



How to change rear
shock absorbers 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 Saloon (8EC, B7) 2.0 TFSI

REPLACEMENT: SHOCK ABSORBERS – SEAT EXEO ST (3R5). LIST OF THE TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Torque wrench
- Combination spanner #21
- Torx bit T25
- Drive socket # 13
- Drive socket # 16
- Drive socket # 18
- Drive socket # 21
- Wheel impact socket #17
- Ratchet wrench
- Tap wrench
- Shock absorber socket #DD6
- Vice
- Crow bar
- Hydraulic transmission jack
- Wheel chock

Buy tools

Replacement: shock absorbers – SEAT Exeo ST (3R5). Professionals recommend:

- Both shock absorbers of the rear suspension should be replaced simultaneously.
- The replacement procedure is identical for the left and right shock absorbers of the rear suspension.
- 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:

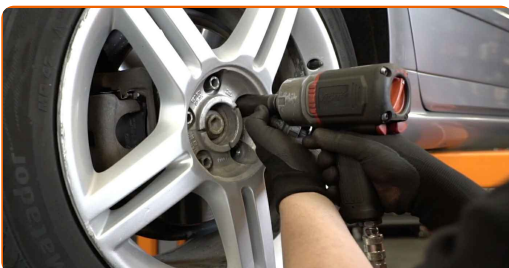
1 Secure the wheels with chocks.

2 Loosen the wheel mounting bolts. Use wheel impact socket #17.



3 Raise the rear of the car and secure on supports.

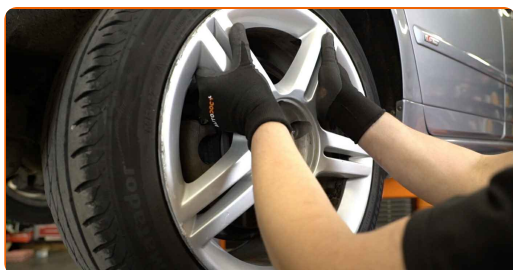
4 Unscrew the wheel bolts.



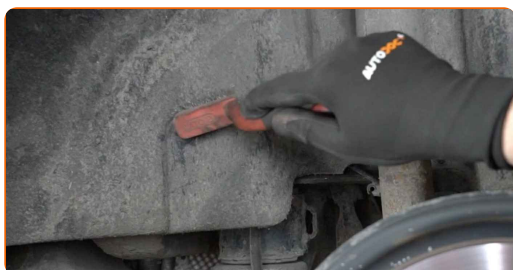
Replacement: shock absorbers – SEAT Exeo ST (3R5). AUTODOC recommends:

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

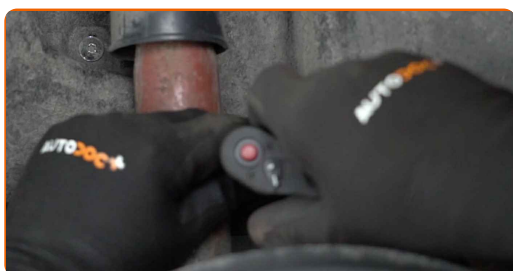
5 Remove the wheel.



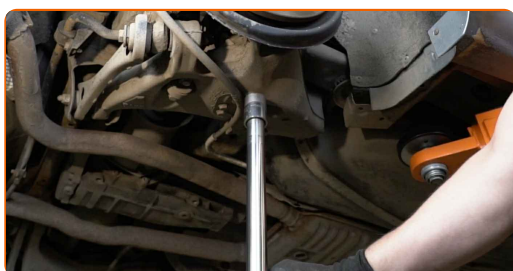
6 Clean the fasteners of the locker. Use a wire brush. Use WD-40 spray.



7 Unscrew and remove the wheel arch cover fasteners. Use Torx T25. Use a ratchet wrench.

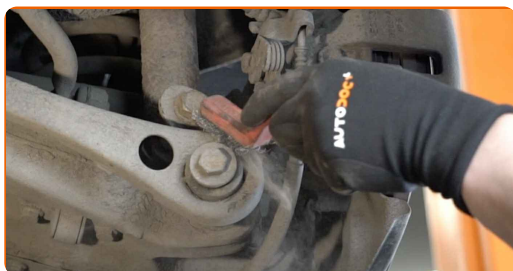


8 Support the arm. Use a hydraulic transmission jack.



9

Clean the shock absorber fasteners. Use a wire brush. Use WD-40 spray.



