



How to change front
strut mount on **SEAT**
Exeo ST (3R5) –
replacement guide

SIMILAR VIDEO TUTORIAL



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

i 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 (8D5, B5) 1.8 T

REPLACEMENT: STRUT MOUNT – 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
- Combination spanner #16
- Combination spanner #18
- Wheel impact socket #17
- Ratchet wrench
- Torque wrench
- Hammer
- Pin punch
- Flat chisel
- Rubber mallet
- Flat Screwdriver
- Crow bar
- Hydraulic transmission jack
- Hydraulic strut spring compressor
- Fender cover
- Wheel chock

[Buy tools](#)

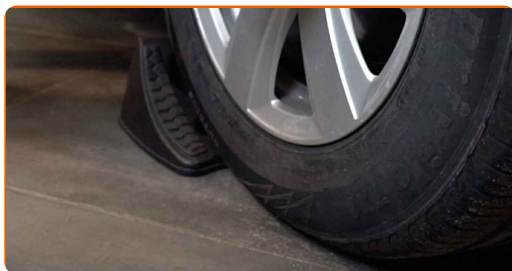
Replacement: strut mount – SEAT Exeo ST (3R5). AUTODOC recommends:

- The replacement procedure is identical for the mounts of the left and right shock struts of the front suspension.
- All mounts of the front shock struts should be replaced simultaneously.
- Warning! Shut down the engine before starting any work – SEAT Exeo ST (3R5).

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 front of the car and secure on supports.

4

Unscrew the wheel bolts.



Replacement: strut mount – SEAT Exeo ST (3R5). Tip:

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

5

Remove the wheel.



6

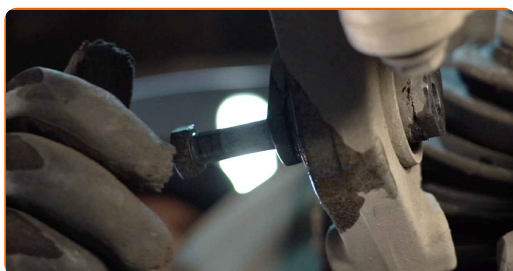
Clean the shock strut fasteners. Use a wire brush. Use WD-40 spray.



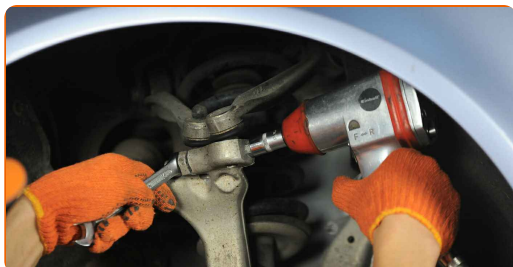
- 7** Unscrew the lower fastener of the shock absorber strut. Use a combination spanner #18. Use a drive socket #18. Use a ratchet wrench.



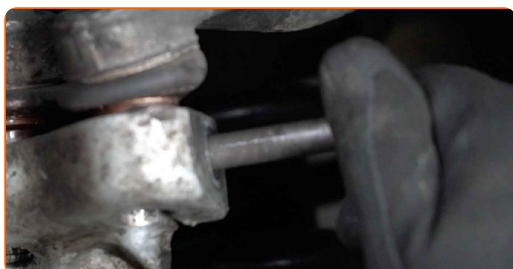
- 8** Remove the fastening bolt.



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

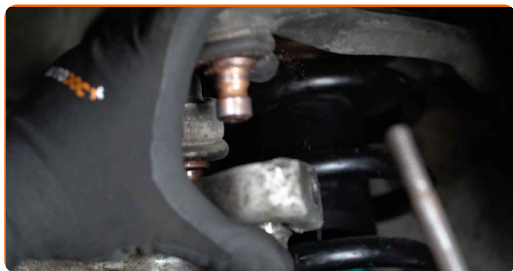


- 10** Remove the fastening bolt.



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

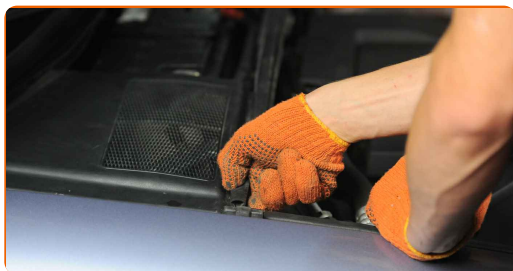
Open the bonnet.

