



How to change front anti
roll bar links on **NISSAN**
X-Trail (T31) –
replacement guide

SIMILAR VIDEO TUTORIAL



This video shows the replacement procedure of a similar car part on another vehicle

i Important!

This replacement procedure can be used for:

NISSAN X-Trail (T31) 2.0 dCi FWD, NISSAN X-Trail (T31) 2.0 dCi, NISSAN X-Trail (T31) 2.0, NISSAN X-Trail (T31) 2.0 dCi 4x4, NISSAN X-Trail (T31) 2.5 4x4, NISSAN X-Trail (T31) 2.0 FWD

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: NISSAN Qashqai / Qashqai+2 I (J10, NJ10) 1.6

REPLACEMENT: ANTI ROLL BAR LINKS – NISSAN X-TRAIL (T31). TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Torque wrench
- Combination spanner #17
- Combination spanner #19
- Combination spanner #21
- Drive socket # 19
- Drive socket # 21
- Wheel impact socket #21
- Ratchet wrench
- Wheel chock

[Buy tools](#)

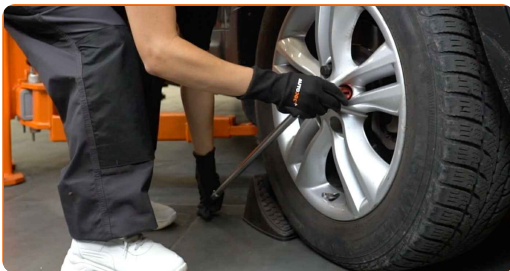
Replacement: anti roll bar links – NISSAN X-Trail (T31). Tip from AUTODOC experts:

- Replace the stabiliser links on NISSAN X-Trail (T31) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – NISSAN X-Trail (T31) – should be done with the engine switched off.

CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:

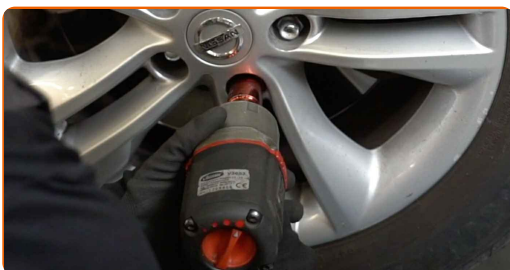
1 Secure the wheels with chocks.

2 Loosen the wheel mounting bolts. Use wheel impact socket #21.



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

4 Unscrew the wheel bolts.

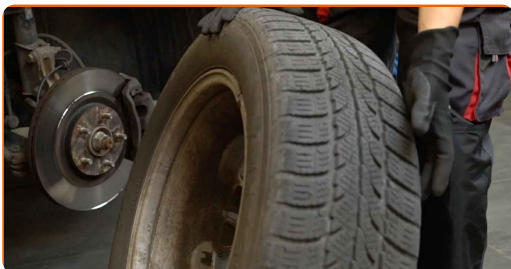


Replacement: anti roll bar links – NISSAN X-Trail (T31). Tip:

- To avoid injury, hold up the wheel when unscrewing the bolts.

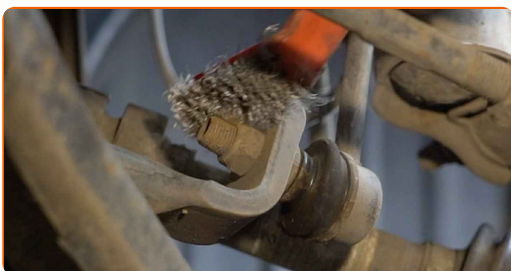
5

Remove the wheel.



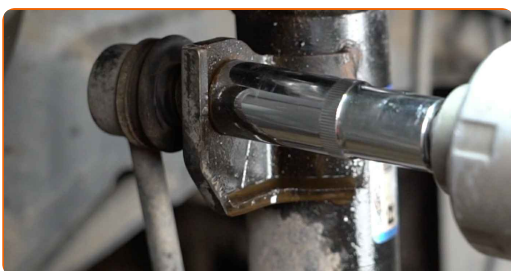
6

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

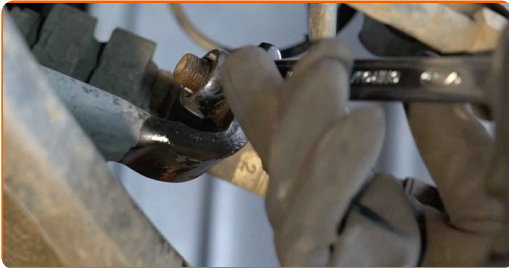


7

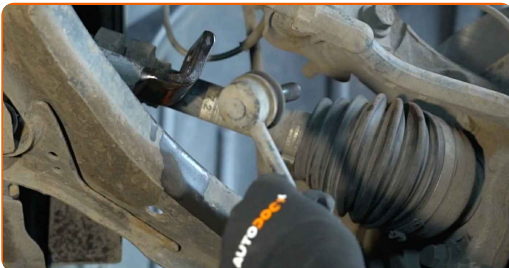
Unscrew the fastener connecting the stabilizer link to the shock strut. Use a drive socket #21. Use a ratchet wrench.



- 8** Unscrew the fasteners connecting the stabiliser link to the stabiliser bar. Use a combination spanner #17. Use a combination spanner #21.



