



How to change front anti
roll bar links on **FORD**
Fiesta Mk4 (J3S, J5S) –
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:

FORD Fiesta Mk4 (J3S, J5S) 1.3, FORD Fiesta Mk4 (J3S, J5S) 1.8 D, FORD Fiesta Mk4 (J3S, J5S) 1.4 i, FORD Fiesta Mk4 (J3S, J5S) 1.8 DI

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: FORD FOCUS (DAW, DBW) 1.8 TDCi

REPLACEMENT: ANTI ROLL BAR LINKS – FORD FIESTA MK4 (J3S, J5S). TOOLS YOU NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Torque wrench
- Combination spanner #15
- Combination spanner #17
- Drive socket # 15
- Drive socket # 17
- Wheel impact socket #19
- Ratchet wrench
- Wheel chock

Buy tools

Replacement: anti roll bar links – FORD Fiesta Mk4 (J3S, J5S). AUTODOC recommends:

- Replace the stabiliser links on FORD Fiesta Mk4 (J3S, J5S) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – FORD Fiesta Mk4 (J3S, J5S) – 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.
FORD Fiesta Mk4 (J3S, J5S)

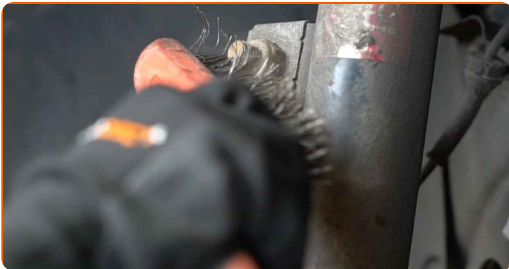
5

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 #17. Use a drive socket #17. Use a ratchet wrench.



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



- 9 Remove the stabilizer rod.



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



- 11 Install a new rod, tighten the fasteners. Use a combination spanner #15. Use a drive socket #15. Use a ratchet wrench.



- 12** Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a drive socket #15. Use a torque wrench. Tighten it to 50 Nm torque.



- 13** Tighten the fastener connecting the stabilizer link to the shock strut. Use a drive socket #15. Use a torque wrench. Tighten it to 50 Nm torque.



- 14** Treat all joints of the stabiliser link. 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:

- Replacement: anti roll bar links – FORD Fiesta Mk4 (J3S, J5S). 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. FORD Fiesta Mk4 (J3S, J5S)

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 110 Nm torque.



- 20** Remove the jacks and chocks.



WELL DONE! 

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ANTI ROLL BAR LINKS: A WIDE SELECTION

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