10

Unscrew the lower fastener of the shock absorber. Use a combination spanner #21. Use a drive socket #21. Use a tap wrench.



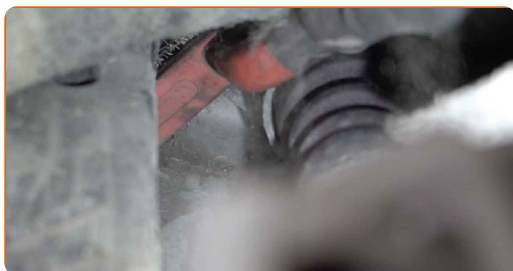
11

Remove the fastening bolt.

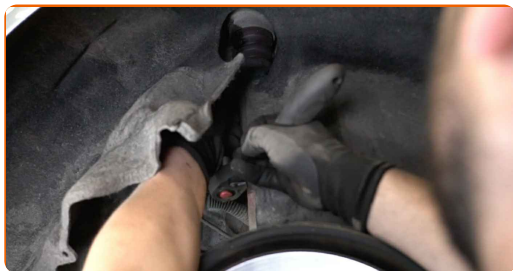


12

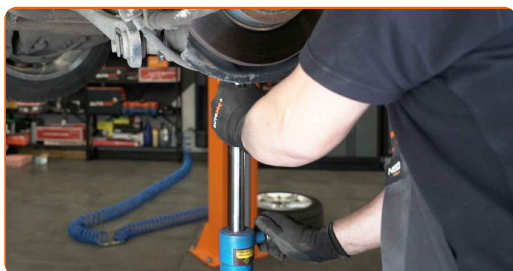
Clean the shock absorber fasteners. Use a wire brush. Use WD-40 spray.



13 Unscrew the upper fastener of the shock absorber. Use a drive socket #13. Use a ratchet wrench.



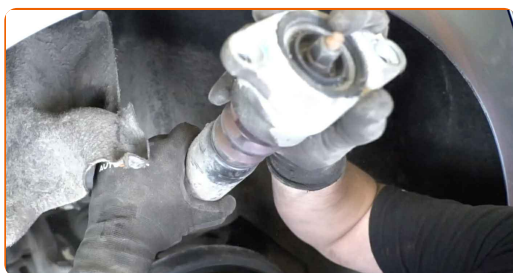
14 Remove the support from under the arm.



AUTODOC recommends:

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

15 Remove the shock absorber.



16 Grip the shock absorber in a vice.



17

Remove the protective cap of the shock absorber mount. Use a crowbar.

18

Clean the shock absorber rod fastener. Use a wire brush. Use WD-40 spray.



19

Remove the shock absorber piston rod fastening. Use a shock absorber socket DDN^o6. Use a drive socket #16. Use a ratchet wrench.



20

Remove the shock absorber mount, boot and bump stop.



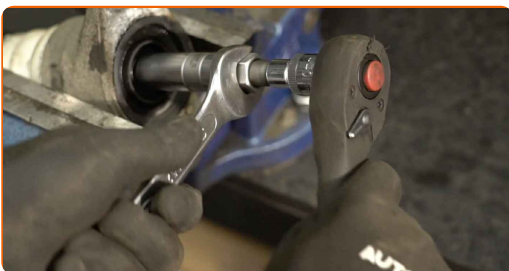
AUTODOC recommends:

- Replacement: shock absorbers – SEAT Exeo ST (3R5). Carefully inspect the mount, the boot, and the bump stop of the shock absorber. Replace if necessary.
- Before installing a new shock absorber you should pump it manually 3-5 times.

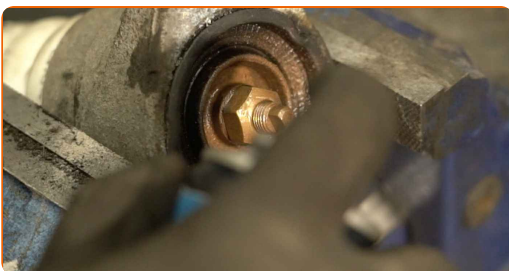
21 Install the mount, boot and bump stop onto a new shock absorber.



