



How to change rear 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

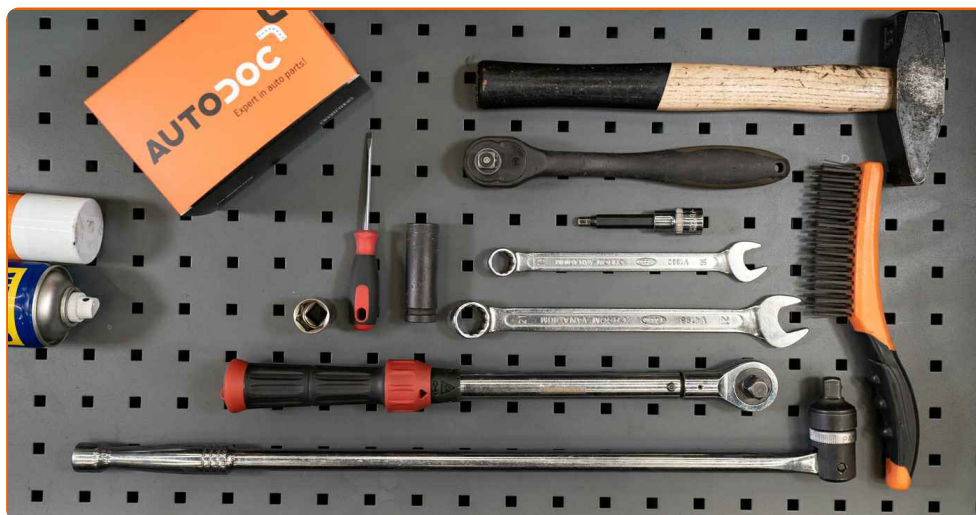
Important!

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

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 Saloon (8E2, B6) 1.8 T quattro

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



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Combination spanner #16
- Combination spanner #18
- Drive socket # 13
- Wheel impact socket #17
- Ratchet wrench
- Torque wrench
- Hydraulic transmission jack
- Wheel chock

Buy tools

AUTODOC recommends:

- Replace stabilizer links on SEAT Exeo ST (3R5) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – SEAT Exeo ST (3R5) – 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 Exeo ST (3R5)

5

Remove the wheel.

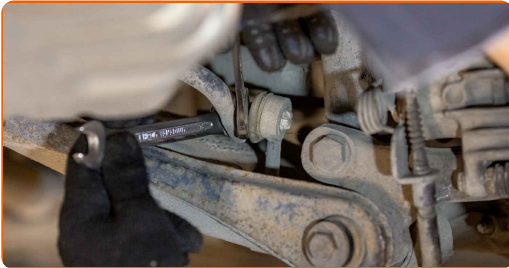


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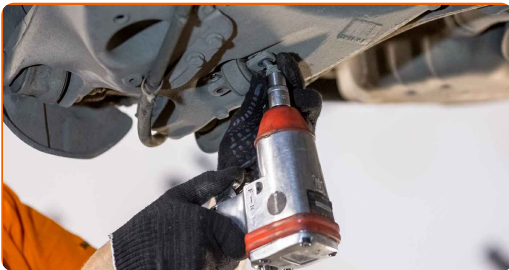
Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.



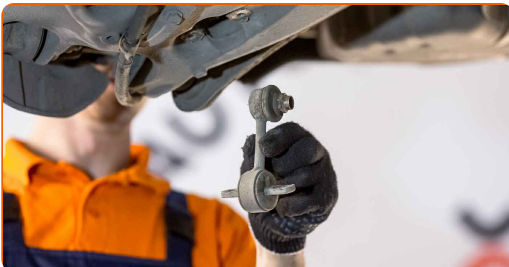
- 7** Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #16. Use a combination spanner #18.



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



- 9** Remove the stabilizer rod.



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

- 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 rod, tighten the fasteners.

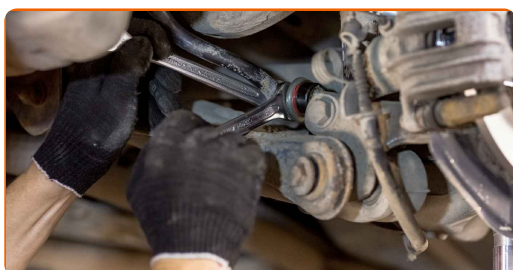


12 Tighten the fastener connecting the stabilizer bar with the control arm. Use a drive socket #13. Use a torque wrench. Tighten it to 25 Nm torque.

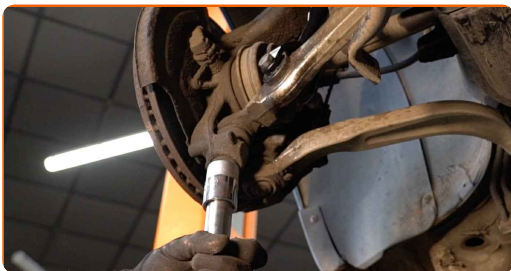


13 Support the arm. Use a hydraulic transmission jack.

14 Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #16. Use a torque wrench. Tighten it to 40 Nm torque.



15 Remove the support from under the arm.



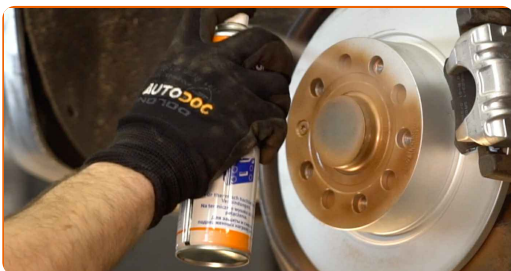
AUTODOC recommends:

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

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



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



18 Clean the wheel rim mounting seat. Use a brake cleaner.



AUTODOC recommends:

- Replacement: anti roll bar links – SEAT Exeo ST (3R5). After applying the spray, wait a few minutes.

19 Install the wheel.



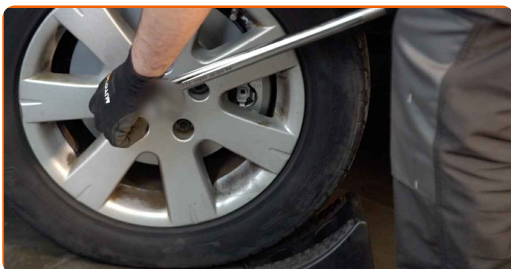
AUTODOC recommends:

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

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



- 21 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.



- 22 Remove the jacks and chocks.



WELL DONE! 

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ANTI ROLL BAR LINKS: A WIDE SELECTION

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