



How to change front anti
roll bar links on **FIAT**
Punto I Convertible (176)
– 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:

FIAT Punto I Convertible (176) 1.2 60, FIAT Punto I Convertible (176) 1.6 90, FIAT Punto I Convertible (176) 1.2 16V 85

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: FIAT Punto II Hatchback (188) 1.2 60

REPLACEMENT: ANTI ROLL BAR LINKS – FIAT PUNTO I CONVERTIBLE (176). LIST OF THE TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Drive socket # 13
- Wheel impact socket #19
- Ratchet wrench
- Torque wrench
- Crow bar
- Hydraulic transmission jack
- Wheel chock

Buy tools

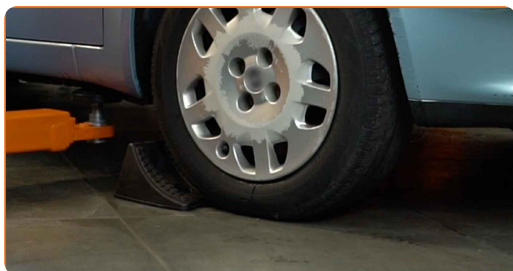
AUTODOC recommends:

- Replace the stabiliser links on FIAT Punto I Convertible (176) 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 – FIAT PUNTO I CONVERTIBLE (176). TAKE THE FOLLOWING STEPS:

1

Secure the wheels with chocks.



2

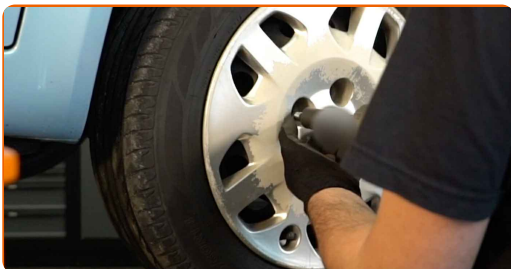
Loosen the wheel mounting bolts. Use wheel impact socket #19.



3

Raise the front of the car and secure on supports.

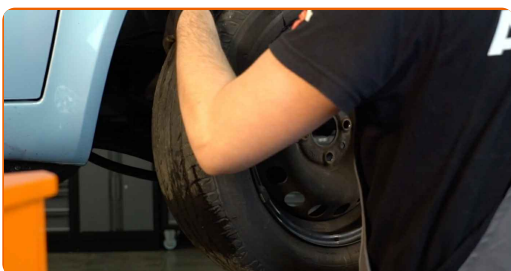
4 Unscrew the wheel bolts.



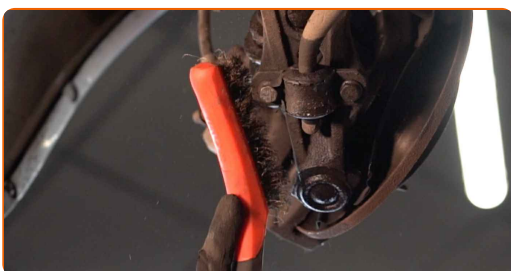
AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts.
FIAT Punto I Convertible (176)

5 Remove the wheel.



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



AUTODOC recommends:

- Replacement: anti roll bar links – FIAT Punto I Convertible (176). After applying the spray, wait a few minutes.
- Wear protective goggles.

- 7** Unscrew the fastener connecting the stabilizer bar with the control arm. Use a drive socket #13. Use a ratchet wrench.



- 8** Remove the stabilizer bush brackets. Use a crowbar.

- 9** Remove the stabilizer rod. Use a crowbar.



Replacement: anti roll bar links – FIAT Punto I Convertible (176). Tip from AUTODOC experts:

- Examine stabiliser bushes. Replace them if needed.

- 10** Support the arm. Use a hydraulic transmission jack.



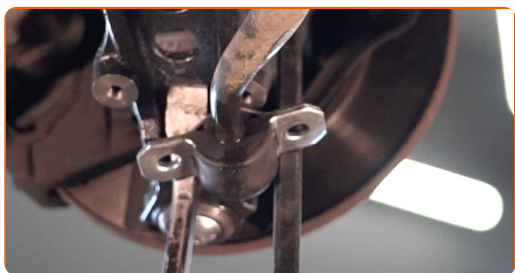
11

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



12

Install a new rod, tighten the fasteners. Use a crowbar.



13

Install the stabilizer bush brackets. Use a crowbar.