15

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

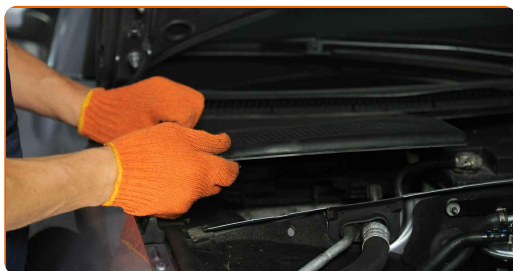
16

Remove the cowl grille seal.



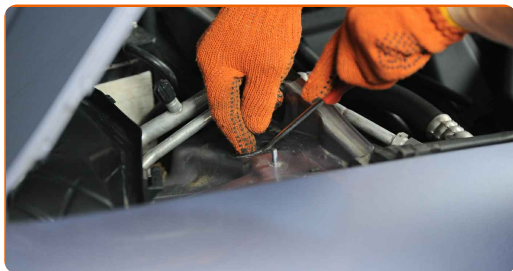
17

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.

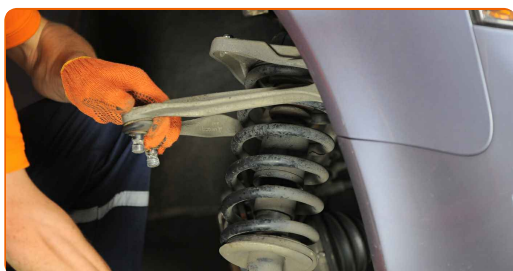


AUTODOC recommends:

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

20

Remove the suspension strut.



21

Set the shock absorber strut on the spring compressor tool.

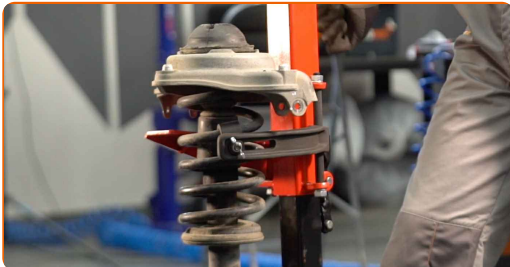


Replacement: strut mount – SEAT Exeo ST (3R5). Tip from AUTODOC experts:

- 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.



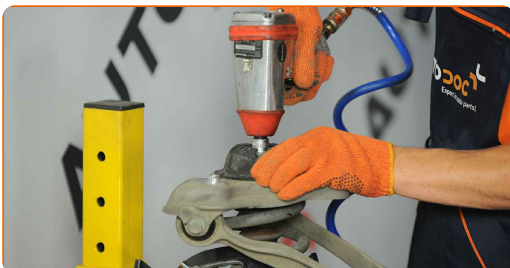
23

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



24

Remove the strut piston rod nut. Use a drive socket #18. Use a ratchet wrench.



25

Remove the top strut mount.

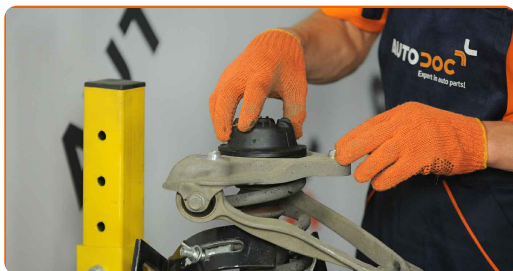


Replacement: strut mount – SEAT Exeo ST (3R5). Tip from AUTODOC:

- Examine the shock absorber dust cap and the bump stop. Replace them if necessary.

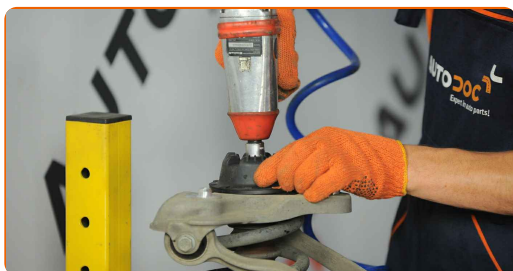
26

Install a new top shock strut mount.



27

Tighten the shock strut piston rod nut. Use a drive socket #18. Use a ratchet wrench. Use a torque wrench. Tighten it to 50 Nm torque.



