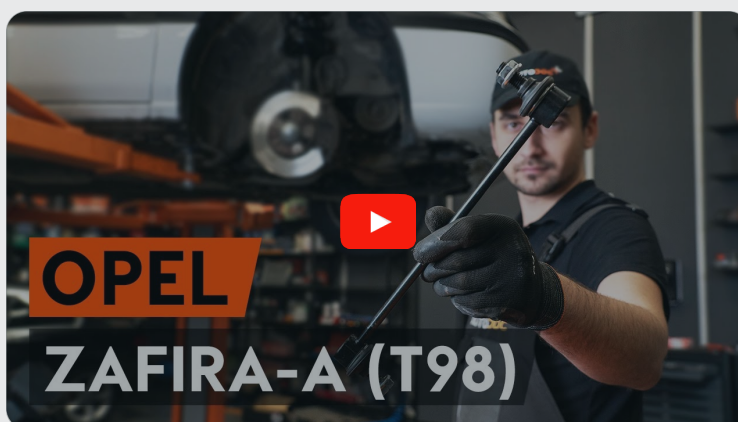




How to change front anti
roll bar links on **OPEL**
INSIGNIA – replacement
guide

SIMILAR VIDEO TUTORIAL



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

Important!

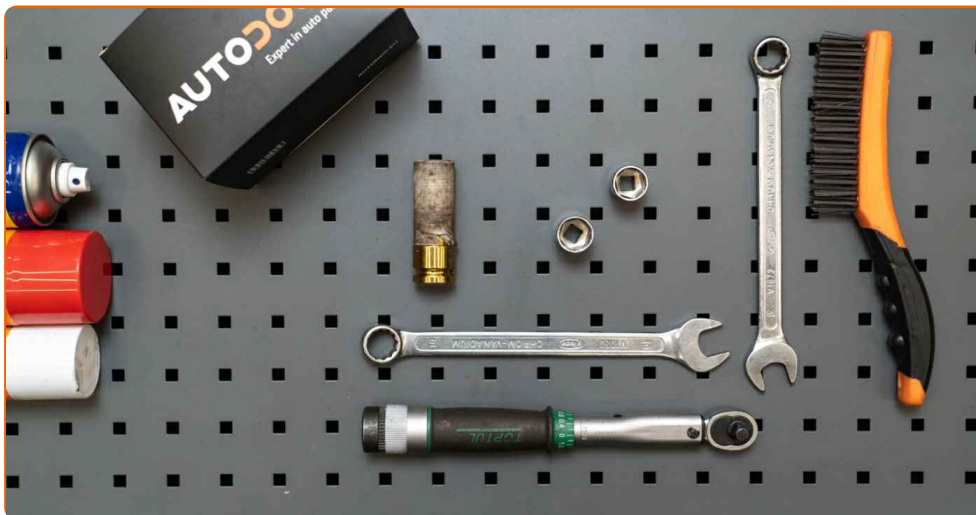
This replacement procedure can be used for:

OPEL INSIGNIA 2.0 E85 Turbo (68), OPEL INSIGNIA 1.4 (68), OPEL INSIGNIA 2.0 Turbo 4x4 (68), OPEL INSIGNIA 2.0 Biturbo CDTI (68), OPEL INSIGNIA 2.0 Biturbo CDTI 4x4 (68), OPEL INSIGNIA 2.0 CDTI (68), OPEL INSIGNIA 1.6 (68), OPEL INSIGNIA 1.8 (68), OPEL INSIGNIA 2.0 Turbo (68), OPEL INSIGNIA 2.8 V6 Turbo 4x4 (68), OPEL INSIGNIA 2.0 CDTI 4x4 (68), OPEL INSIGNIA 1.6 Turbo (68), OPEL INSIGNIA 2.8 V6 Turbo OPC 4x4 (68), OPEL INSIGNIA 1.4 LPG (68), OPEL INSIGNIA 1.6 SIDI (68), (+ 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. 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

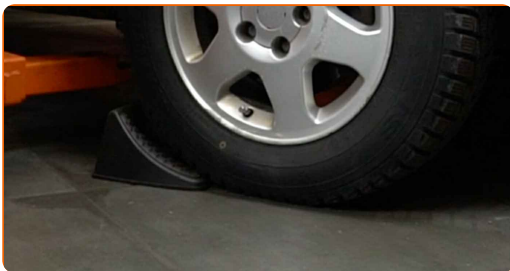
Buy tools

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

- Replace the stabiliser links on OPEL INSIGNIA 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. 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

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. 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.



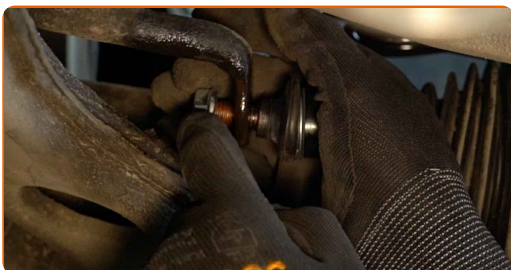
12

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. Tip from AUTODOC:

- After applying the spray, wait a few minutes.

19

Install the wheel.



Replacement: anti roll bar links – OPEL INSIGNIA. 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! 

[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 2023 – 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 SE.