



How to change rear anti
roll bar links on **SEAT**
Altea (5P1) –
replacement guide

SIMILAR VIDEO TUTORIAL



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

Important!

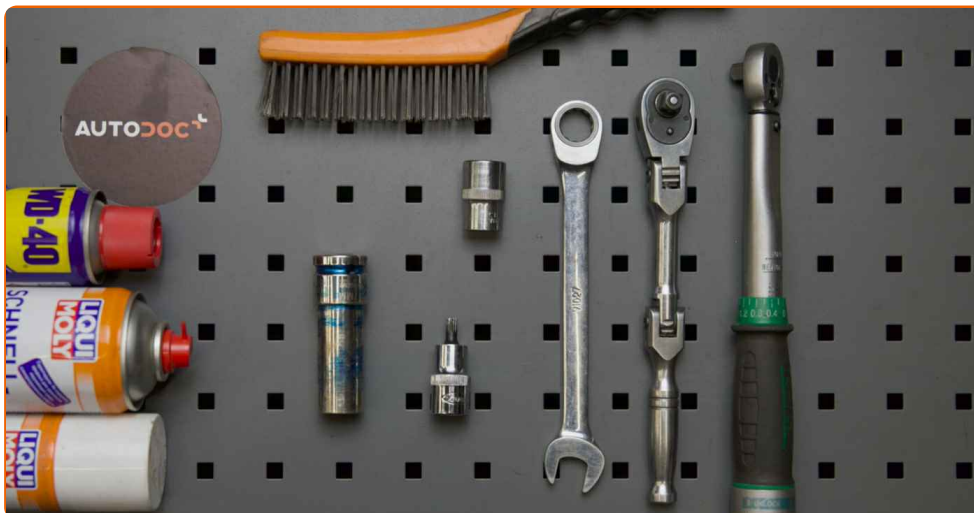
This replacement procedure can be used for:

SEAT Altea (5P1) 1.6, SEAT Altea (5P1) 2.0 FSI, SEAT Altea (5P1) 1.9 TDI, SEAT Altea (5P1) 2.0 TDI 16V, SEAT Altea (5P1) 2.0 TDI, SEAT Altea (5P1) 2.0 TFSI, SEAT Altea (5P1) 1.8 TFSI, SEAT Altea (5P1) 1.4 TSI, SEAT Altea (5P1) 1.4 16V, SEAT Altea (5P1) 1.6 TDI, SEAT Altea (5P1) 1.2 TSI, SEAT Altea (5P1) 1.6 LPG

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 Passat Saloon (362) 2.0 TDI

REPLACEMENT: ANTI ROLL BAR LINKS – SEAT ALTEA (5P1). TOOLS YOU MIGHT NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Torque wrench
- Combination spanner #16
- Drive socket # 16
- XZN socket bit # 6
- Wheel impact socket #17
- Ratchet wrench
- Hydraulic transmission jack
- Wheel chock

Buy tools

AUTODOC recommends:

- Replace the stabiliser links on SEAT Altea (5P1) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – SEAT Altea (5P1) – 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 #17.



3 Raise the rear 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.
SEAT Altea (5P1)

5

Remove the wheel.



6

Clean all joints of the stabiliser link. Use a wire brush. Use WD-40 spray.



7

Unscrew the fastener connecting the stabilizer bar with the control arm. Use a drive socket #16. Use a ratchet wrench.



8 Clean all joints of the stabiliser link. Use a wire brush. Use WD-40 spray.



9 Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #16. Use XZN #6. Use a ratchet wrench.



10 Support the arm. Use a hydraulic transmission jack.



11 Remove the stabilizer rod.



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



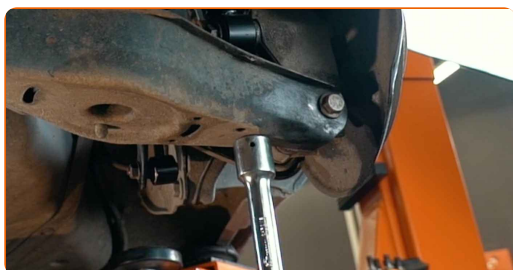
13 Install the transverse stabilizer link.



