



How to change front coil
springs 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) 1.8 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 (8D5, B5) 1.8 T

**REPLACEMENT: COIL SPRINGS – SEAT EXEO ST (3R5).
LIST OF THE TOOLS YOU'LL NEED:**



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Drive socket # 16
- Drive socket # 18
- Drive socket # 19
- Combination spanner #16
- Combination spanner #18
- Wheel impact socket #17
- Ratchet wrench
- Torque wrench
- Hammer
- Pin punch
- Flat chisel
- Rubber mallet
- Flat Screwdriver
- Hydraulic transmission jack
- Hydraulic strut spring compressor
- Fender cover
- Wheel chock

Buy tools

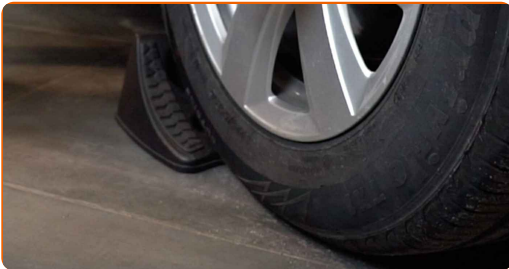
Replacement: coil springs – SEAT Exeo ST (3R5). AUTODOC experts recommend:

- Both coil springs of the front suspension should be replaced simultaneously.
- The replacement procedure is identical for the left and right coil springs of the front suspension.
- All work should be done with the engine stopped.

REPLACEMENT: COIL SPRINGS – SEAT EXEO ST (3R5). RECOMMENDED SEQUENCE OF STEPS:

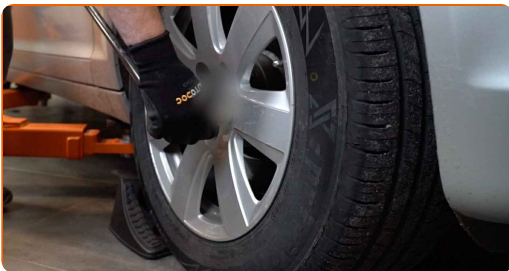
1

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.



AUTODOC recommends:

- Important! Hold the wheel while unscrewing the fastening bolts. SEAT Exeo ST (3R5)

5 Remove the wheel.



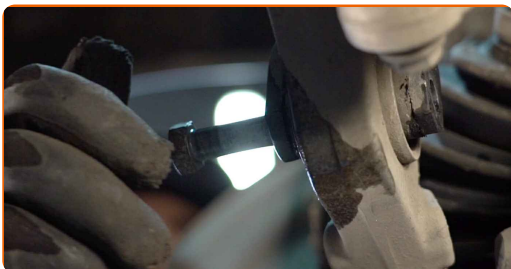
6 Clean the shock strut fasteners. Use a wire brush. Use WD-40 spray.



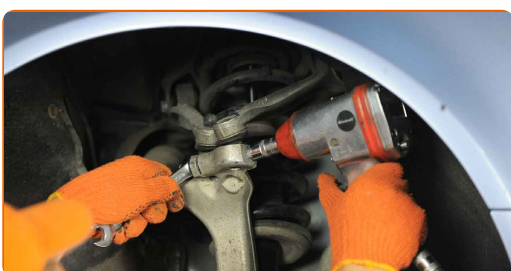
7 Unscrew the lower fastener of the shock absorber strut. Use a combination spanner #18. Use a drive socket #18. Use a ratchet wrench.



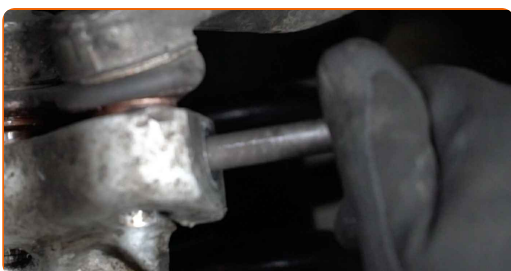
8 Remove the fastening bolt.