22 Tighten the shock absorber rod nut. Use a shock absorber socket DDN^o6. Use a drive socket #18. Use a torque wrench. Tighten it to 35 nm torque.

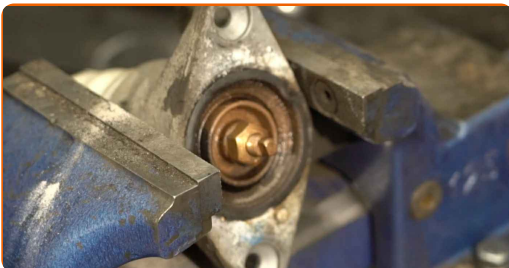


23 Treat the shock absorber rod fastener. Use copper grease.



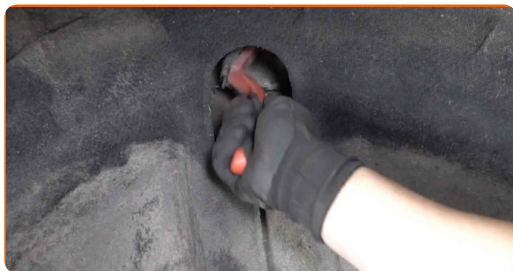
24 Install the protective cap of the shock absorber mount.

25 Release the vice and take out the shock absorber.



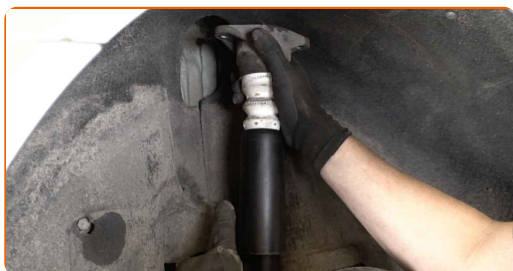
26

Clean the shock absorber mounting seats. Use a wire brush. Use WD-40 spray.



27

Place the shock absorber in the wheel arch and secure it.

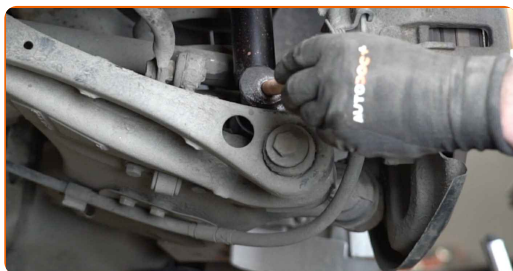


Replacement: shock absorbers – SEAT Exeo ST (3R5). Tip from AUTODOC:

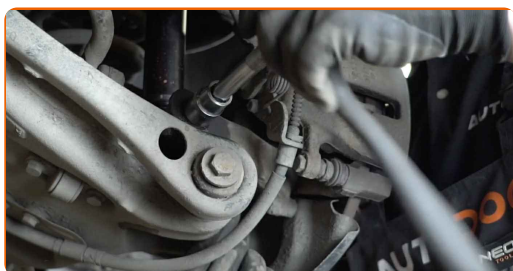
- To avoid injury, hold the shock absorber cautiously tight when screwing in the fastening bolts.

28

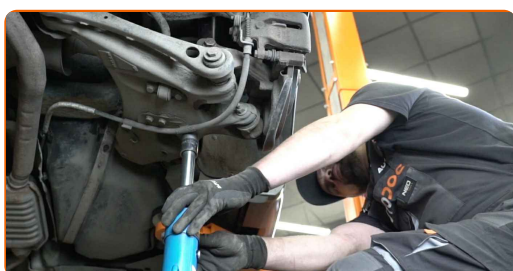
Install the fastening bolt.



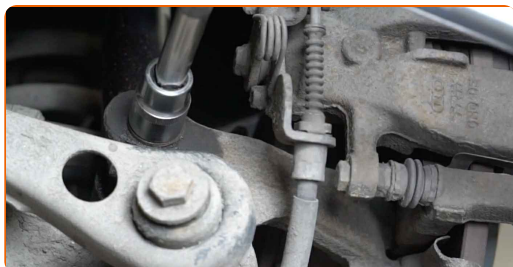
- 29** Screw in the lower fastener of the shock absorber. Use a combination spanner #21. Use a drive socket #21. Use a ratchet wrench.