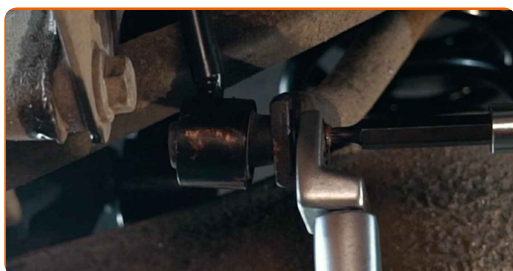
14 Tighten the stabiliser link fastener. Use a combination spanner #16. Use XZN #6. Use a ratchet wrench.



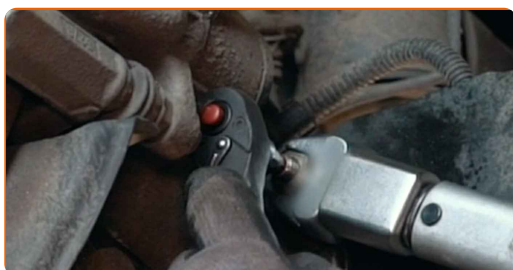
15 Raise the hydraulic transmission jack by 10-15 cm.



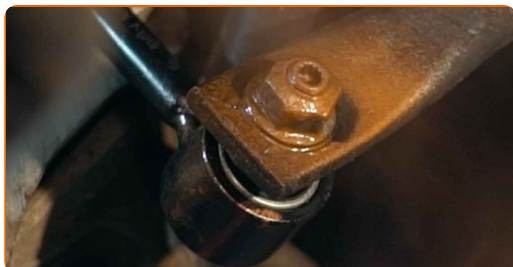
- 16** Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #16. Use XZN #6. Use a drive socket #16. Use a torque wrench. Tighten it to 45 Nm torque.



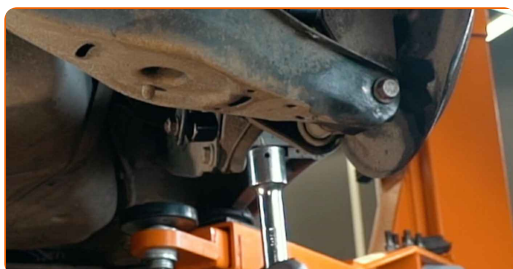
- 17** Tighten the fastener connecting the stabilizer bar with the control arm. Use a combination spanner #16. Use XZN #6. Use a drive socket #16. Use a torque wrench. Tighten it to 45 Nm torque.



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



- 19** Remove the support from under the arm.



AUTODOC recommends:

- Replacement: anti roll bar links – SEAT Altea (5P1). Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.

20

Clean the wheel rim mounting seat. Use a wire brush.



21

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



22

Clean the brake disk surface. Use a brake cleaner.



AUTODOC recommends:

- Replacement: anti roll bar links – SEAT Altea (5P1). After applying the spray, wait a few minutes.

23 Install the wheel.



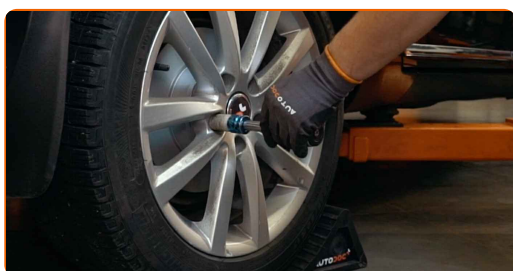
AUTODOC recommends:

- Important! Hold the wheel while screwing in the fastening bolts. SEAT Altea (5P1)

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



25 Lower the car and working in a cross order, tighten the wheel bolts. Use wheel impact socket #17. Use a torque wrench. Tighten it to 120 Nm torque.



26

Remove the jacks and chocks.



WELL DONE! 

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ANTI ROLL BAR LINKS: A WIDE SELECTION

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