



How to change rear
shock absorbers on **SEAT**
Alhambra (7V8, 7V9) –
replacement guide

SIMILAR VIDEO TUTORIAL



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

i Important!

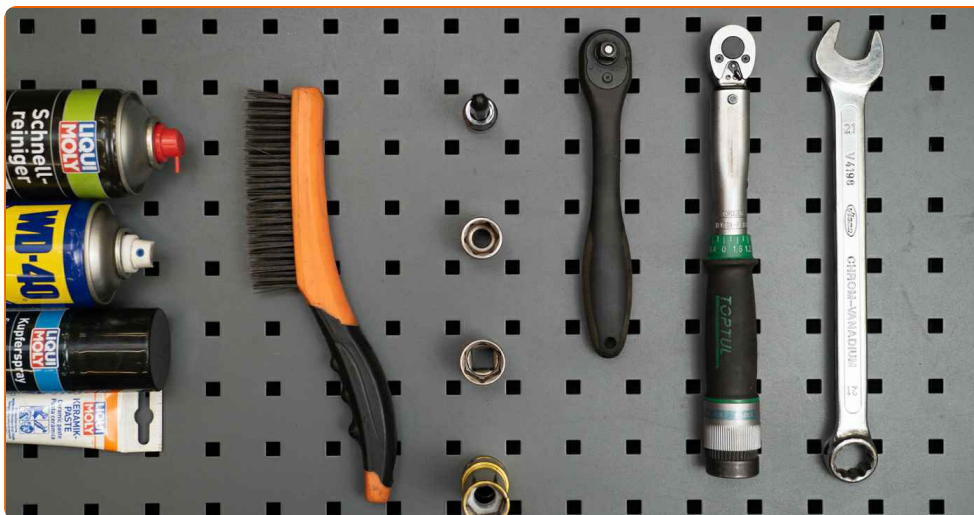
This replacement procedure can be used for:

SEAT Alhambra (7V8, 7V9) 2.0 i, SEAT Alhambra (7V8, 7V9) 1.9 TDI, SEAT Alhambra (7V8, 7V9) 1.8 T 20V, SEAT Alhambra (7V8, 7V9) 2.8 V6, SEAT Alhambra (7V8, 7V9) 2.8 V6 4motion, SEAT Alhambra (7V8, 7V9) 1.9 TDI 4motion, SEAT Alhambra (7V8, 7V9) 2.0 TDI

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: VW SHARAN (7M8, 7M9, 7M6) 1.9 TDI

REPLACEMENT: SHOCK ABSORBERS – SEAT ALHAMBRA (7V8, 7V9). LIST OF THE TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Ceramic grease
- Copper grease
- Torque wrench
- Combination spanner #21
- Drive socket # 18
- Drive socket # 21
- Torx bit T25
- Wheel impact socket #19
- Ratchet wrench
- Hydraulic transmission jack
- Wheel chock

Buy tools

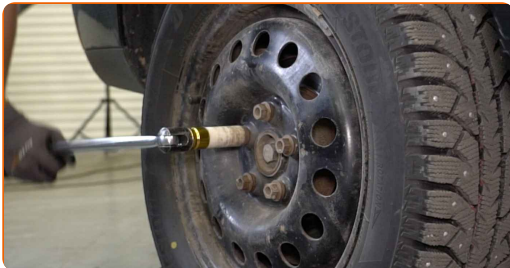
Replacement: shock absorbers – SEAT Alhambra (7V8, 7V9). Tip from AUTODOC:

- Both shock absorbers of the rear suspension should be replaced simultaneously.
- The replacement procedure is identical for the left and right shock absorbers of the rear suspension.
- Please note: all work on the car – SEAT Alhambra (7V8, 7V9) – 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 #19.

