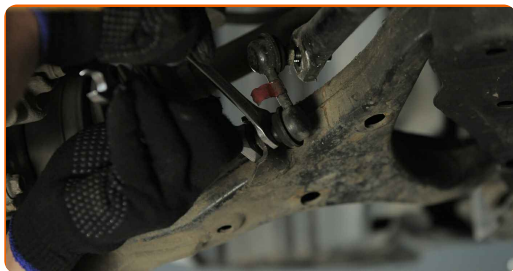
6 Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.



7 Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #14 (2 pieces).



8 Unscrew the fastener connecting the stabilizer link to the control arm. Use a combination spanner #14 (2 pieces).



9 Remove the stabilizer rod.

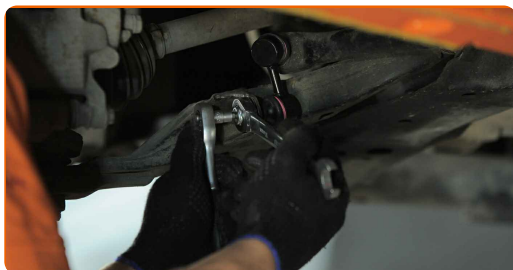


10 Clean the mounting seats of the stabiliser link. Use a wire brush. Use WD-40 spray.

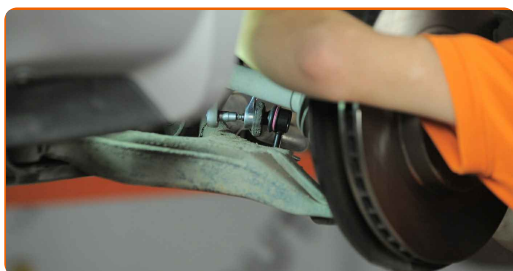
11 Install the transverse stabilizer link. Use a crowbar.



12 Install the rod fastening to the stabilizer and tighten it. Use a combination spanner #14. Use HEX No.H6. Use a torque wrench. Tighten it to 39 Nm torque.



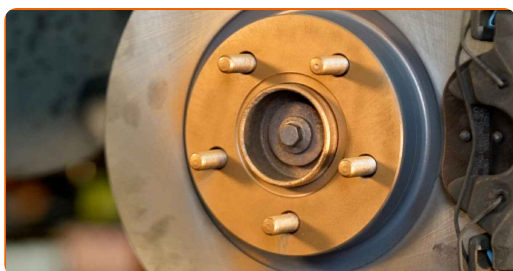
- 13** Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #14. Use HEX No.H6. Use a torque wrench. Tighten it to 38 Nm torque.



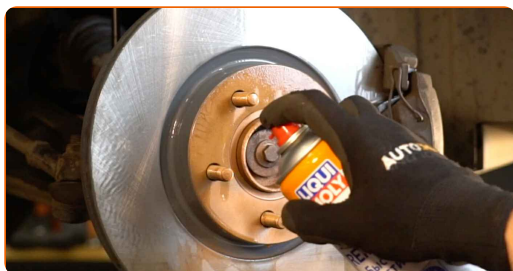
- 14** Treat the fastener connecting the tie rod end to the steering knuckle. Use copper grease.



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



- 16** Clean the brake disk surface. Use a brake cleaner.



AUTODOC recommends:

- After applying the spray, wait a few minutes.

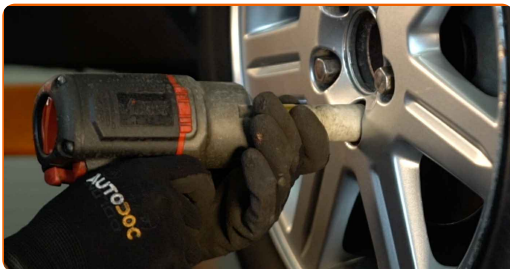
17 Install the wheel.



AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. Honda CR-V II

18 Screw in the wheel bolts. Use wheel impact socket #19.

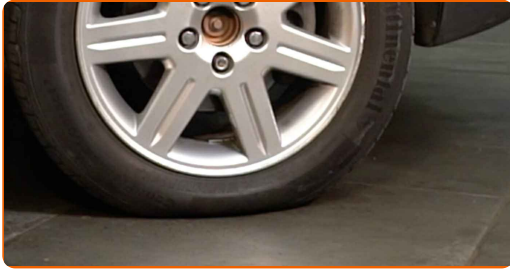


19 Lower the car and working in a cross order, tighten the wheel bolts. Use wheel impact socket #19. Use a torque wrench. Tighten it to 108 nm torque.



20

Remove the jacks and chocks.



WELL DONE! 

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