



How to change rear anti
roll bar links on **BMW**
E90 – replacement guide

VIDEO TUTORIAL

** Important!**

This replacement procedure can be used for:

BMW 3 Touring (E91) 325i 3.0, BMW 3 Touring (E91) 318d 2.0, BMW 3 Saloon (E90) 318d 2.0, BMW 1 Coupe (E82) M, BMW 3 Touring (E91) 318i 2.0, BMW 3 Touring (E91) 316d 2.0, BMW 3 Saloon (E90) 320d xDrive 2.0, BMW 1 Coupe (E82) 118d 2.0, BMW 3 Coupe (E92) 318i 2.0, BMW 3 Convertible (E93) 318i 2.0, BMW 3 Convertible (E93) 325d 3.0, BMW 1 Hatchback (E81) 116i 1.6, BMW 1 Hatchback (E81) 120d 2.0, BMW 3 Saloon (E90) 320i 2.0, BMW 3 Saloon (E90) 325i 2.5, (+ 114)

The steps may slightly vary depending on the car design.

REPLACEMENT: ANTI ROLL BAR LINKS – BMW E90.
TOOLS YOU NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Drive socket # 13
- Combination spanner #17
- HEX bit No.H5.
- Wheel impact socket #17
- Ratchet wrench
- Flat Screwdriver
- Torque wrench
- Wheel chock

BUY TOOLS

AUTODOC recommends:

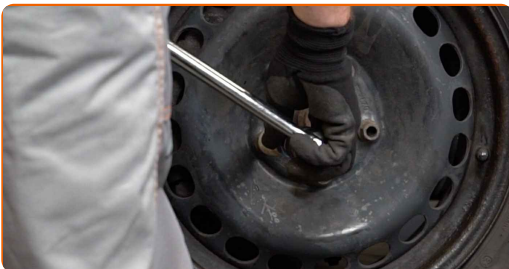
- Replace the stabiliser links on BMW E90 in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – BMW E90 – should be done with the engine switched off.

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.

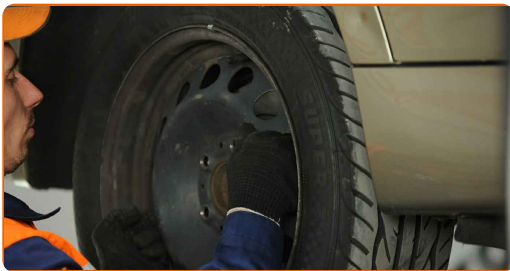


AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts.
BMW E90

5

Remove the wheel.

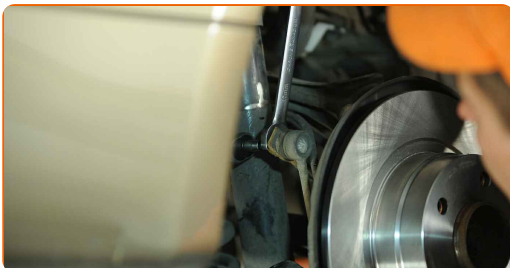


6

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

7

Unscrew the fastener connecting the stabilizer link to the shock strut. Use a combination spanner #17. Use HEX No.H5. Use a ratchet wrench.



- 8** Unscrew the fastener connecting the stabilizer link to the control arm. Use a drive socket #13. Use a ratchet wrench. Use a flat screwdriver.



- 9** Remove the fastening bolt.

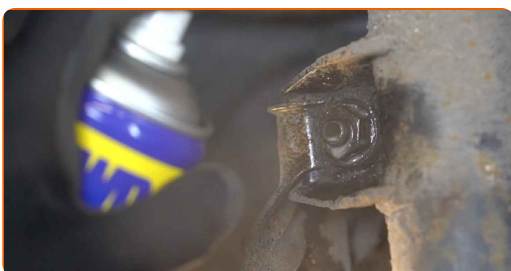
- 10** Remove the stabilizer rod.



Replacement: anti roll bar links – BMW E90. Tip from AUTODOC:

- Examine stabiliser bushes. Replace them if needed.

- 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 rod fastening to the stabilizer and tighten it. Use a drive socket #13. Use a torque wrench. Tighten it to 21 Nm torque.



14 Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #17 (2 pieces). Use a torque wrench. Tighten it to 58 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.

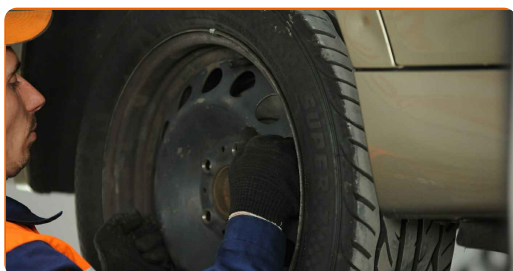


AUTODOC recommends:

- Replacement: anti roll bar links – BMW E90. After applying the spray, wait a few minutes.

18

Install the wheel.



AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. BMW E90

19

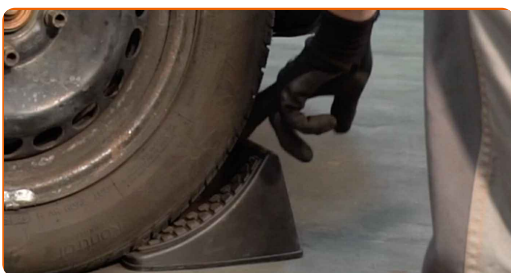
Screw in the wheel bolts. Use wheel impact socket #17.



- 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! 

VIEW MORE TUTORIALS

AUTODOC – TOP QUALITY AND AFFORDABLE CAR PARTS ONLINE

AUTODOC MOBILE APP: GREAT DEALS AND CONVENIENT SHOPPING



+ AUTODOC

GET IT ON  **Google Play**

 **Download on the App Store**

Download

A GREAT SELECTION OF SPARE PARTS FOR YOUR CAR

BUY SPARE PARTS FOR BMW

ANTI ROLL BAR LINKS: A WIDE SELECTION

CHOOSE CAR PARTS FOR BMW E90

ANTI ROLL BAR LINKS FOR BMW: BUY NOW

ANTI ROLL BAR LINKS FOR BMW E90: THE BEST DEALS & OFFERS

DISCLAIMER:

The document contains only general recommendations that may be useful for you when you perform repair or replacement work. AUTODOC shall not be liable for any loss, injury, damage of property occurring in the repair or replacement process due to incorrect use or misinterpretation of the provided information.

AUTODOC shall not be liable for any possible mistakes and uncertainties in this guide. The information provided is for information purposes only and cannot replace advice from specialists.

AUTODOC shall not be liable for incorrect or hazardous usage of equipment, tools and car parts. AUTODOC strongly recommends to be careful and observe the safety rules when performing repair or replacement works. Remember: usage of low quality auto parts does not guarantee you the appropriate level of road safety.

© Copyright 2023 – All the contents of this website, in particular texts, photographs and graphics, are protected by copyright. All rights, including reproduction, publication, editing and translation rights, are reserved by AUTODOC SE.