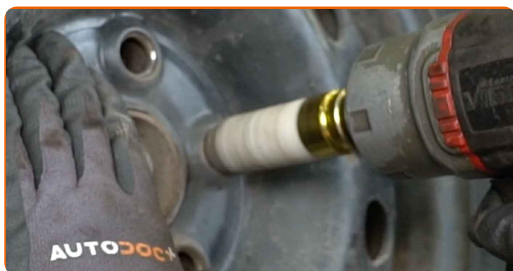


3 Raise the car.

Replacement: shock absorbers – SEAT Alhambra (7V8, 7V9). Tip:

- If you are using a jack, make sure it rests on a flat surface without any unevenness.
- Be sure to additionally secure the car with jack stands.

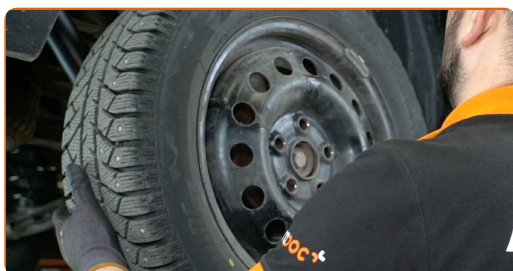
4 Unscrew the wheel bolts.



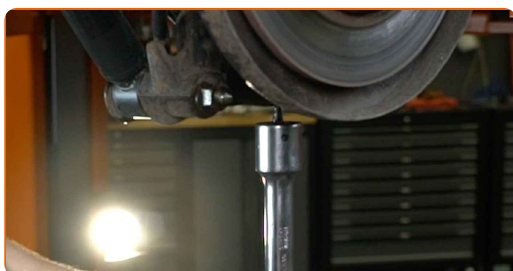
AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts.
SEAT Alhambra (7V8, 7V9)

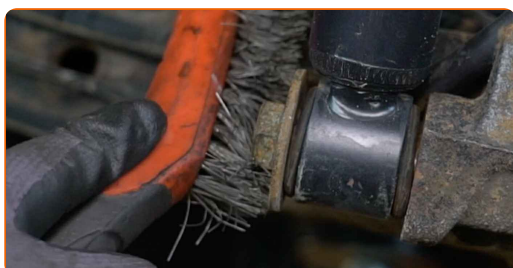
5 Remove the wheel.



6 Support the rear knuckle. Use a hydraulic transmission jack.



7 Clean the lower shock absorber fastener. Use a wire brush. Use WD-40 spray.



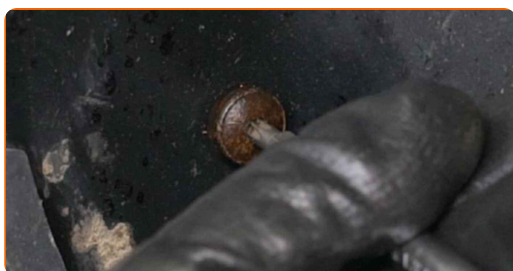
- 8 Unscrew the lower fastener of the shock absorber. Use a combination spanner #21. Use a drive socket #21. Use a ratchet wrench.



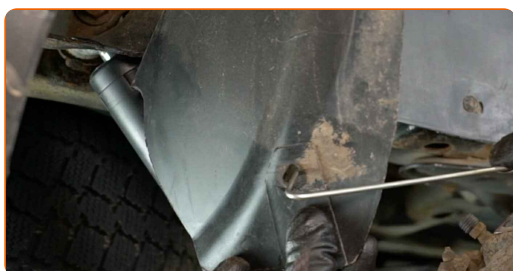
- 9 Clean the locker fasteners. Use a wire brush. Use WD-40 spray.



- 10 Unscrew the locker fasteners. Use Torx T25. Use a ratchet wrench.



- 11 Move the locker aside to gain access to the upper shock absorber fasteners.



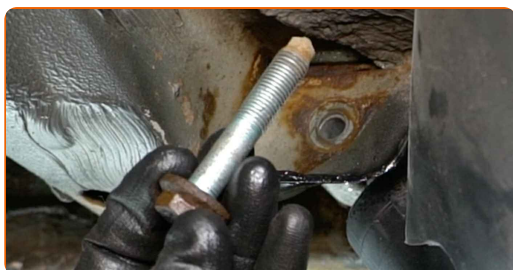
12 Clean the upper fastener of the shock absorber. Use a wire brush. Use WD-40 spray.