- 30** Support the arm. Use a hydraulic transmission jack.



- 31** Tighten the lower fastener of the shock absorber. Use a combination spanner #21. Use a drive socket #21. Use a torque wrench. Tighten it to 150 Nm torque. +90°



AUTODOC recommends:

- Important! Be sure to use new fasteners.

- 32** Tighten the top shock absorber fastening. Use a drive socket #13. Use a torque wrench. Tighten it to 36 Nm torque.



- 33** Treat the shock absorber fasteners. Use copper grease.



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



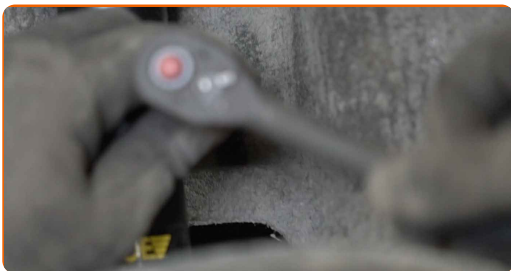
Replacement: shock absorbers – SEAT Exeo ST (3R5). Tip:

- Lower the hydraulic transmission jack smoothly, without jerks, to avoid damaging assemblies and mechanisms.

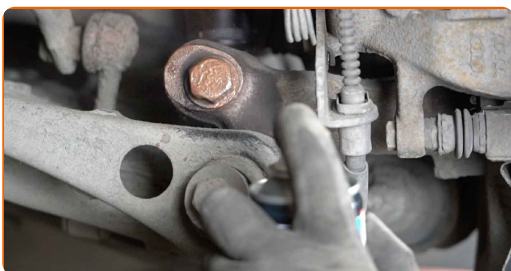
- 35** Install and tighten the wheel arch cover fasteners.



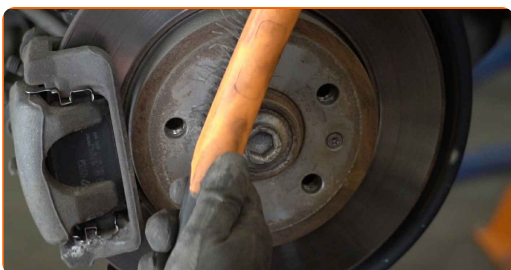
36 Use Torx T25. Use a ratchet wrench.



37 Treat the shock absorber fasteners. Use copper grease.



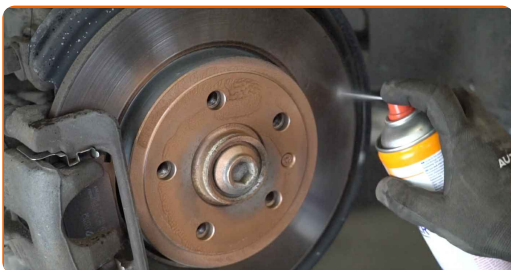
38 Clean the wheel rim mounting seat. Use a wire brush.



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



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

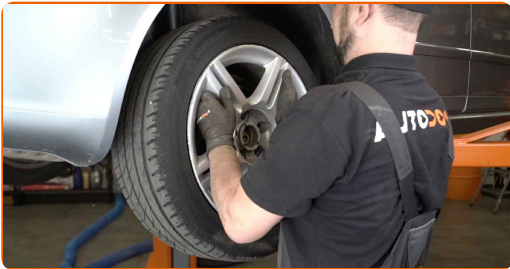


AUTODOC recommends:

- Replacement: shock absorbers – SEAT Exeo ST (3R5). After applying the spray, wait a few minutes.

41

Install the wheel.



Replacement: shock absorbers – SEAT Exeo ST (3R5). AUTODOC recommends:

- To avoid injury, hold up the wheel when screwing in the fastening bolts.

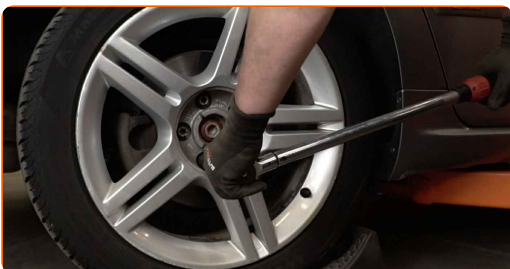
42

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



43

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.



44

Remove the jacks and chocks.



WELL DONE! 

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