



How to change front anti
roll bar links on **SEAT**
Ateca (KH7) –
replacement guide

SIMILAR VIDEO TUTORIAL



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

Important!

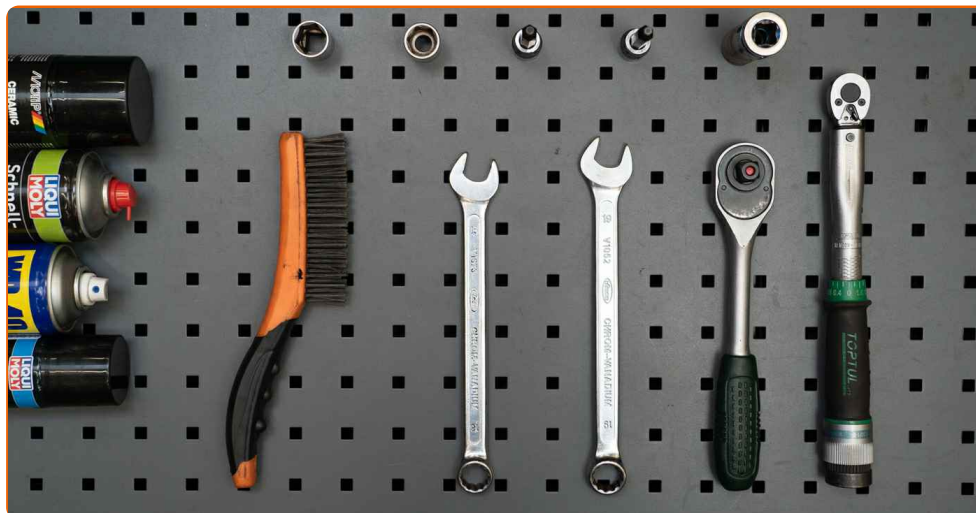
This replacement procedure can be used for:

SEAT Ateca (KH7) 1.0 TSI, SEAT Ateca (KH7) 1.4 TSI, SEAT Ateca (KH7) 1.4 TSI 4Drive, SEAT Ateca (KH7) 1.6 TDI, SEAT Ateca (KH7) 2.0 TDI, SEAT Ateca (KH7) 2.0 TDI 4Drive, SEAT Ateca (KH7) 2.0 TSI 4Drive, SEAT Ateca (KH7) 1.5 TSI, SEAT Ateca (KH7) 1.5 TSI 4Drive

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: SEAT Leon Hatchback (1P1) 2.0 FSI

REPLACEMENT: ANTI ROLL BAR LINKS – SEAT ATECA (KH7). LIST OF THE TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Ceramic grease
- Copper grease
- Torque wrench
- Combination spanner #18
- Combination spanner #19
- Drive socket # 18
- Drive socket # 19
- XZN socket bit #6
- HEX bit No.H5
- Wheel impact socket #17
- Ratchet wrench
- Wheel chock

Buy tools

AUTODOC recommends:

- Replace the stabiliser links on SEAT Ateca (KH7) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – SEAT Ateca (KH7) – 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 car.

Replacement: anti roll bar links – SEAT Ateca (KH7). Professionals recommend:

- 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 Ateca (KH7)

5

Remove the wheel.



6

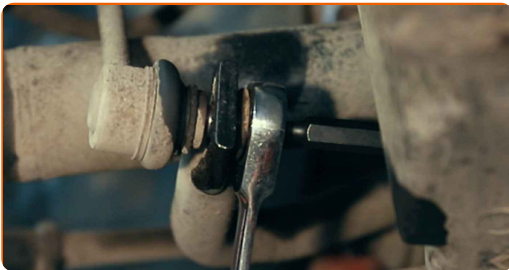
Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.



- 7** Unscrew the fastener connecting the stabilizer link to the shock strut. Use a drive socket #18. Use XZN #6. Use a ratchet wrench.



- 8** Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #18. Use XZN #6. Use a ratchet wrench.



- 9** Remove the stabiliser link.



Replacement: anti roll bar links – SEAT Ateca (KH7). Tip from AUTODOC experts:

- Examine stabiliser bushes. Replace them if needed.

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



11 Install a new stabiliser link and tighten the fasteners. Use a combination spanner #19. Use HEX No.H5. Use a ratchet wrench.



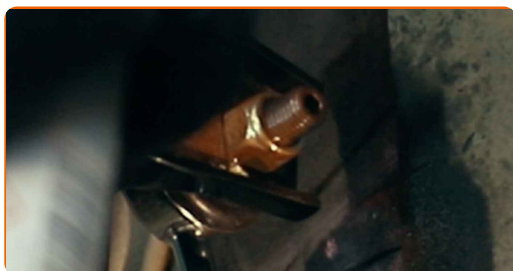
12 Tighten the fastener connecting the stabilizer link to the shock strut. Use a drive socket #19. Use a torque wrench. Tighten it to 65 Nm torque.



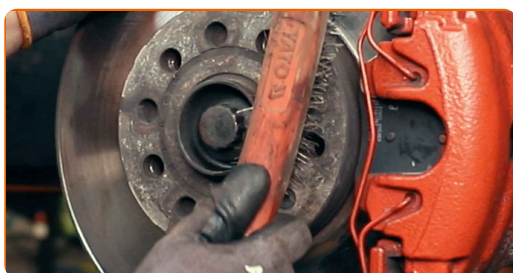
13 Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a drive socket #19. Use a torque wrench. Tighten it to 65 Nm torque.



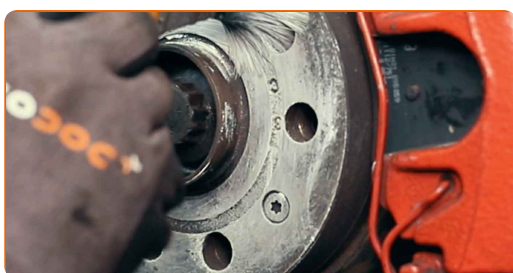
14 Treat all joints of the stabiliser link. Use copper grease.



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



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



17 Clean the brake disk surface. Use a brake cleaner.



AUTODOC recommends:

- Replacement: anti roll bar links – SEAT Ateca (KH7). After applying the spray, wait a few minutes.

18 Install the wheel.



AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. SEAT Ateca (KH7)

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



20 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.



21

Remove the jacks and chocks.



WELL DONE! 

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ANTI ROLL BAR LINKS: A WIDE SELECTION

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