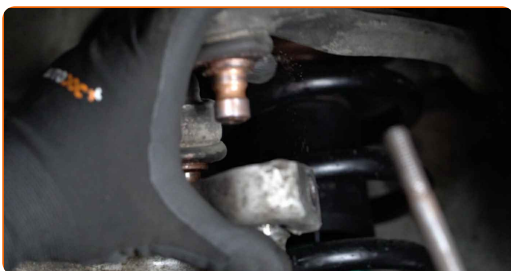
9 Unscrew the upper arm fastenings. Use a combination spanner #16. Use a drive socket #16. Use a ratchet wrench.



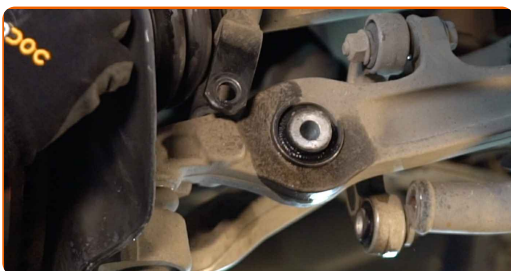
10 Remove the fastening bolt.



11 Detach the upper control arm from the steering knuckle. Use a flat metal-working chisel. Use a hammer.



12 Detach the bottom part of the shock strut.

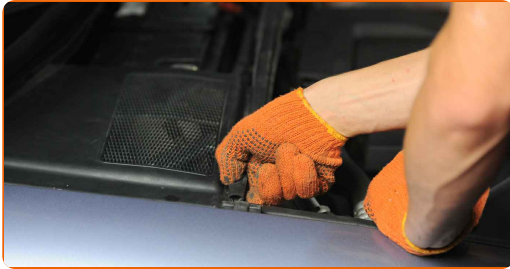


13 Lower the car.

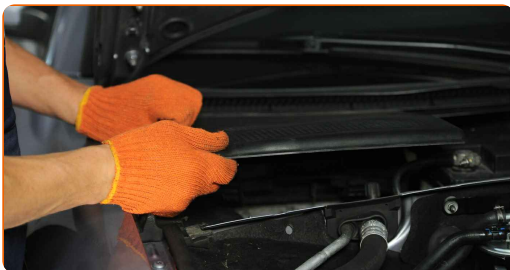
14 Open the bonnet.

15 Use a fender protection cover to prevent damaging paintwork and plastic parts of the car.

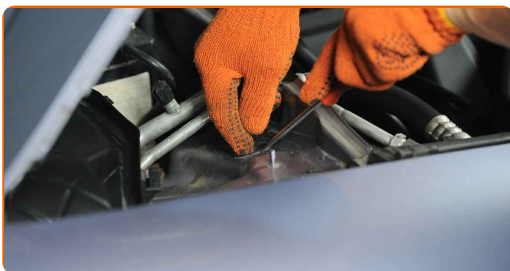
16 Remove the cowl grille seal.



17 Remove the wiper cowl grille located on the right side.



18 Remove the protective cap of the shock absorber mount. Use a flat screwdriver.



19 Unscrew the upper fasteners of the shock strut. Use a drive socket #16. Use a ratchet wrench.

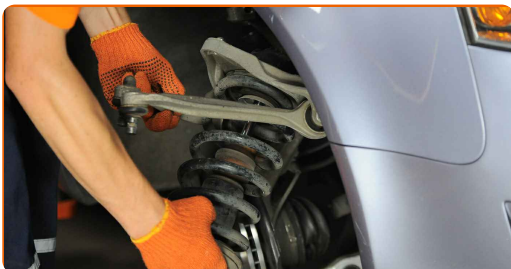


Replacement: coil springs – SEAT Exeo ST (3R5). AUTODOC recommends:

- To avoid injuries, hold the shock strut when undoing the fastening bolts.

20

Remove the suspension strut.



21

Set the shock absorber strut on the spring compressor tool.



Replacement: coil springs – SEAT Exeo ST (3R5). Tip:

- Note that when using a spring compressor, spring coils need to be securely gripped, compressing the spring on the opposite sides.
- Ensure the correct position of the spring in the retainer.
- Make sure that the spring coils tightly entered the lock handles.