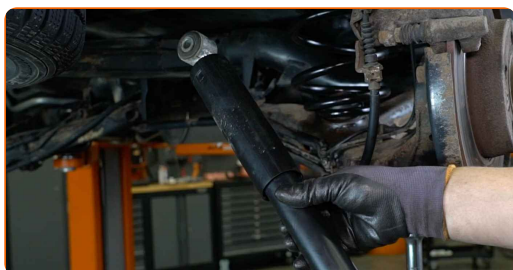
13 Unscrew the upper fastener of the shock absorber. Use a drive socket #18. Use a ratchet wrench.



14 Remove the fastening bolts.



15 Remove the shock absorber.



16

Clean the shock absorber mounting seats. Use a wire brush. Use WD-40 spray.



Replacement: shock absorbers – SEAT Alhambra (7V8, 7V9). AUTODOC experts recommend:

- Before installing a new shock absorber you should pump it manually 3-5 times.

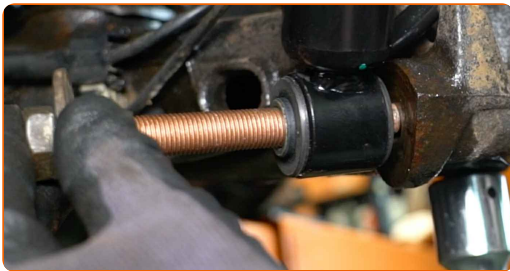
17

Place the shock absorber in the wheel arch and fasten it.



18

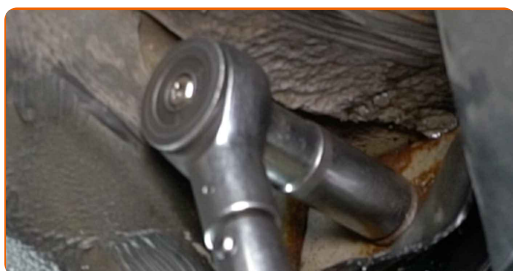
Install the fastening bolts.



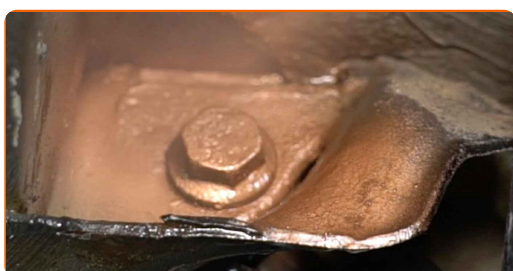
AUTODOC recommends:

- For tightening the fasteners correctly, you have to jack up the suspension components to their working position.

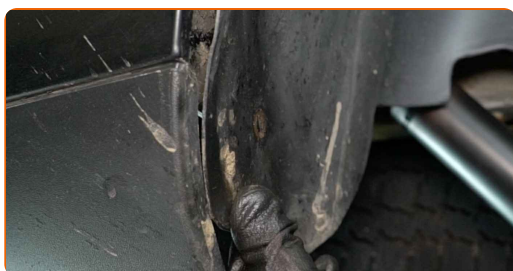
- 19 Tighten the top fastener of the shock absorber. Use a drive socket #18. Use a torque wrench. Tighten it to 110 Nm torque.



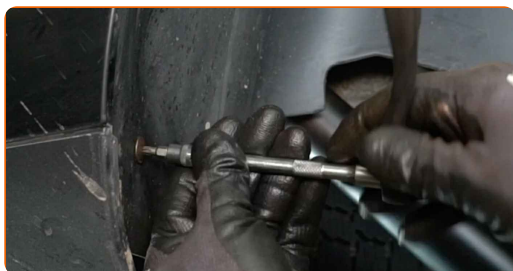
- 20 Treat the upper fastener of the shock absorber. Use copper grease.



- 21 Install the wheel arch cover to its mounting seat.



