



How to change front anti
roll bar links on **HONDA**
FR-V (BE) – 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 FR-V (BE) 2.2 i CTDi (BE5), HONDA FR-V (BE) 2.0 (BE3), HONDA FR-V (BE) 1.7 (BE1), HONDA FR-V (BE) 1.8 (BE1), HONDA FR-V (BE) 2.4

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 FR-V (BE). 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

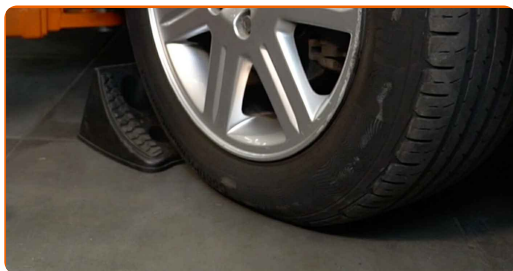
Buy tools

AUTODOC recommends:

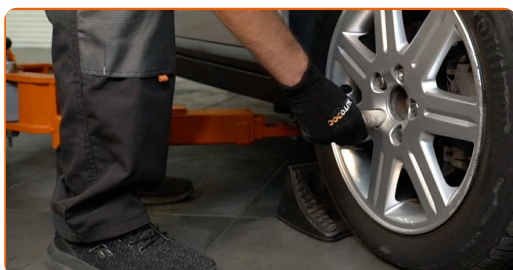
- Replace the stabiliser links on HONDA FR-V (BE) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – HONDA FR-V (BE) – should be done with the engine switched off.

CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:

1 Secure the wheels with chocks.

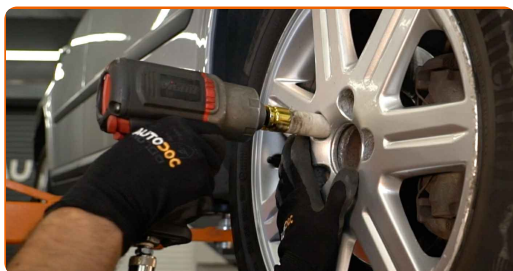


2 Loosen the wheel mounting bolts. Use wheel impact socket #19.



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

4 Unscrew the wheel bolts.



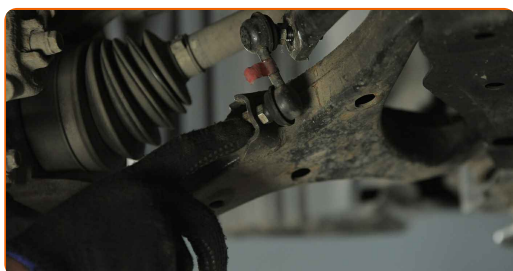
AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts.
HONDA FR-V (BE)

5 Remove the wheel.



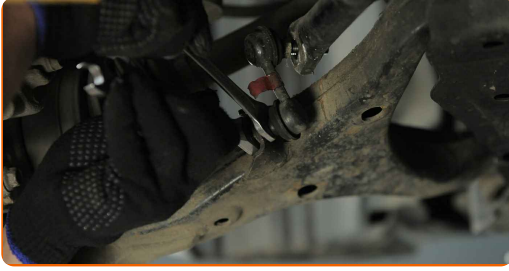
6 Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.



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).

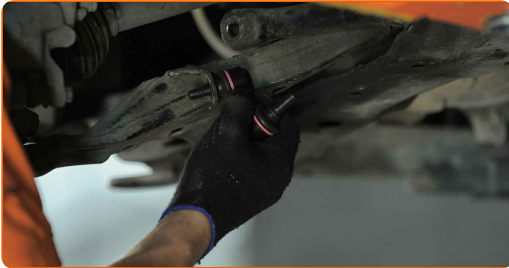


9 Remove the stabilizer rod.



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.



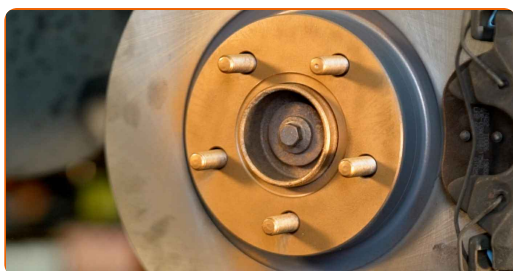
- 13** Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #14. Use HEX No.H6. Use a torque wrench. Tighten it to 38 Nm torque.



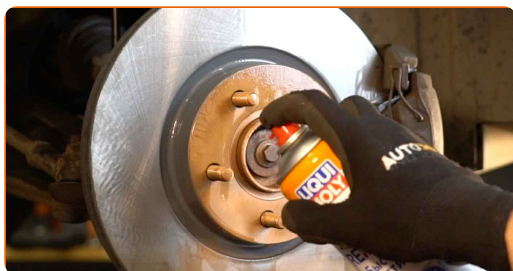
- 14** Treat the fastener connecting the tie rod end to the steering knuckle. Use copper grease.



- 15** Treat the surface where the brake disc contacts the wheel rim. Use copper grease.



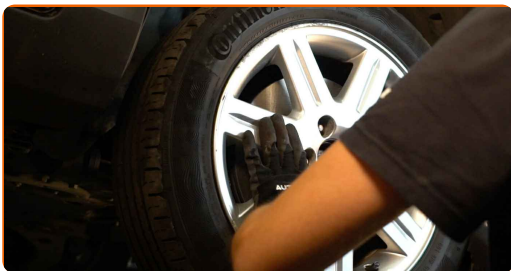
- 16** Clean the brake disk surface. Use a brake cleaner.



AUTODOC recommends:

- After applying the spray, wait a few minutes.

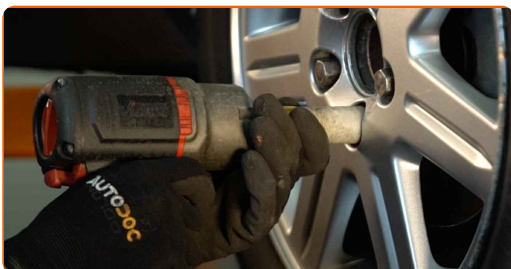
17 Install the wheel.



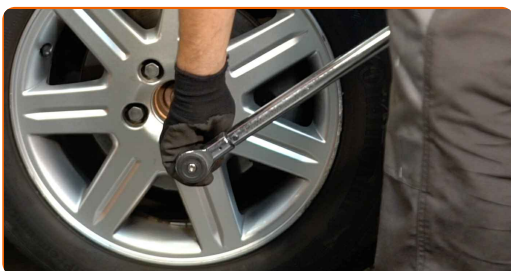
AUTODOC recommends:

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

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

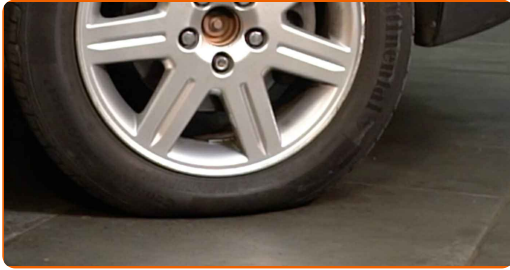


19 Lower the car and working in a cross order, tighten the wheel bolts. Use wheel impact socket #19. Use a torque wrench. Tighten it to 108 nm torque.



20

Remove the jacks and chocks.



WELL DONE! 

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ANTI ROLL BAR LINKS: A WIDE SELECTION

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