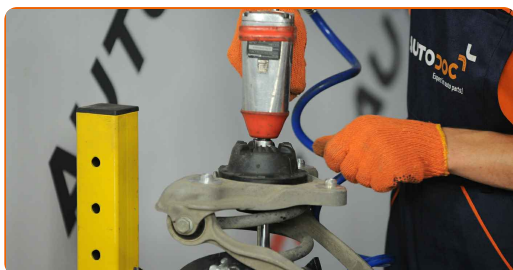
22 Compress the spring.



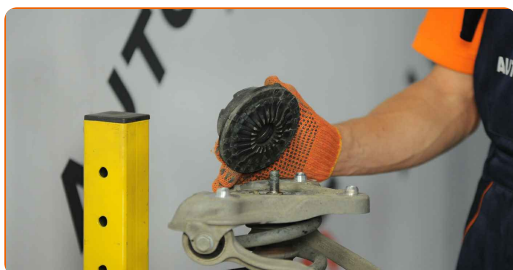
23 Treat the shock strut rod. Use a wire brush. Use WD-40 spray.



24 Remove the strut piston rod nut. Use a drive socket #19. Use a ratchet wrench.



25 Remove the upper shock absorber mount assembled with the control arms.



26 Release the coil spring.

27

Remove the spring.



Replacement: coil springs – SEAT Exeo ST (3R5). AUTODOC experts recommend:

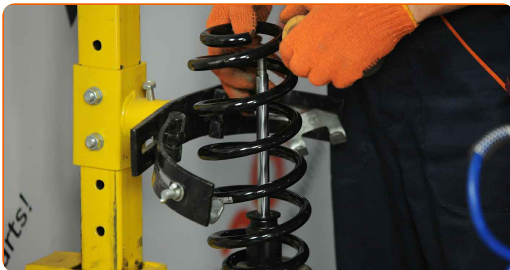
- Thoroughly examine the shock absorber mount, dust boot, bump stop. Replace them if necessary.

28

Remove the shock absorber dust cap and the bump stop.

29

Install the spring on the shock absorber.

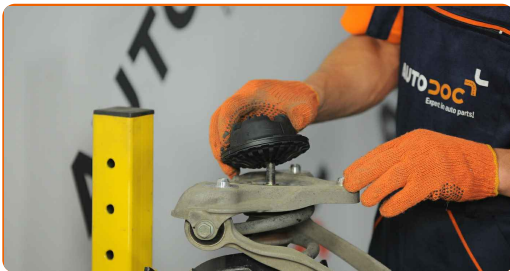


30

Install the boot and a bump stop onto the shock absorber.

31

Install the upper shock absorber mount assembled with the control arms.



32 Compress the spring.



33 Tighten the shock strut piston rod nut. Use a drive socket #19. Use a ratchet wrench. Use a torque wrench. Tighten it to 50 Nm torque.



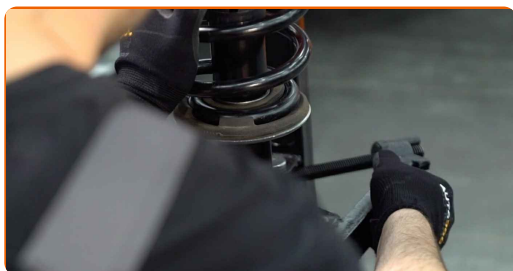
Replacement: coil springs – SEAT Exeo ST (3R5). Tip from AUTODOC experts:

- Check to make sure the spring is positioned correctly. Avoid its misalignment.

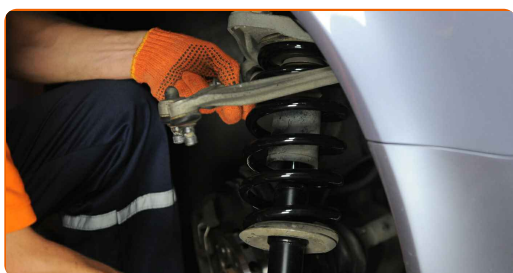
34 Decompress the spring.



