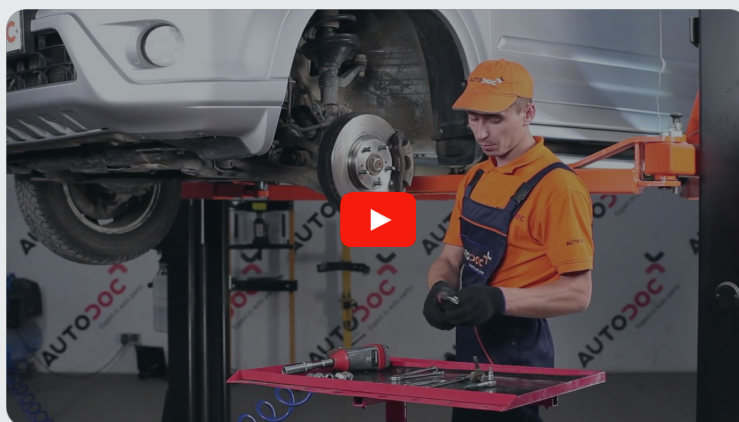




How to change front anti  
roll bar links on **HONDA**  
**CR-V I (RD)** –  
replacement guide

## 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:  
 HONDA CR-V I (RD) 2.0 (RD2), HONDA CR-V I (RD) 2.0

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: HONDA CR-V II (RD\_) 2.2 CTDi (RD9)

REPLACEMENT: ANTI ROLL BAR LINKS – HONDA CR-V I (RD). TOOLS YOU MIGHT NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Combination spanner #14
- HEX bit no.H6.
- Wheel impact socket #19
- Ratchet wrench
- Torque wrench
- Crow bar
- Wheel chock

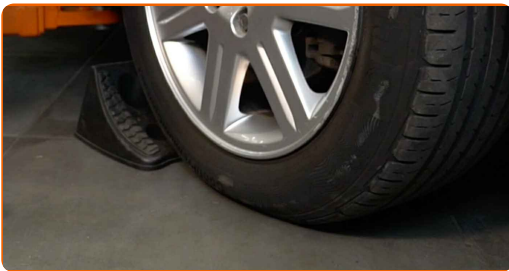
**Buy tools**

**AUTODOC recommends:**

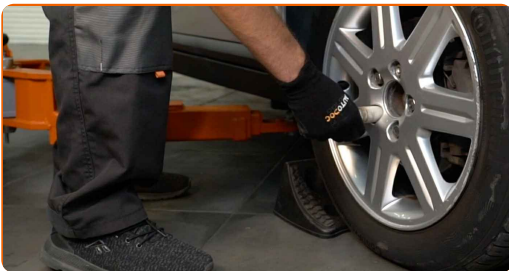
- Replace the stabiliser links on HONDA CR-V I (RD) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – HONDA CR-V I (RD) – should be done with the engine switched off.

**CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:**

**1** Secure the wheels with chocks.

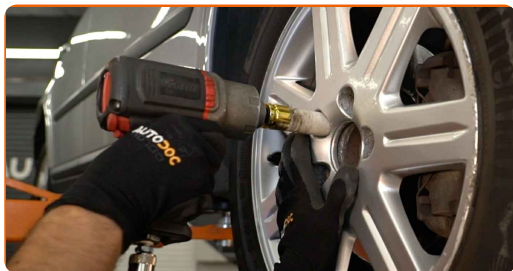


**2** Loosen the wheel mounting bolts. Use wheel impact socket #19.



**3** Raise the front of the car and secure on supports.

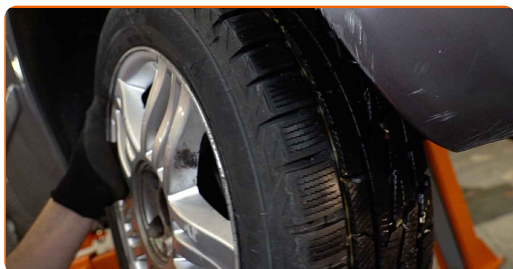
**4** Unscrew the wheel bolts.