AUTODOC recommends:

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

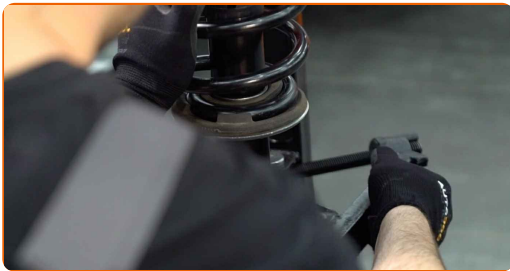
28

Decompress the spring.



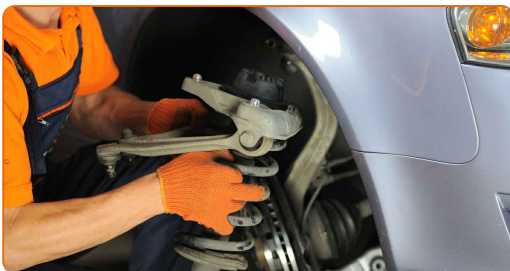
29

Remove the assembled shock strut.



30

Install the shock strut into the wheel arch.



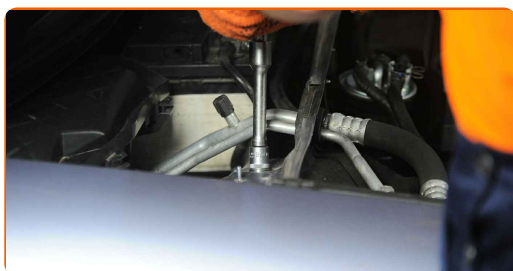
31

Secure the upper fasteners of the shock strut.

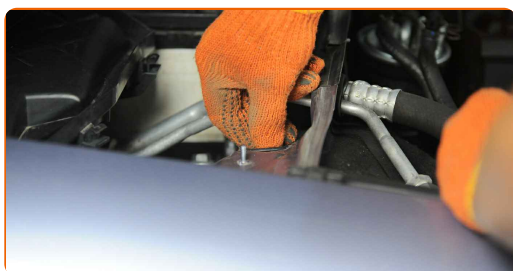
AUTODOC recommends:

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

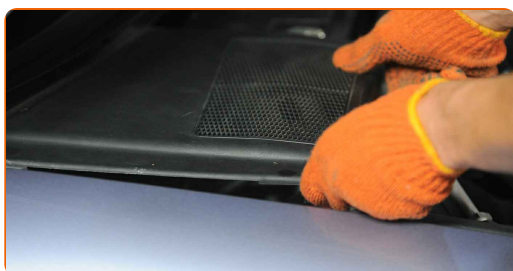
- 32** Tighten the upper fasteners of the shock strut. Use a drive socket #16. Use a torque wrench. Tighten it to 75 Nm torque.



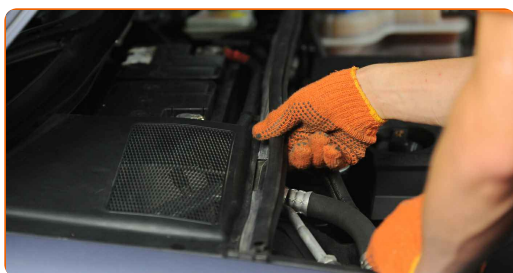
- 33** Install the protective cap of the shock absorber mount.



- 34** Install and secure the wiper cowl grille located on the right side.



- 35** Install the cowl grille seal.



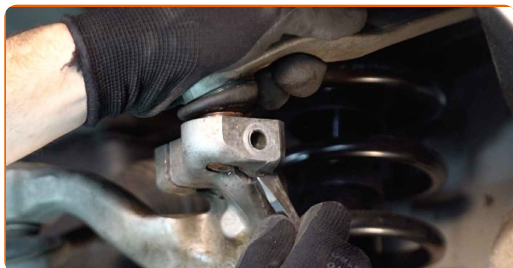
- 36** Remove the fender protection cover.

- 37** Close the hood.

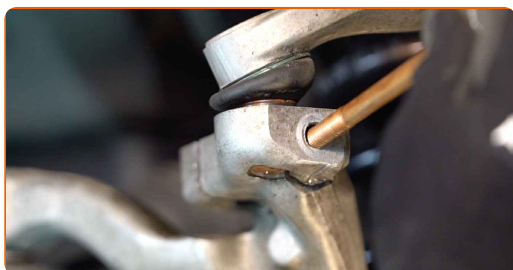
- 38** Raise the front of the car and secure on supports.

