



How to change front
lower arm 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!

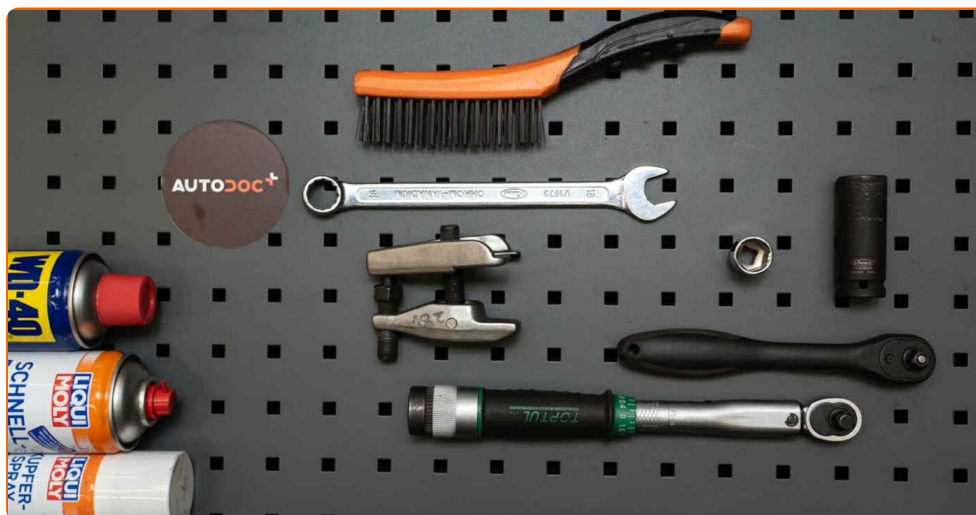
This replacement procedure can be used for:

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 (8EC, B7) 2.0 TFSI

REPLACEMENT: FRONT LOWER ARM – SEAT EXEO ST (3R5). LIST OF THE TOOLS YOU'LL NEED:



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

Buy tools

Replacement: front lower arm – SEAT Exeo ST (3R5). Professionals recommend:

- The replacement procedure is identical for the left and right lower control arms.
- 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 front of the car and secure on supports.

4 Unscrew the wheel bolts.



Replacement: front lower arm – SEAT Exeo ST (3R5). Tip:

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

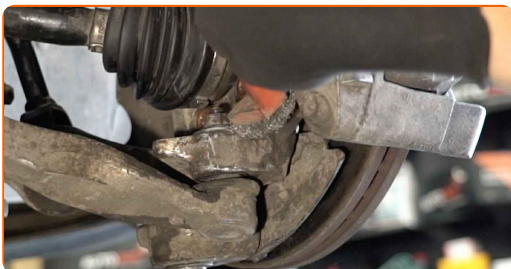
5

Remove the wheel.



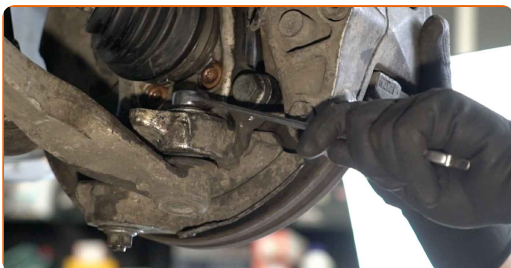
6

Clean all joints of the arm. Use a wire brush. Use WD-40 spray.

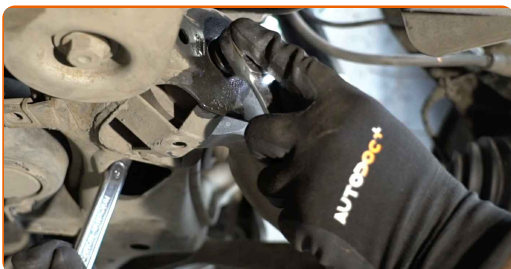


7

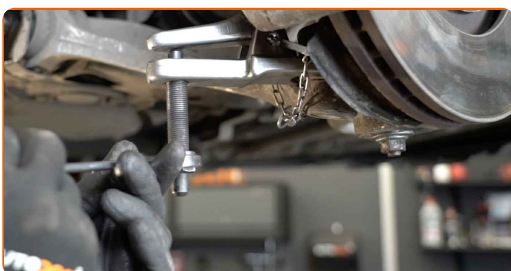
Unscrew the ball joint fastening to the steering knuckle. Use a combination spanner #18.



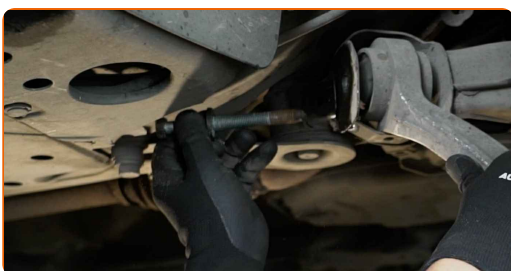
- 8 Unscrew the rear fastener connecting the control arm to the subframe. Use a combination spanner #18 (2 pieces).



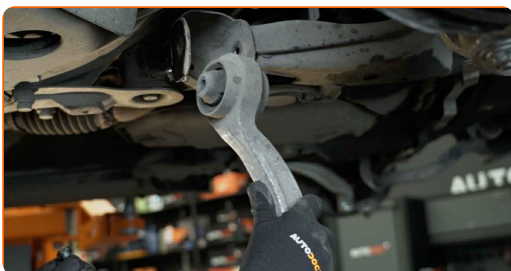
- 9 Disconnect the ball joint from the steering knuckle. Use a ball joint puller.



