



How to change front anti
roll bar links on **OPEL**
Astra J Sports Tourer
(P10) – 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 J Sports Tourer (P10) 1.4 (35), OPEL Astra J Sports Tourer (P10) 1.6 (35), OPEL Astra J Sports Tourer (P10) 1.4 Turbo (35), OPEL Astra J Sports Tourer (P10) 1.6 Turbo (35), OPEL Astra J Sports Tourer (P10) 1.3 CDTI (35), OPEL Astra J Sports Tourer (P10) 1.7 CDTI (35), OPEL Astra J Sports Tourer (P10) 2.0 CDTI (35), OPEL Astra J Sports Tourer (P10) 1.4 LPG (35), OPEL Astra J Sports Tourer (P10) 2.0 BiTurbo CDTI (35), OPEL Astra J Sports Tourer (P10) 1.6 SIDI (35), OPEL Astra J Sports Tourer (P10) 1.6 CDTi (35), OPEL Astra J Sports Tourer (P10) 2.0 CDTI, OPEL Astra J Sports Tourer (P10) 1.4

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: OPEL Zafira A (T98) 2.0 DI 16V (F75)

REPLACEMENT: ANTI ROLL BAR LINKS – OPEL ASTRA
J SPORTS TOURER (P10). TOOLS YOU NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Combination spanner #18
- Combination spanner #19
- Drive socket # 18
- Drive socket # 19
- Wheel impact socket #19
- Ratchet wrench
- Torque wrench
- Wheel chock

Buy tools

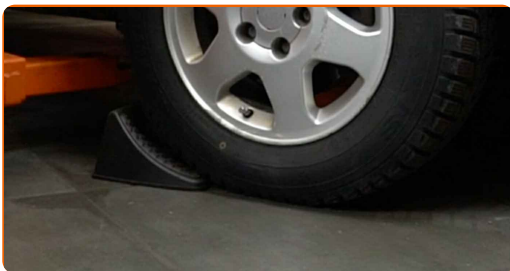
Replacement: anti roll bar links – OPEL Astra J Sports Tourer (P10). AUTODOC recommends:

- Replace the stabiliser links on OPEL Astra J Sports Tourer (P10) 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 – OPEL ASTRA J SPORTS TOURER (P10). USE THE FOLLOWING PROCEDURE:

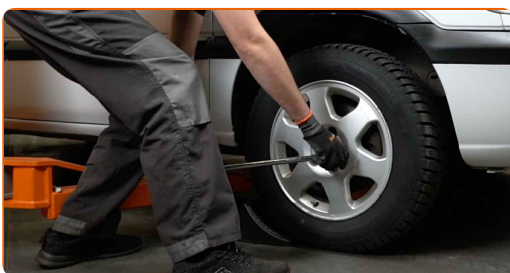
1

Secure the wheels with chocks.



2

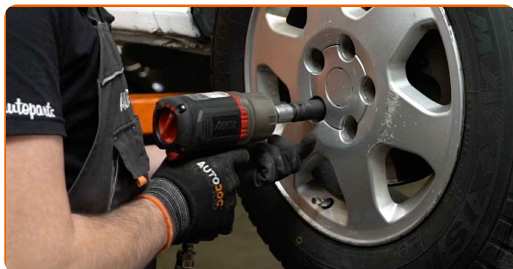
Loosen the wheel mounting bolts. Use wheel impact socket #19.



3

Raise the front of the car and secure on supports.

4 Unscrew the wheel bolts.



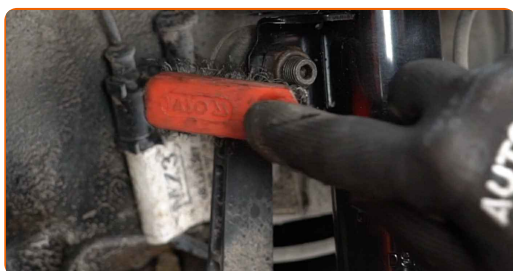
AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts.
OPEL Astra J Sports Tourer (P10)

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 combination spanner #19. Use a drive socket #19. Use a ratchet wrench.



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



- 9 Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #19 (2 pieces).



- 10 Remove the stabilizer rod.

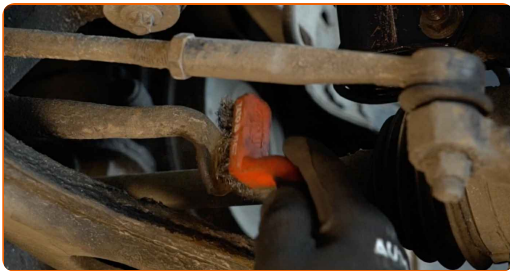


Replacement: anti roll bar links – OPEL Astra J Sports Tourer (P10). AUTODOC experts recommend:

- Examine stabiliser bushes. Replace them if needed.

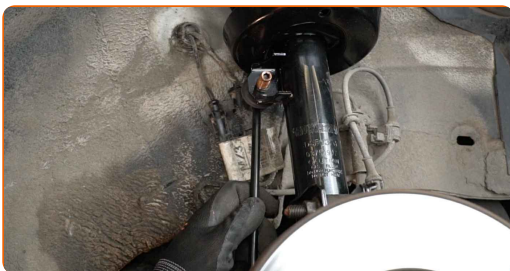
11

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



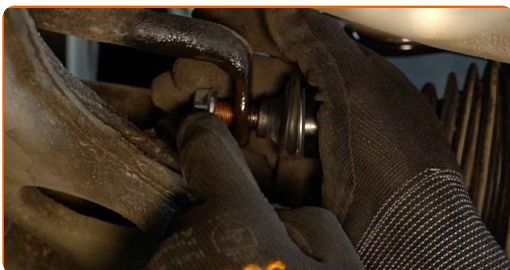
12

Install the transverse stabilizer link.



13

Tighten the stabiliser link fastener. Use a combination spanner #18.



- 14 Tighten the fastener connecting the stabilizer link to the shock strut. Use a drive socket #18. Use a torque wrench. Tighten it to 60 Nm torque.



- 15 Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a drive socket #18. Use a torque wrench. Tighten it to 60 Nm torque.



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



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



18

Clean the brake disk surface. Use a brake cleaner.



Replacement: anti roll bar links – OPEL Astra J Sports Tourer (P10). Tip from AUTODOC:

- After applying the spray, wait a few minutes.

19

Install the wheel.



Replacement: anti roll bar links – OPEL Astra J Sports Tourer (P10). Professionals recommend:

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

20

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



- 21** 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.



- 22** Remove the jacks and chocks.



WELL DONE! 

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ANTI ROLL BAR LINKS: A WIDE SELECTION

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