39 Attach the bottom part of the shock strut.

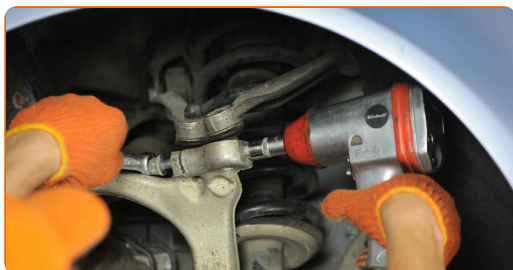
40 Attach the upper control arm to the steering knuckle. Use a rubber mallet. Use a flat metal-working chisel. Use a hammer. Use a crowbar.



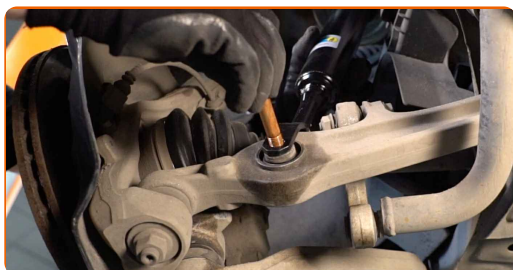
41 Install the fastening bolt. Use a hammer. Use a pin punch.



42 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.



43 Install the fastening bolt.



44

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



45

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.



46

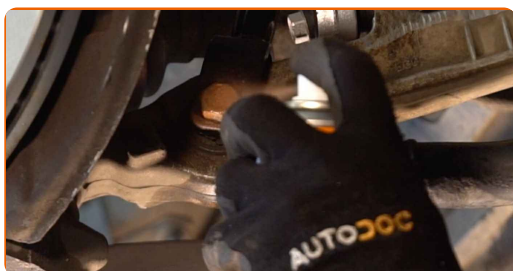
Remove the support from under the steering knuckle.



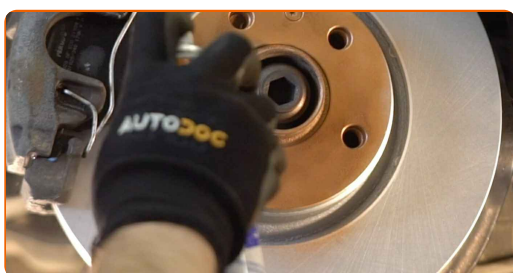
Replacement: strut mount – SEAT Exeo ST (3R5). AUTODOC experts recommend:

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

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



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



- 49** Clean the brake disk surface. Use a brake cleaner.



AUTODOC recommends:

- After applying the spray, wait a few minutes.

- 50** Install the wheel.



Replacement: strut mount – SEAT Exeo ST (3R5). AUTODOC recommends:

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

51

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



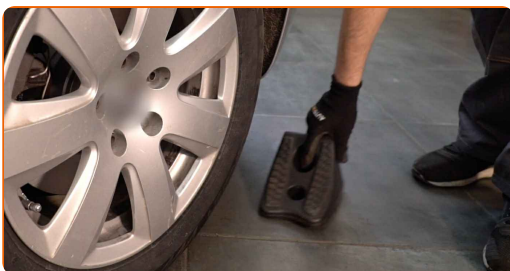
52

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.



53

Remove the jacks and chocks.



WELL DONE! 

VIEW MORE TUTORIALS

AUTODOC – TOP QUALITY AND AFFORDABLE CAR PARTS ONLINE

AUTODOC MOBILE APP: GREAT DEALS AND CONVENIENT SHOPPING





 GET IT ON
Google Play

 Download on the
App Store

Download

A GREAT SELECTION OF SPARE PARTS FOR YOUR CAR

STRUT MOUNT: A WIDE SELECTION

ⓘ **DISCLAIMER:**

The document contains only general recommendations that may be useful for you when you perform repair or replacement work. AUTODOC shall not be liable for any loss, injury, damage of property occurring in the repair or replacement process due to incorrect use or misinterpretation of the provided information.

AUTODOC shall not be liable for any possible mistakes and uncertainties in this guide. The information provided is for information purposes only and cannot replace advice from specialists.

AUTODOC shall not be liable for incorrect or hazardous usage of equipment, tools and car parts. AUTODOC strongly recommends to be careful and observe the safety rules when performing repair or replacement works. Remember: usage of low quality auto parts does not guarantee you the appropriate level of road safety.

© Copyright 2023 – All the contents of this website, in particular texts, photographs and graphics, are protected by copyright. All rights, including reproduction, publication, editing and translation rights, are reserved by AUTODOC SE.