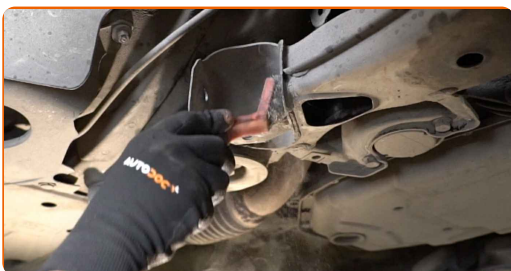
- 10 Remove the fastening bolt.



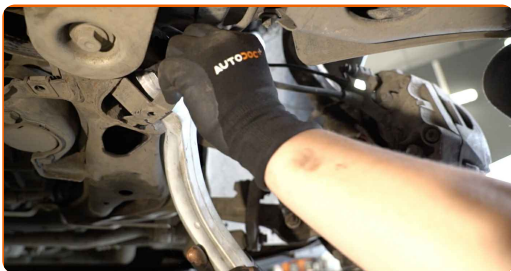
- 11 Remove the arm.



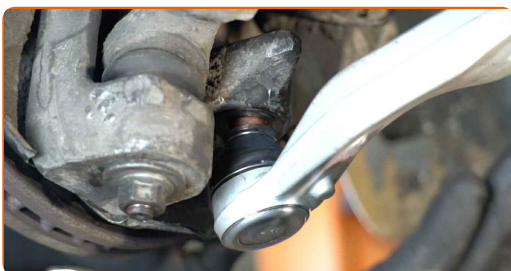
- 12 Clean the mounting seats and the thread of the suspension arm. Use a wire brush. Use WD-40 spray.



13 Install a new arm.



14 Connect the ball joint to the steering knuckle.



15 Install the fastening bolt.

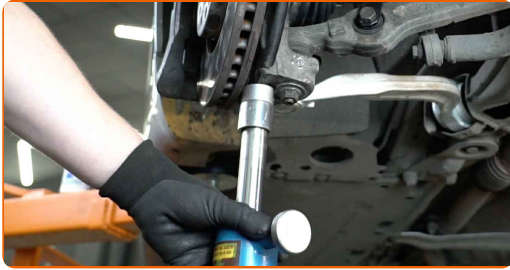
16 Screw the fasteners of the ball joint. Use a combination spanner #18.



17 Screw the rear arm fastener. Use a combination spanner #18 (2 pieces).



18 Support the arm. Use a hydraulic transmission jack.



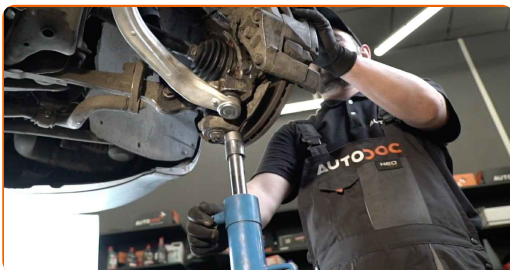
19 Tighten the rear fastener connecting the arm to the body subframe. Use a combination spanner #18. Use a drive socket #18. Use a torque wrench. Tighten it to 70 Nm torque.+180°



AUTODOC recommends:

- Important! Be sure to use new fasteners.

20 Remove the support from under the arm.



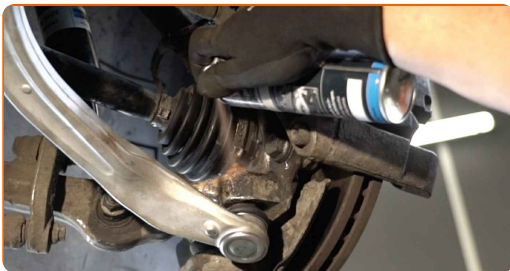
AUTODOC recommends:

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

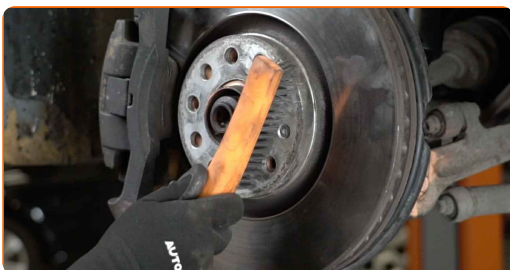
21 Tighten the ball joint fastener. Use a combination spanner #18. Use a torque wrench. Tighten it to 110 Nm torque.



22 Treat all joints of the arm. Use copper grease.

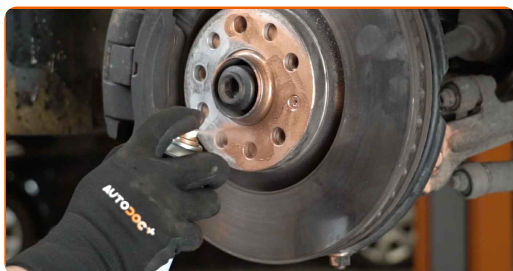


23 Clean the wheel rim mounting seat. Use a wire brush.



24

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



25

Clean the brake disk surface. Use a brake cleaner.



Replacement: front lower arm – SEAT Exeo ST (3R5). AUTODOC recommends:

- After applying the spray, wait a few minutes.

26

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)

27

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



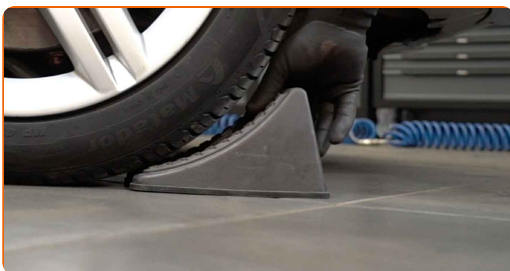
28

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.



29

Remove the jacks and chocks.



WELL DONE! 

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