



How to change front
lower arm on **OPEL**
ASTRA H Box (L70) –
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:

OPEL ASTRA H Box (L70) 1.7 CDTI (L70), OPEL ASTRA H Box (L70) 1.9 CDTI (L70), OPEL ASTRA H Box (L70) 1.9 CDTI 16V (L70), OPEL ASTRA H Box (L70) 1.3 CDTI (L70), OPEL ASTRA H Box (L70) 1.6 (L70)

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: OPEL ZAFIRA B (A05) 1.8 (M75)

REPLACEMENT: FRONT LOWER ARM – OPEL ASTRA H BOX (L70). TOOLS YOU MIGHT NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Combination spanner #17
- Combination spanner #18
- Drive socket # 18
- Drive socket # 19
- Wheel impact socket #17
- Ratchet wrench
- Torque wrench
- Pin punch
- Hammer
- Flat chisel
- Rubber mallet
- Crow bar
- Hydraulic transmission jack
- Wheel chock

Buy tools

Replacement: front lower arm – OPEL ASTRA H Box (L70). AUTODOC recommends:

- The replacement procedure is identical for the left and right lower control arms.
- All work should be done with the engine stopped.

REPLACEMENT: FRONT LOWER ARM – OPEL ASTRA H BOX (L70). TAKE THE FOLLOWING STEPS:

1 Secure the wheels with chocks.

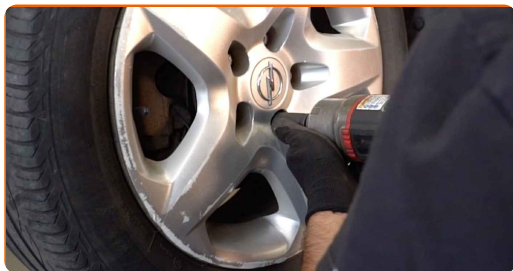


2 Loosen the wheel mounting bolts. Use wheel impact socket #17.



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

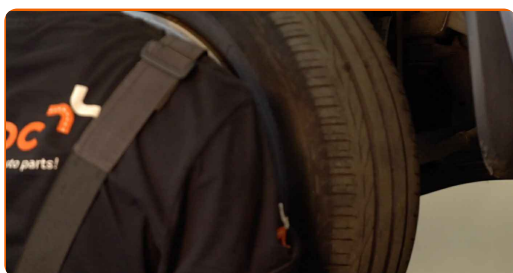
4 Unscrew the wheel bolts.



Replacement: front lower arm – OPEL ASTRA H Box (L70). Tip:

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

5 Remove the wheel.



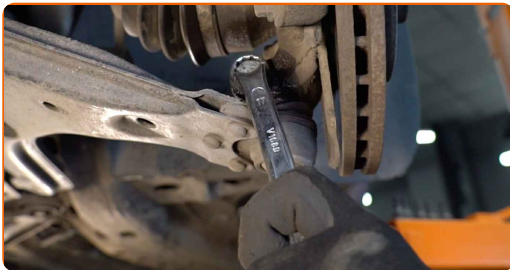
6 Clean all joints of the arm. Use a wire brush. Use WD-40 spray.



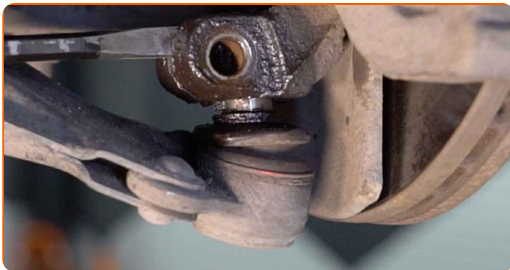
AUTODOC recommends:

- Replacement: front lower arm – OPEL ASTRA H Box (L70). After applying the spray, wait a few minutes.
- Wear protective goggles.

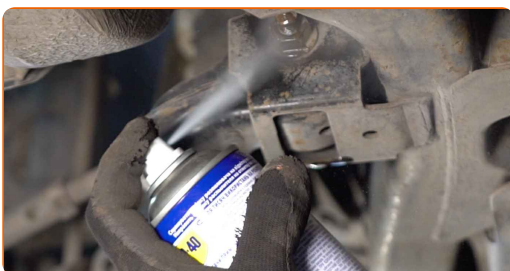
7 Unscrew the ball joint fastening to the steering knuckle. Use a combination spanner #17. Use a drive socket #19. Use a ratchet wrench.



8 Remove the fastening bolt. Use a pin punch. Use a rubber mallet.



9 Clean all joints of the arm. Use a wire brush. Use WD-40 spray.



Replacement: front lower arm – OPEL ASTRA H Box (L70). AUTODOC experts recommend:

- After applying the spray, wait a few minutes.
- Wear protective goggles.