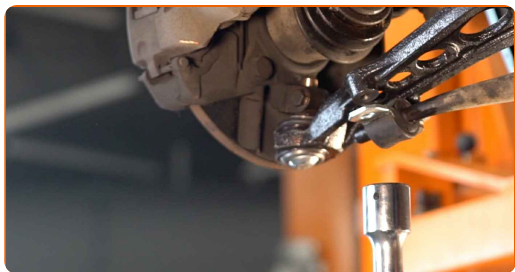


14

Screw in the fastener connecting the stabilizer bar to the control arm. Use a drive socket #13. Use a ratchet wrench.

15

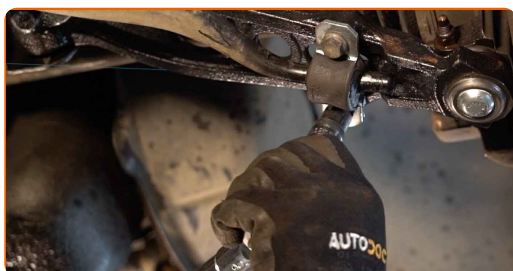
Remove the support from under the arm.



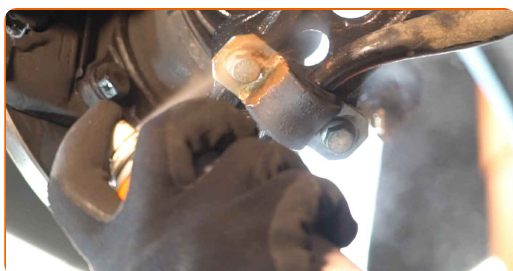
AUTODOC recommends:

- Replacement: anti roll bar links – FIAT Punto I Convertible (176). Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.

16 Tighten the fastener connecting the stabilizer bar with the control arm. Use a drive socket #13. Use a torque wrench. Tighten it to 35 Nm torque.



17 Treat all joints of the stabiliser link. Use copper grease.

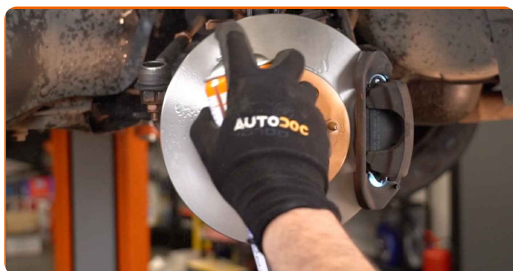


18 Treat the surface where the brake disc contacts the wheel rim. Use copper grease.



19

Clean the brake disk surface. Use a brake cleaner.

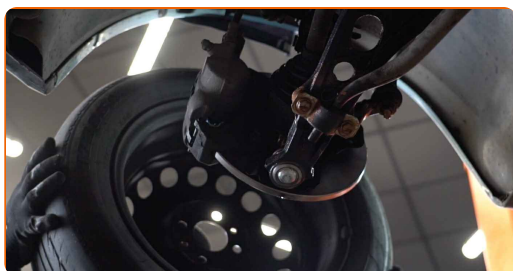


Replacement: anti roll bar links – FIAT Punto I Convertible (176). Tip from AUTODOC:

- After applying the spray, wait a few minutes.

20

Install the wheel.

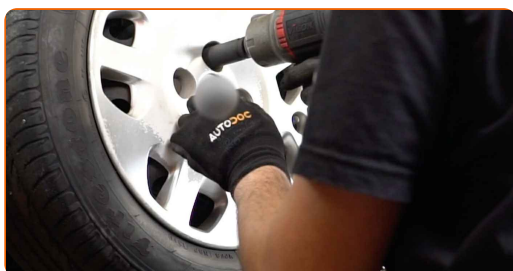


AUTODOC recommends:

- Important! Hold the wheel while screwing in the fastening bolts. FIAT Punto I Convertible (176)

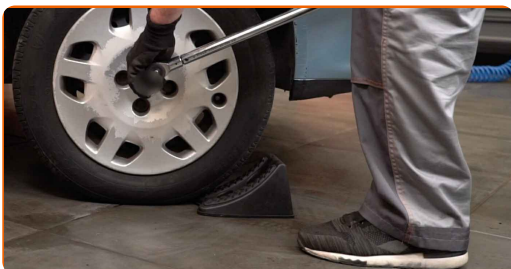
21

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



22

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 86 nm torque.

**23**

Remove the jacks and chocks.



WELL DONE! 

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ANTI ROLL BAR LINKS: A WIDE SELECTION

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