- 9** Remove the stabilizer rod.



Replacement: anti roll bar links – NISSAN X-Trail (T31). AUTODOC recommends:

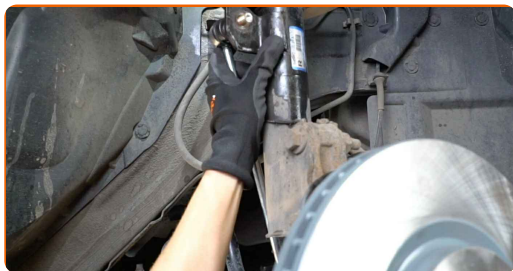
- Examine stabiliser bushes. Replace them if needed.

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



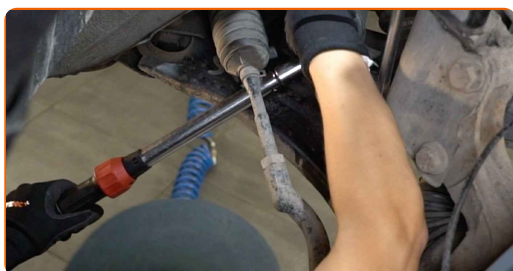
11

Install a new rod, tighten the fasteners.



12

Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #19. Use a drive socket #19. Use a torque wrench. Tighten it to 65 Nm torque.



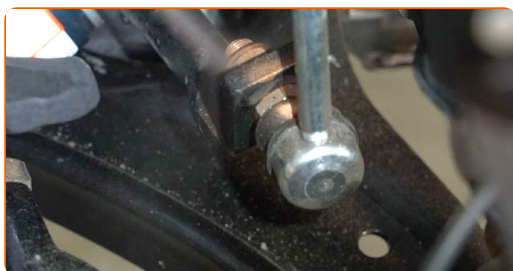
13

Tighten the fastener connecting the stabilizer link to the shock strut. Use a combination spanner #19. Use a drive socket #19. Use a torque wrench. Tighten it to 65 Nm torque.



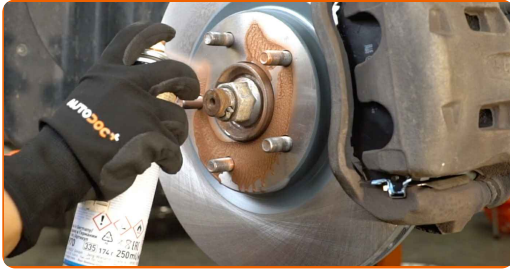
14

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



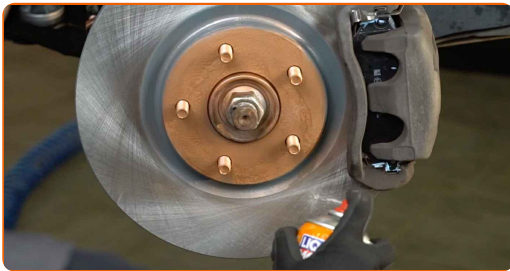
15

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 – NISSAN X-Trail (T31). After applying the spray, wait a few minutes.

17

Install the wheel.



Replacement: anti roll bar links – NISSAN X-Trail (T31). Tip from AUTODOC experts:

- To avoid injury, hold up the wheel when screwing in the fastening bolts.

18

Screw in the wheel bolts. Use wheel impact socket #21.



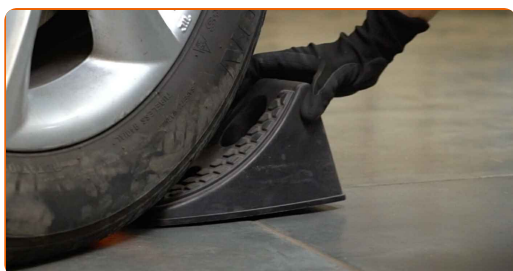
19

Lower the car and working in a cross order, tighten the wheel bolts. Use wheel impact socket #21. Use a torque wrench. Tighten it to 112 nm torque.



20

Remove the jacks and chocks.



WELL DONE! 

VIEW MORE TUTORIALS

AUTODOC – TOP QUALITY AND AFFORDABLE CAR PARTS ONLINE

AUTODOC MOBILE APP: GREAT DEALS AND CONVENIENT SHOPPING



+ AUTODOC

GET IT ON
Google Play

Download on the
App Store

Download

A GREAT SELECTION OF SPARE PARTS FOR YOUR CAR

ANTI ROLL BAR LINKS: A WIDE SELECTION

DISCLAIMER:

The document contains only general recommendations that may be useful for you when you perform repair or replacement work. AUTODOC shall not be liable for any loss, injury, damage of property occurring in the repair or replacement process due to incorrect use or misinterpretation of the provided information.

AUTODOC shall not be liable for any possible mistakes and uncertainties in this guide. The information provided is for information purposes only and cannot replace advice from specialists.

AUTODOC shall not be liable for incorrect or hazardous usage of equipment, tools and car parts. AUTODOC strongly recommends to be careful and observe the safety rules when performing repair or replacement works. Remember: usage of low quality auto parts does not guarantee you the appropriate level of road safety.

© Copyright 2022 – All the contents of this website, in particular texts, photographs and graphics, are protected by copyright. All rights, including reproduction, publication, editing and translation rights, are reserved by AUTODOC GmbH.