35 Remove the assembled shock strut.



36 Install the shock strut into the wheel arch.

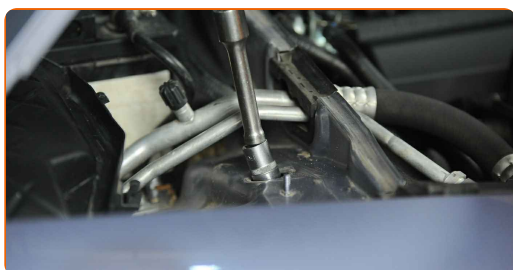


37 Secure the upper fasteners of the shock strut.

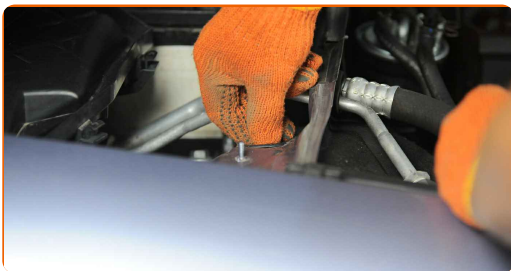
AUTODOC recommends:

- SEAT Exeo ST (3R5) – To avoid injury, hold the suspension strut while screwing in the fastening bolts.

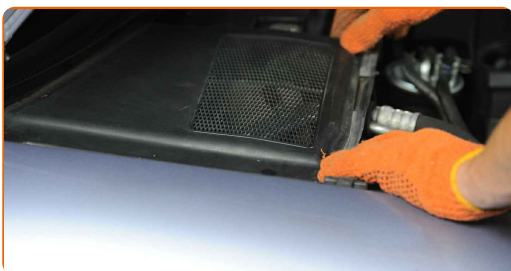
38 Tighten the upper fasteners of the shock strut. Use a drive socket #16. Use a torque wrench. Tighten it to 75 Nm torque.



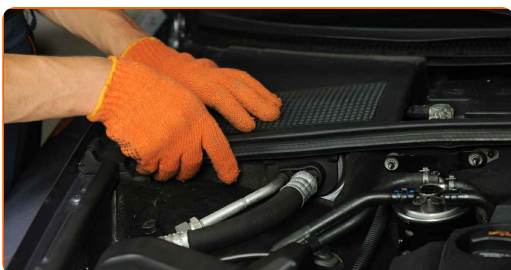
39 Install the protective cap of the shock absorber mount.



40 Install and secure the wiper cowl grille located on the right side.



41 Install the cowl grille seal.



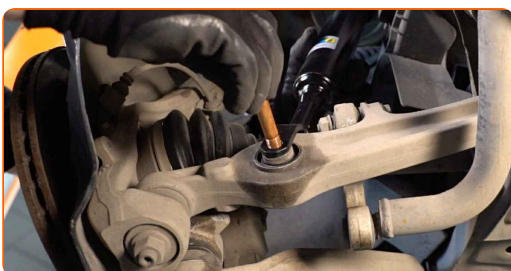
42 Remove the fender protection cover.

43 Close the hood.

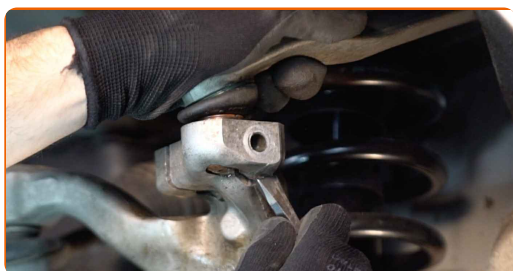
44 Raise the front of the car and secure on supports.

45 Attach the bottom part of the shock strut.

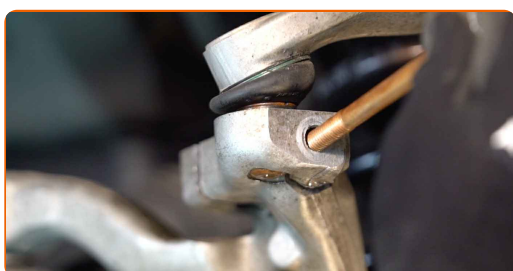
46 Install the fastening bolt.



