



How to change front anti
roll bar links on **OPEL**
INSIGNIA Estate –
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 INSIGNIA Estate 2.0 E85 Turbo (35), OPEL INSIGNIA Estate 2.0 Turbo 4x4 (35), OPEL INSIGNIA Estate 1.4 (35), OPEL INSIGNIA Estate 2.0 Biturbo CDTI 4x4 (35), OPEL INSIGNIA Estate 2.0 Biturbo CDTI (35), OPEL INSIGNIA Estate 2.0 CDTI 4x4 (35), OPEL INSIGNIA Estate 2.0 CDTI (35), OPEL INSIGNIA Estate 1.6 (35), OPEL INSIGNIA Estate 1.8 (35), OPEL INSIGNIA Estate 2.0 Turbo (35), OPEL INSIGNIA Estate 2.8 V6 Turbo 4x4 (35), OPEL INSIGNIA Estate 1.6 Turbo (35), OPEL INSIGNIA Estate 2.8 V6 Turbo OPC 4x4 (35), OPEL INSIGNIA Estate 1.4 LPG (35), OPEL INSIGNIA Estate 1.6 SIDI (35), (+ 1)

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
INSIGNIA ESTATE. 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

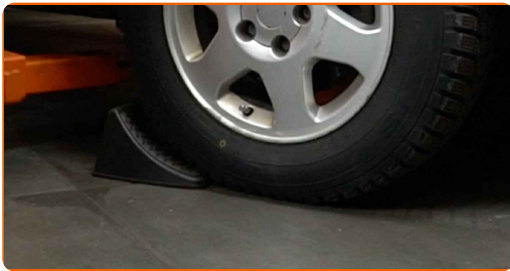
Replacement: anti roll bar links – OPEL INSIGNIA Estate. AUTODOC recommends:

- Replace the stabiliser links on OPEL INSIGNIA Estate 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 INSIGNIA ESTATE. USE THE FOLLOWING PROCEDURE:

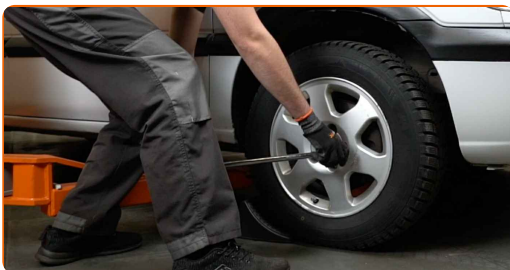
1

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 INSIGNIA Estate

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.

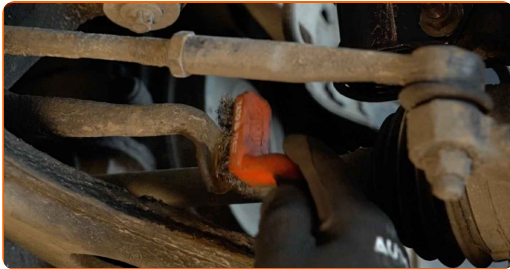


Replacement: anti roll bar links – OPEL INSIGNIA Estate. AUTODOC experts recommend:

- Examine stabiliser bushes. Replace them if needed.

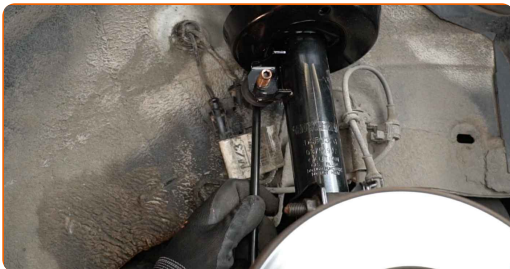
11

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



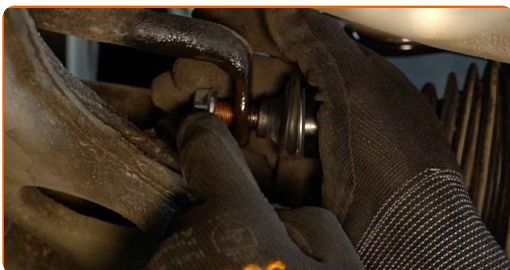
12

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.



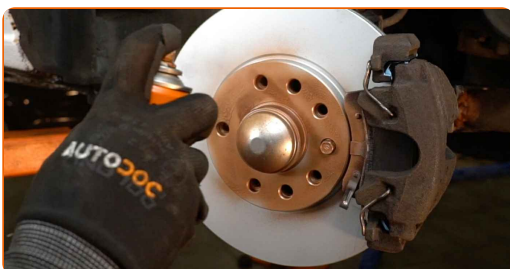
- 15** Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a drive socket #18. Use a torque wrench. Tighten it to 60 Nm torque.



- 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 INSIGNIA Estate. Tip from AUTODOC:

- After applying the spray, wait a few minutes.

19

Install the wheel.



Replacement: anti roll bar links – OPEL INSIGNIA Estate. 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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