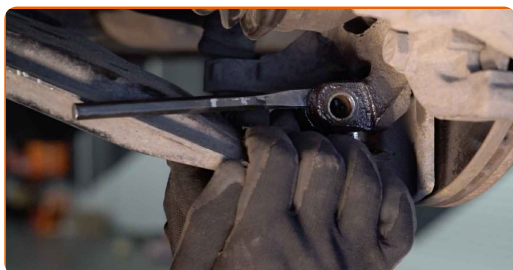
10 Loosen the front fastener of the control arm. Use a drive socket #18. Use a combination spanner #18. Use a ratchet wrench.



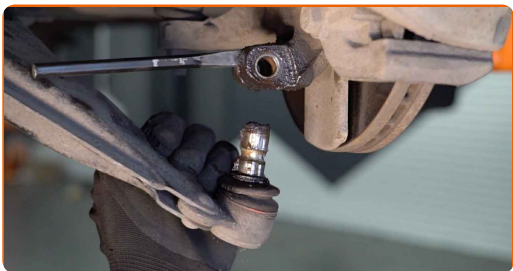
11 Loosen the rear fastener of the control arm. Use a drive socket #18. Use a combination spanner #18. Use a ratchet wrench.



12 Release the fastener that connects the control arm ball joint to the steering knuckle. Use a flat metal-working chisel. Use a hammer.



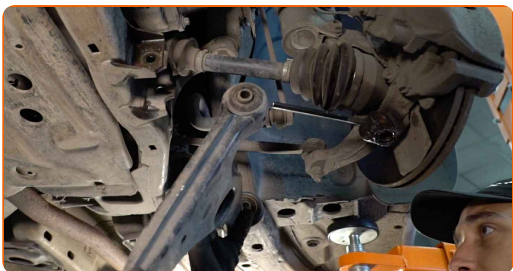
13 Disconnect the lower arm from the steering knuckle.



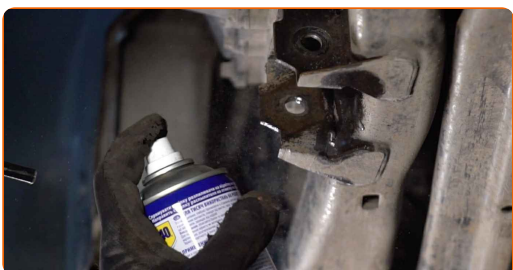
14 Remove the fastening bolts.



15 Remove the arm. Use a crowbar.



16 Clean the mounting seats and the thread of the suspension arm. Use a wire brush. Use WD-40 spray.



17 Install a new arm. Use a crowbar.

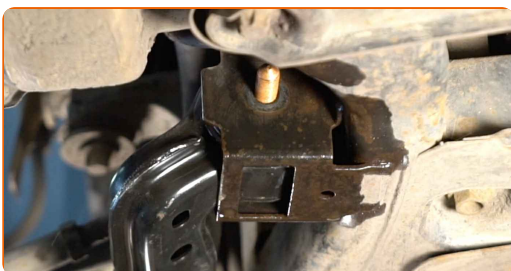


Replacement: front lower arm – OPEL ASTRA H Box (L70). Tip from AUTODOC:

- During the installation process, use only new bolts and nuts.
- Do not damage the ball joint cover.

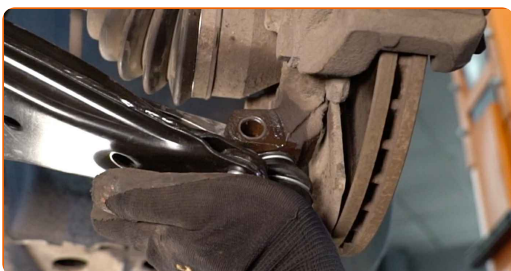
18

Install the fastening bolts.



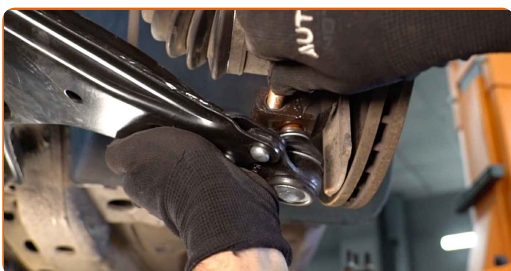
19

Connect the lower arm to the steering knuckle.



20

Install the fastening bolt.



- 21** Screw the fasteners of the ball joint. Use a drive socket #19. Use a combination spanner #17. Use a ratchet wrench.