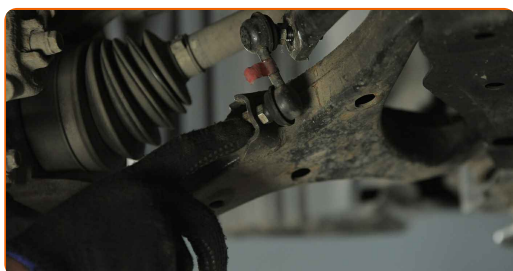
**AUTODOC recommends:**

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts.  
HONDA CR-V I (RD)

**5** Remove the wheel.



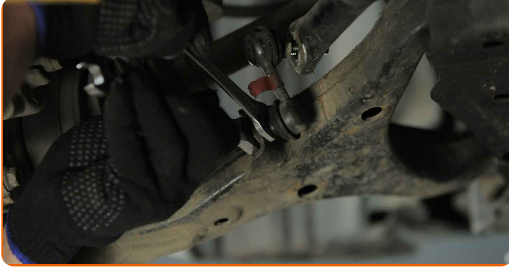
**6** Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.



**7** Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #14 (2 pieces).



**8** Unscrew the fastener connecting the stabilizer link to the control arm. Use a combination spanner #14 (2 pieces).

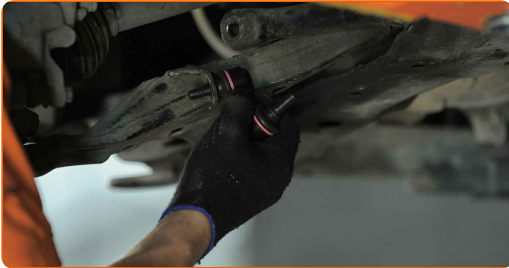


**9** Remove the stabilizer rod.



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

**11** Install the transverse stabilizer link. Use a crowbar.



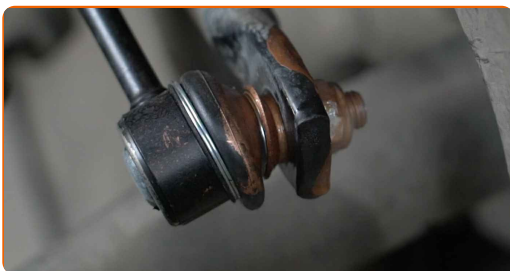
**12** Install the rod fastening to the stabilizer and tighten it. Use a combination spanner #14. Use HEX No.H6. Use a torque wrench. Tighten it to 39 Nm torque.



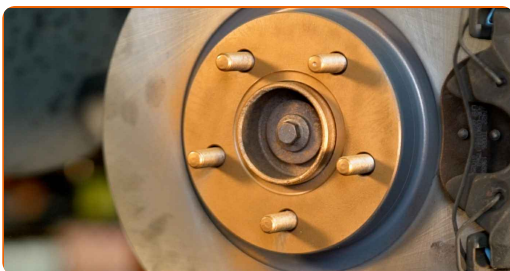
- 13** Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #14. Use HEX No.H6. Use a torque wrench. Tighten it to 38 Nm torque.



- 14** Treat the fastener connecting the tie rod end to the steering knuckle. 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:**

- After applying the spray, wait a few minutes.

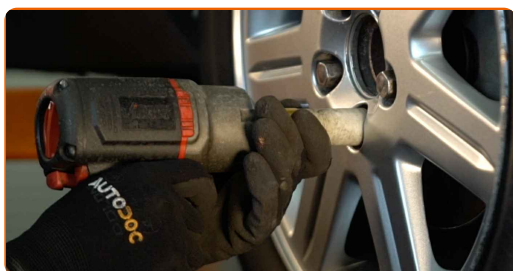
**17** Install the wheel.



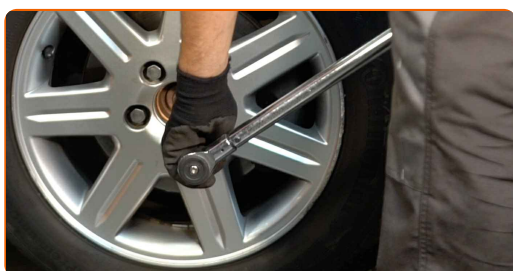
**AUTODOC recommends:**

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. HONDA CR-V I (RD)

**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 108 nm torque.





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Remove the jacks and chocks.



**WELL DONE!** 

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