



How to change front anti
roll bar links on **SEAT**
AROSA (6H) –
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 AROSA (6H) 1.0, SEAT AROSA (6H) 1.4, SEAT AROSA (6H) 1.7 SDI, SEAT AROSA (6H) 1.4 16V, SEAT AROSA (6H) 1.4 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 Lupo (6X1, 6E1) 1.4 TDI

REPLACEMENT: ANTI ROLL BAR LINKS – SEAT AROSA (6H). TOOLS YOU NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Drive socket # 13
- Wheel impact socket #17
- Ratchet wrench
- Torque wrench
- Crow bar
- Wheel chock

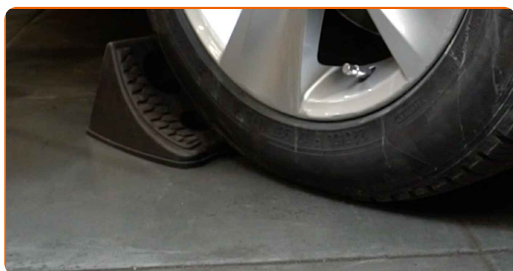
Buy tools

Replacement: anti roll bar links – SEAT AROSA (6H). Tip from AUTODOC experts:

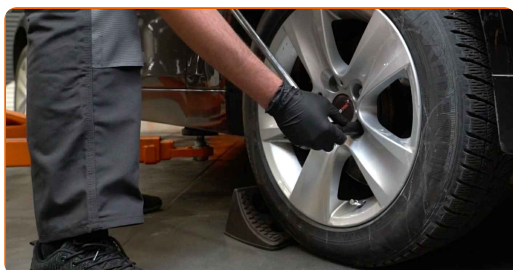
- Replace the stabiliser links on SEAT AROSA (6H) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- All work should be done with the engine stopped.

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 front of the car and secure on supports.

4

Unscrew the wheel bolts.



Replacement: anti roll bar links – SEAT AROSA (6H). Tip:

- To avoid injury, hold up the wheel when unscrewing the bolts.

5

Remove the wheel.

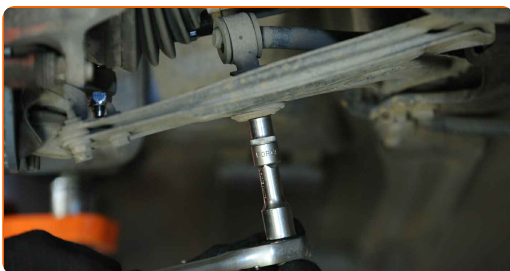


6

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

7

Unscrew the fastener connecting the stabilizer bar with the control arm. Use a drive socket #13. Use a ratchet wrench.



8 Remove the stabilizer rod. Use a crowbar.



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

10 Install a new rod, tighten the fasteners. Use a crowbar.

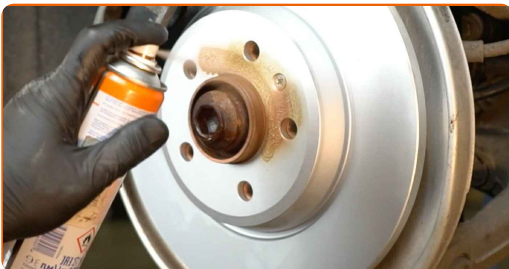


11 Tighten the fastener connecting the stabilizer bar with the control arm. Use a drive socket #13. Use a torque wrench. Tighten it to 25 Nm torque.



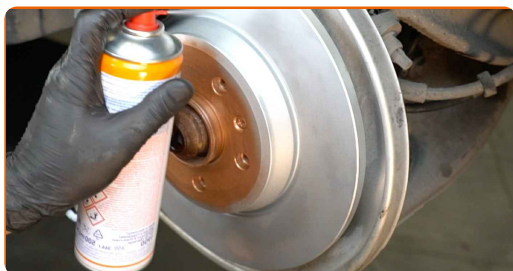
12 Treat all joints of the stabiliser link. Use copper grease.

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



14

Clean the brake disk surface. Use a brake cleaner.



Replacement: anti roll bar links – SEAT AROSA (6H). AUTODOC experts recommend:

- After applying the spray, wait a few minutes.

15

Install the wheel.



AUTODOC recommends:

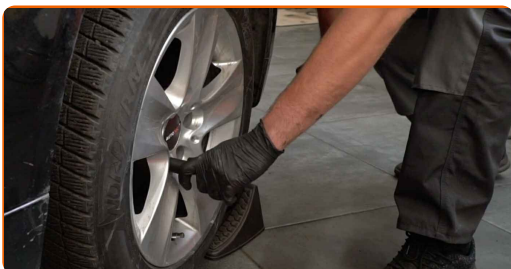
- Important! Hold the wheel while screwing in the fastening bolts. SEAT AROSA (6H)

16

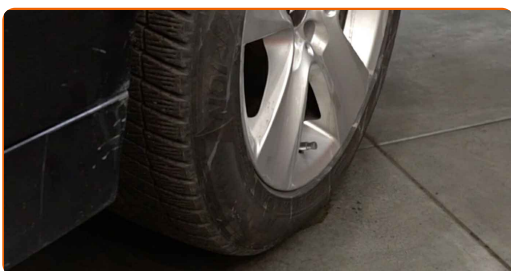
Screw in the wheel bolts. Use wheel impact socket #17.



- 17** 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 110 nm torque.



- 18** Remove the jacks and chocks.



WELL DONE! 

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ANTI ROLL BAR LINKS: A WIDE SELECTION

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