- 22** Tighten the ball joint fastener. Use a drive socket #19. Use a combination spanner #17. Use a torque wrench. Tighten it to 50 Nm torque.



- 23** Support the arm. Use a hydraulic transmission jack.



- 24** Screw the front arm fastener. Use a combination spanner #18. Use a drive socket #18. Use a ratchet wrench.



- 25** Screw the rear fastener connecting the control arm to the subframe. Use a combination spanner #18. Use a drive socket #18. Use a ratchet wrench.



- 26** Tighten the rear fastener of the control arm. Use a combination spanner #18. Use a drive socket #18. Use a torque wrench. Tighten it to 90 Nm torque.+90°



AUTODOC recommends:

- Important! Be sure to use new fasteners.

- 27** Tighten the front fastener connecting the control arm to the subframe. Use a combination spanner #18. Use a drive socket #18. Use a torque wrench. Tighten it to 90 Nm torque.+90°

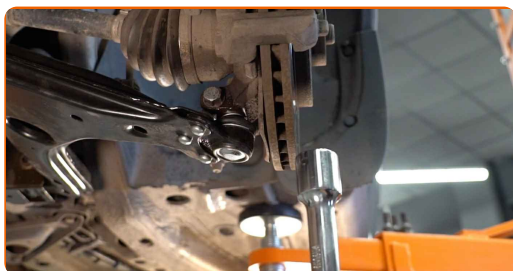


AUTODOC recommends:

- Important! Be sure to use new fasteners.

28

Remove the support from under the arm.

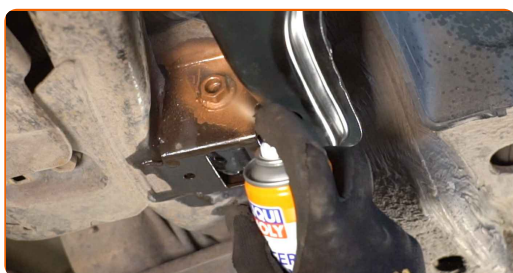


AUTODOC recommends:

- Replacement: front lower arm – OPEL ASTRA H Box (L70). Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.

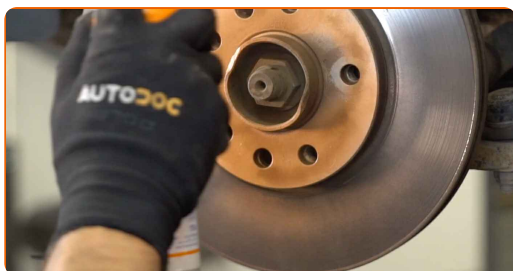
29

Treat all joints of the arm. Use copper grease.



30

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



31

Clean the brake disk surface. Use a brake cleaner.

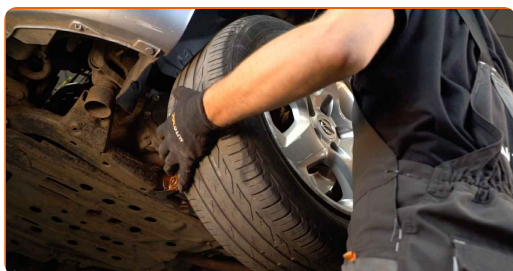


Replacement: front lower arm – OPEL ASTRA H Box (L70). Tip from AUTODOC:

- After applying the spray, wait a few minutes.

32

Install the wheel.

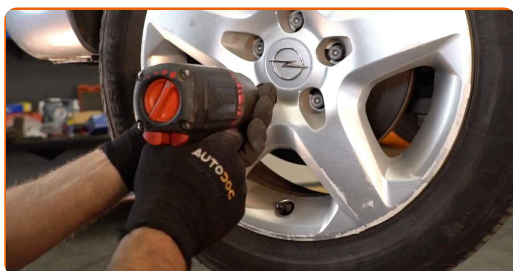


Replacement: front lower arm – OPEL ASTRA H Box (L70). Professionals recommend:

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

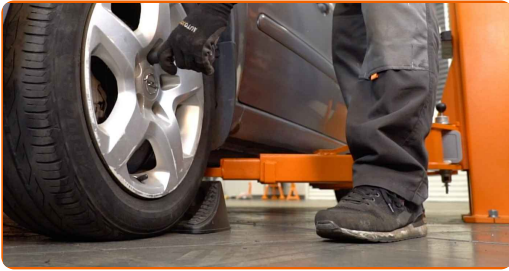
33

Screw in the wheel bolts. Use wheel impact socket #17.



34

Lower the car and working in a cross order, tighten the wheel bolts. Use a torque wrench. Tighten it to 110 nm torque.

**35**

Remove the jacks and chocks.



WELL DONE! 

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