



How to change front anti
roll bar links on **BMW**
E46 – replacement guide

VIDEO TUTORIAL



Important!

This replacement procedure can be used for:

BMW 3 Saloon (E46) 328i 2.8, BMW 3 Saloon (E46) 320d 2.0, BMW 3 Saloon (E46) 323i 2.5, BMW 3 Saloon (E46) 320i 2.0, BMW 3 Coupe (E46) 323Ci 2.5, BMW 3 Coupe (E46) 328Ci 2.8, BMW 3 Saloon (E46) 316i 1.9, BMW 3 Touring (E46) 320i 2.0, BMW 3 Coupe (E46) 320Ci 2.0, BMW 3 Coupe (E46) 318Ci 1.9, BMW 3 Touring (E46) 318i 1.9, BMW 3 Touring (E46) 328i 2.8, BMW 3 Touring (E46) 320d 2.0, BMW 3 Saloon (E46) 330d 2.9, BMW 3 Touring (E46) 330d 2.9, (+ 50)

The steps may slightly vary depending on the car design.

REPLACEMENT: ANTI ROLL BAR LINKS – BMW E46. TOOLS YOU MIGHT NEED:



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

[BUY TOOLS](#)

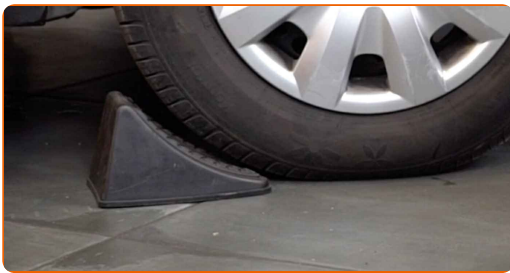
Replacement: anti roll bar links – BMW E46. Tip from AUTODOC experts:

- Replace the stabiliser links on BMW E46 in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- All work should be done with the engine stopped.

REPLACEMENT: ANTI ROLL BAR LINKS – BMW E46. RECOMMENDED SEQUENCE OF STEPS:

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:

- Important! Hold the wheel while unscrewing the fastening bolts. BMW E46

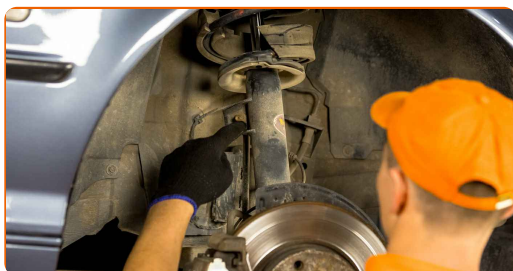
5

Remove the wheel.

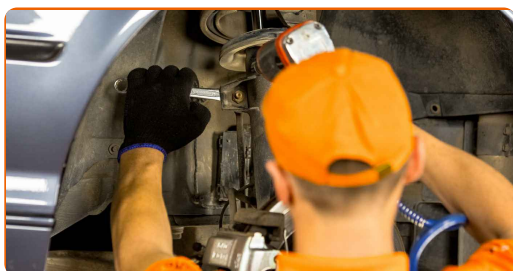


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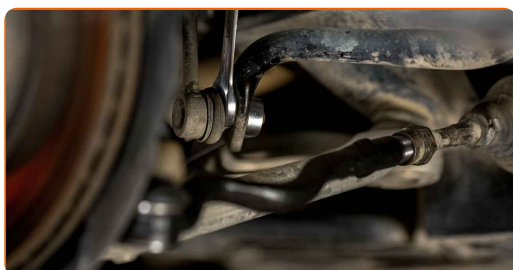
Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.



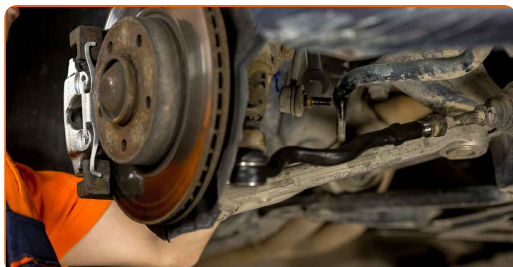
- 7** Unscrew the fastener connecting the stabilizer link to the shock strut. Use a combination spanner #16. Use a drive socket #17. Use a ratchet wrench.



