



How to change front anti  
roll bar links on **SEAT**  
**Exeo ST (3R5)** –  
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 Exeo ST (3R5) 1.6, SEAT Exeo ST (3R5) 1.8 T, SEAT Exeo ST (3R5) 2.0 TFSI,  
SEAT Exeo ST (3R5) 2.0 TDI, SEAT Exeo ST (3R5) 1.8 TSI

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: AUDI A4 Avant (8E5, B6) 1.9 TDI

REPLACEMENT: ANTI ROLL BAR LINKS – SEAT EXEO ST (3R5). TOOLS YOU'LL NEED:



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

**Buy tools**

**AUTODOC recommends:**

- Replace the stabiliser links on SEAT Exeo ST (3R5) 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 – SEAT EXEO ST (3R5). TAKE THE FOLLOWING STEPS:**

**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 Exeo ST (3R5). AUTODOC experts recommend:

- 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.

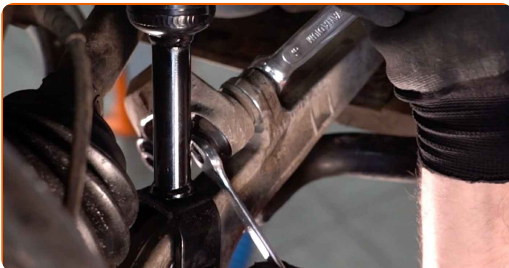


- 7** Unscrew the fasteners connecting the stabiliser link to the stabiliser bar. Use a combination spanner #16. Use a drive socket #16. Use a ratchet wrench.

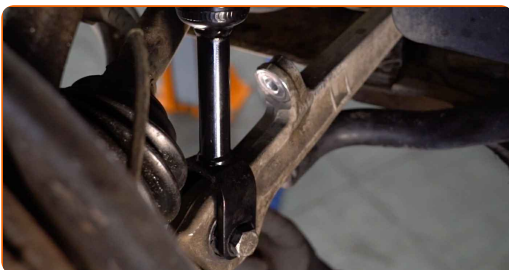


- 8** Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.

- 9** Unscrew the fastener connecting the stabilizer link to the control arm. Use a combination spanner #16 (2 pieces).



- 10** Remove the stabilizer rod.



Replacement: anti roll bar links – SEAT Exeo ST (3R5). Tip from AUTODOC:

- Examine stabiliser bushes. Replace them if needed.

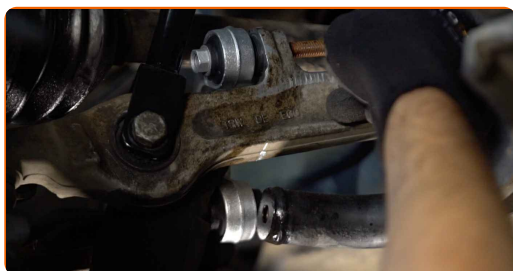
11

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



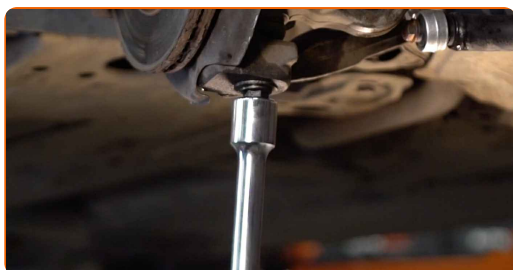
12

Install a new rod, tighten the fasteners. Use a combination spanner #16.



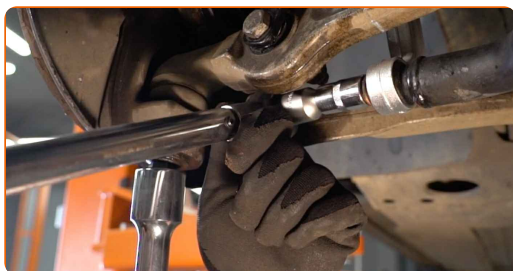
13

Support the arm. Use a hydraulic transmission jack.



14

Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #16. Use a drive socket #16. Use a torque wrench. Tighten it to 40 Nm torque.+90°



**AUTODOC recommends:**

- Important! Be sure to use new fasteners.

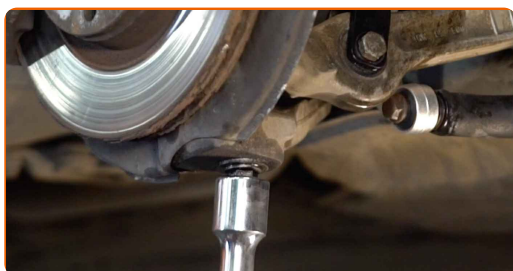
**15** Install the rod fastening to the stabilizer and tighten it. Use a combination spanner #16. Use a drive socket #16. Use a torque wrench. Tighten it to 40 Nm torque.+90°



**AUTODOC recommends:**

- Important! Be sure to use new fasteners.

**16** Remove the support from under the arm.



**AUTODOC recommends:**

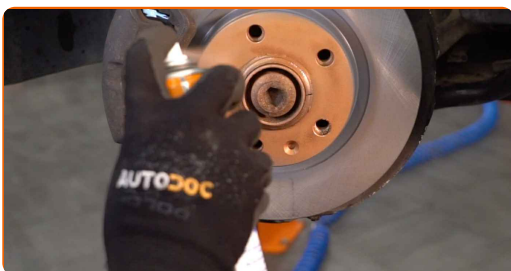
- Replacement: anti roll bar links – SEAT Exeo ST (3R5). Lower the transmission jack smoothly, without jerks, to avoid damaging components and mechanisms.



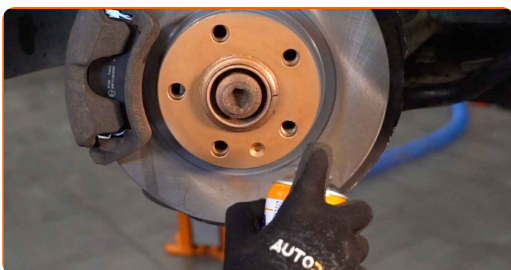
**17** Treat all joints of the stabiliser link. Use copper grease.



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



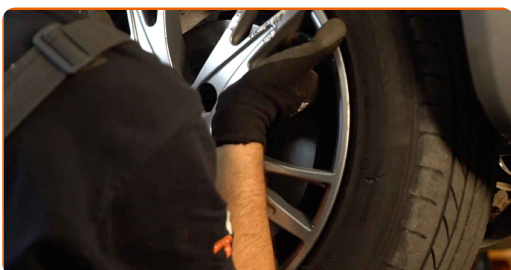
**19** Clean the brake disk surface. Use a brake cleaner.



Replacement: anti roll bar links – SEAT Exeo ST (3R5). Professionals recommend:

- After applying the spray, wait a few minutes.

**20** Install the wheel.



**AUTODOC recommends:**

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. SEAT Exeo ST (3R5)

**21**

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



**22**

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.



**23**

Remove the jacks and chocks.



**WELL DONE!** 

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