



How to change front anti
roll bar links on **FORD**
Kuga Mk1 Off-Road –
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 Kuga Mk1 Off-Road 2.0 TDCi, FORD Kuga Mk1 Off-Road 2.0 TDCi 4x4, FORD Kuga Mk1 Off-Road 2.5 4x4

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 Mk2 Estate (DA_, FFS, DS) 1.4

REPLACEMENT: ANTI ROLL BAR LINKS – FORD KUGA
MK1 OFF-ROAD. TOOLS YOU NEED:



- Wire brush
- WD-40 spray
- Copper grease
- Impact socket №15
- Combination spanner #15
- Wheel impact socket #19
- Ratchet wrench
- Torque wrench
- Wheel chock

[Buy tools](#)

Replacement: anti roll bar links – FORD Kuga Mk1 Off-Road. Tip from AUTODOC experts:

- Replace the stabiliser links on FORD Kuga Mk1 Off-Road 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 – FORD KUGA MK1 OFF-ROAD. RECOMMENDED SEQUENCE OF 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.
FORD Kuga Mk1 Off-Road

5

Remove the wheel.



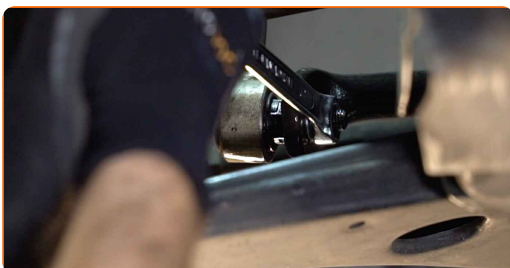
6

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 #15.



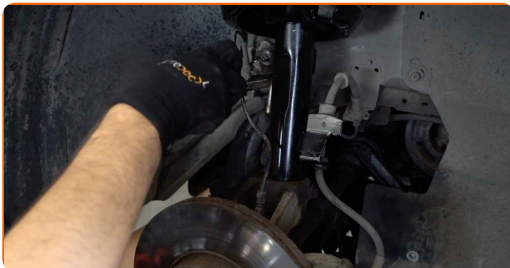
8

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



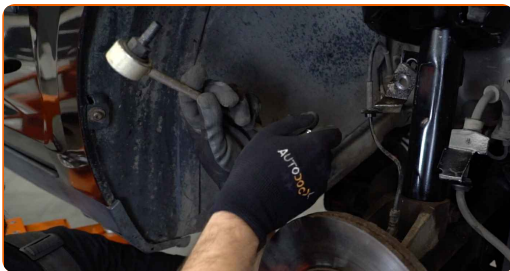
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Unscrew the fastener connecting the stabilizer link to the shock strut. Use a drive socket #15. Use a ratchet wrench.



10

Remove the stabilizer rod.



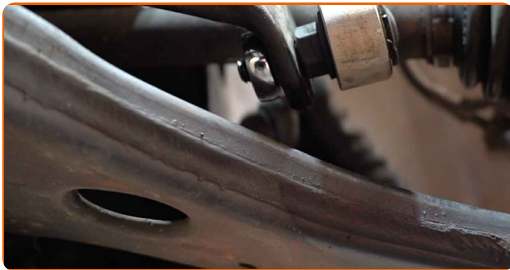
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Install a new rod, tighten the fasteners.



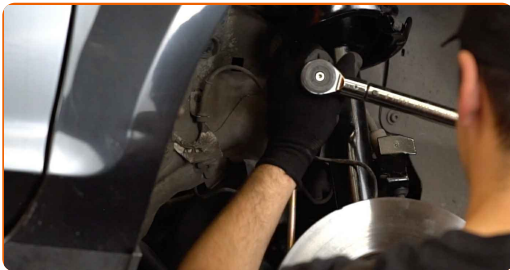
12

Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #15. Use a drive socket #15. Use a torque wrench. Tighten it to 48 nm torque.



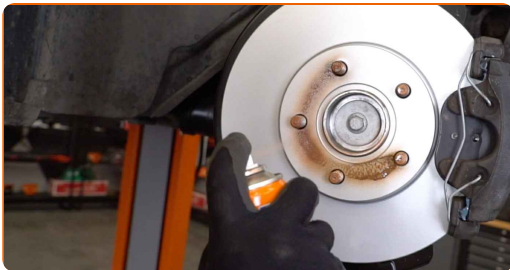
13

Tighten the fastener connecting the stabilizer link to the shock strut. Use a drive socket #15. Use a torque wrench. Tighten it to 48 nm torque.



14

Clean the wheel rim mounting seat. Use a wire brush. Treat the contacting surface. Use copper grease.



15

Install the wheel.



AUTODOC recommends:

- Important! Hold the wheel while screwing in the fastening bolts. FORD Kuga Mk1 Off-Road

16

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



17

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.



18

Remove the jacks and chocks.



WELL DONE! 

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ANTI ROLL BAR LINKS: A WIDE SELECTION

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