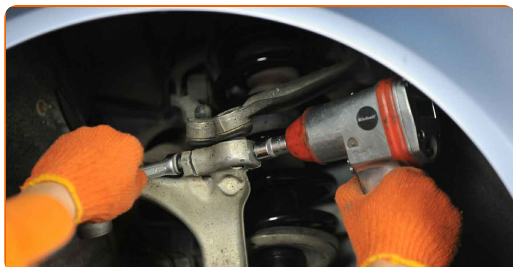
- 47 Attach the upper control arm to the steering knuckle. Use a rubber mallet. Use a flat metal-working chisel. Use a hammer.



- 48 Install the fastening bolt. Use a hammer. Use a pin punch.



- 49 Tighten the upper arm fastenings. Use a combination spanner #16. Use a drive socket #16. Use a torque wrench. Tighten it to 40 Nm torque.



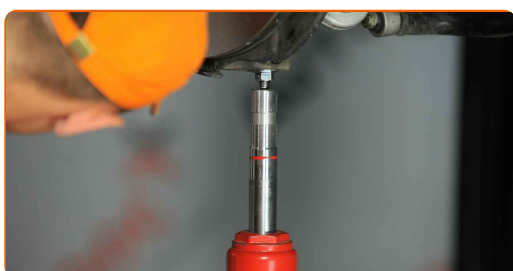
- 50 Prop up the steering knuckle. Use a hydraulic transmission jack.



- 51** Tighten the lower fastening of the shock absorber. Use a combination spanner #18. Use a drive socket #18. Use a torque wrench. Tighten it to 90 Nm torque.



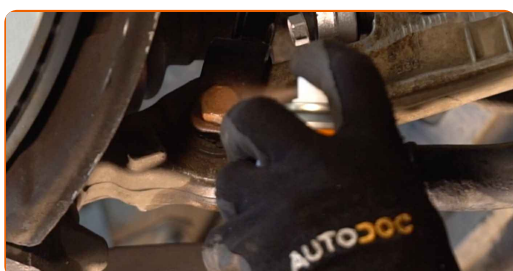
- 52** Remove the support from under the steering knuckle.



AUTODOC recommends:

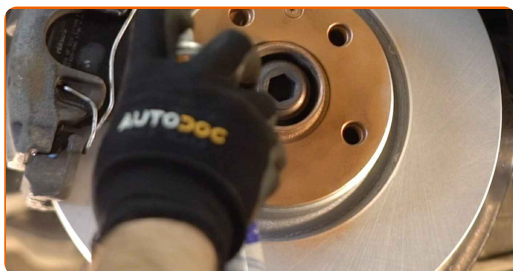
- SEAT Exeo ST (3R5) – Do not lower the transmission jack sharply to avoid damaging components and mechanisms of the car.

- 53** Treat the shock strut fasteners. Treat the fasteners connecting the control arm to the steering knuckle. Use copper grease.



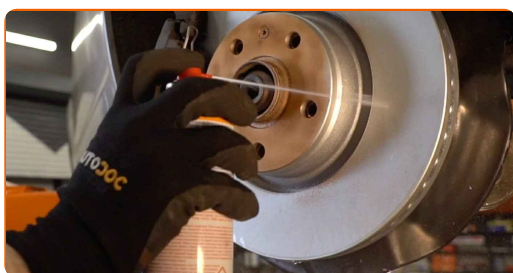
54

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



55

Clean the brake disk surface. Use a brake cleaner.



Replacement: coil springs – SEAT Exeo ST (3R5). Tip from AUTODOC:

- After applying the spray, wait a few minutes.

56

Install the wheel.



AUTODOC recommends:

- Important! Hold the wheel while screwing in the fastening bolts. SEAT Exeo ST (3R5)

57

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



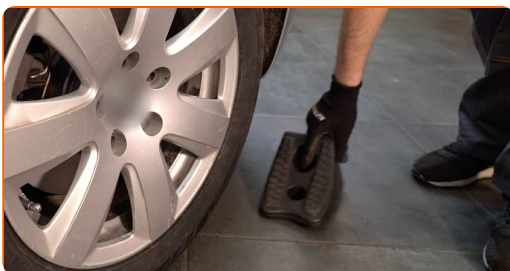
58

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.



59

Remove the jacks and chocks.



WELL DONE! 

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COIL SPRINGS: A WIDE SELECTION

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