- 22 Screw in the locker fasteners. Use Torx T25. Use a ratchet wrench.



- 23** Tighten the lower fastener of the shock absorber. Use a combination spanner #21. Use a drive socket #21. Use a torque wrench. Tighten it to 130 Nm torque.



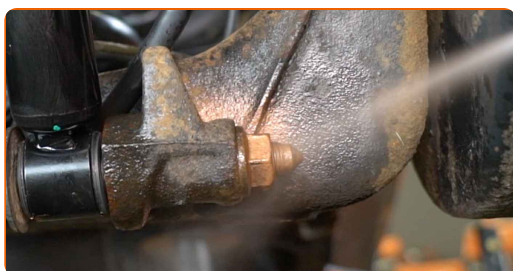
- 24** Remove the support from under the rear knuckle.



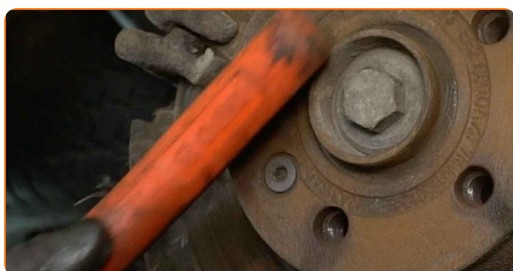
AUTODOC recommends:

- Replacement: shock absorbers – SEAT Alhambra (7V8, 7V9). Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.

- 25** Treat the lower fastener of the shock absorber. Use copper grease.



- 26** Clean the wheel rim mounting seat. Use a wire brush.



27

Treat the surface where the brake disc contacts the wheel rim. Use ceramic grease.



28

Clean the brake disk surface. Use a brake cleaner.

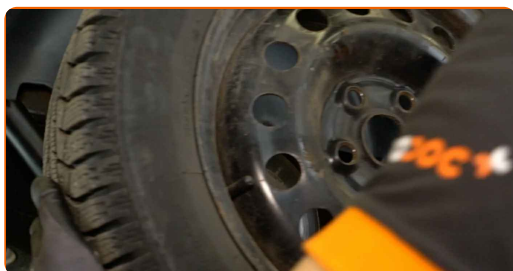


AUTODOC recommends:

- After applying the spray, wait a few minutes.

29

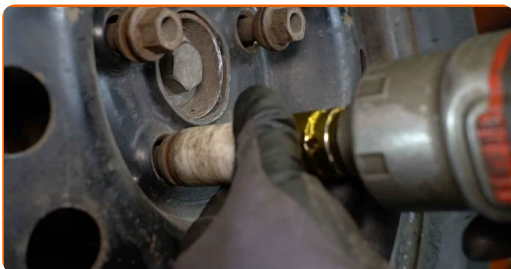
Install the wheel.



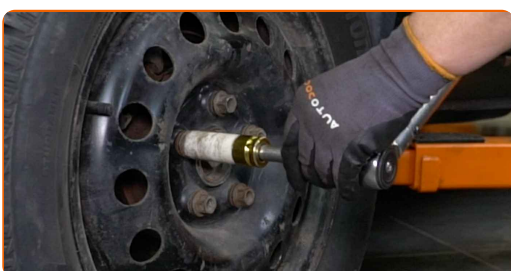
AUTODOC recommends:

- Important! Hold the wheel while screwing in the fastening bolts. SEAT Alhambra (7V8, 7V9)

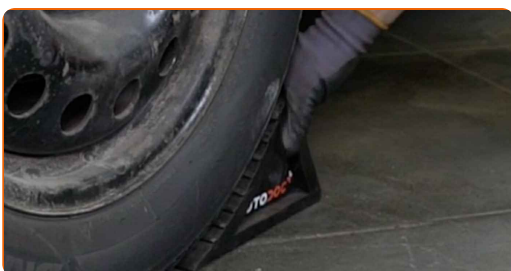
30 Screw in the wheel bolts. Use wheel impact socket #19.



31 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 170 Nm torque.



32 Remove the jacks and chocks.



WELL DONE! 

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