- 8** Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #16. Use a drive socket #17. Use a ratchet wrench.



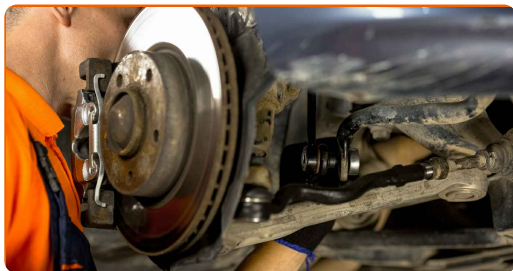
- 9** Remove the stabilizer rod.



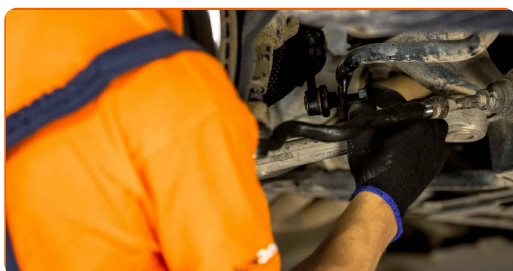
Replacement: anti roll bar links – BMW E46. Professionals recommend:

- Examine stabiliser bushes. Replace them if needed.

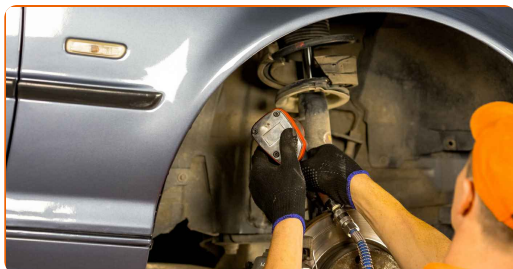
- 10 Install a new rod, tighten the fasteners.



- 11 Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #16. Use a drive socket #17. Use a torque wrench. Tighten it to 60 Nm torque.

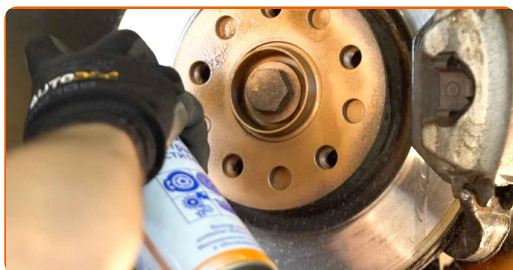


- 12 Tighten the fastener connecting the stabilizer link to the shock strut. Use a combination spanner #16. Use a drive socket #17. Use a torque wrench. Tighten it to 60 Nm torque.



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

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



15

Clean the wheel rim mounting seat. Use a brake cleaner.

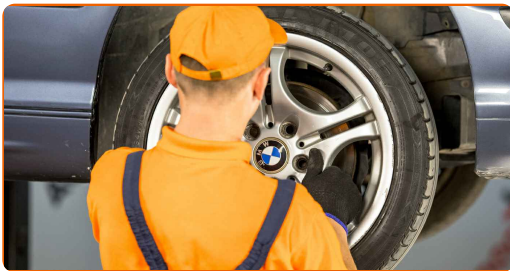


AUTODOC recommends:

- Replacement: anti roll bar links – BMW E46. After applying the spray, wait a few minutes.

16

Install the wheel.



Replacement: anti roll bar links – BMW E46. AUTODOC recommends:

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

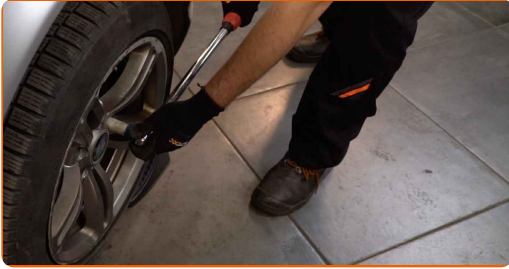
17

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



18

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.

**19**

Remove the jacks and chocks.



WELL DONE! 

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