



How to change front anti
roll bar links on **SEAT**
LEON ST Box Body /
Estate (5F8) –
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 LEON ST Box Body / Estate (5F8) 1.0 TSI, SEAT LEON ST Box Body / Estate (5F8) 1.2 TSI, SEAT LEON ST Box Body / Estate (5F8) 1.4 TSI, SEAT LEON ST Box Body / Estate (5F8) 1.8 TFSI, SEAT LEON ST Box Body / Estate (5F8) 2.0 Cupra, SEAT LEON ST Box Body / Estate (5F8) 2.0 Cupra 4Drive, SEAT LEON ST Box Body / Estate (5F8) 1.6 TDI, SEAT LEON ST Box Body / Estate (5F8) 2.0 TDI, SEAT LEON ST Box Body / Estate (5F8) 2.0 TDI 4Drive

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: VW GOLF VI (5K1) 2.0 GTi

REPLACEMENT: ANTI ROLL BAR LINKS – SEAT LEON
ST BOX BODY / ESTATE (5F8). LIST OF THE TOOLS
YOU'LL NEED:



- Wire brush
- WD-40 spray
- Copper grease
- Combination spanner #18
- XZN socket bit # 6
- Wheel impact socket #17
- Ratchet wrench
- Torque wrench
- Wheel chock

Buy tools

AUTODOC recommends:

- Replace the stabiliser links on SEAT LEON ST Box Body / Estate (5F8) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- All work should be done with the engine stopped.

REPLACEMENT: ANTI ROLL BAR LINKS – SEAT LEON ST BOX BODY / ESTATE (5F8). RECOMMENDED SEQUENCE OF STEPS:

1 Secure the wheels with chocks.



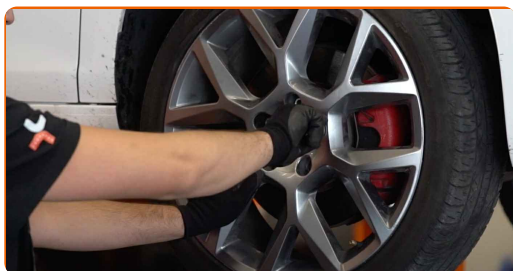
2 Loosen the wheel mounting bolts. Use wheel impact socket #17.



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

4

Unscrew the wheel bolts.

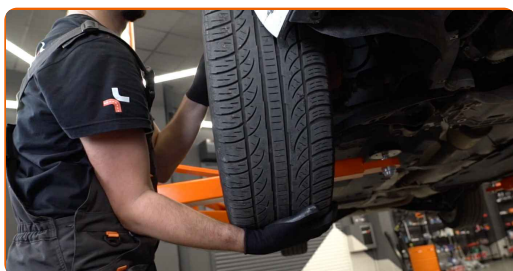


AUTODOC recommends:

- Important! Hold the wheel while unscrewing the fastening bolts. SEAT LEON ST Box Body / Estate (5F8)

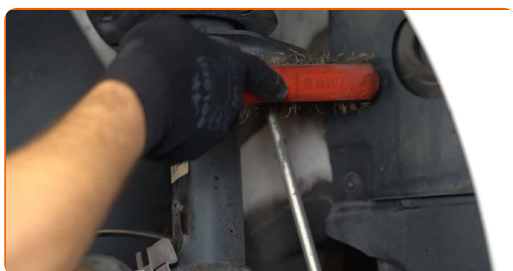
5

Remove the wheel.



6

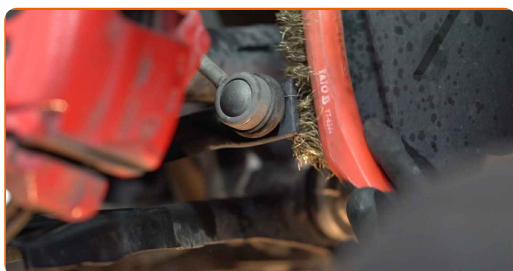
Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.



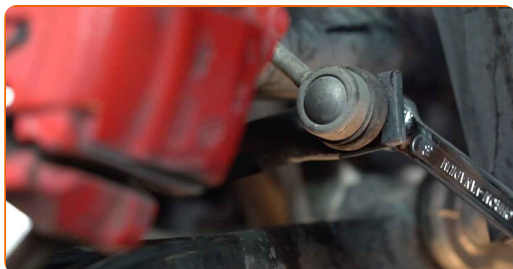
- 7 Unscrew the fastener connecting the stabilizer link to the shock strut. Use a combination spanner #18. Use XZN #6. Use a ratchet wrench.



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



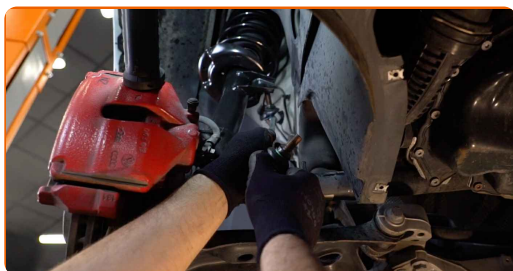
- 9 Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #18. Use XZN #6. Use a ratchet wrench.



- 10 Remove the stabilizer rod.



11 Install a new rod, tighten the fasteners.



12 Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #18. Use XZN #6. Use a torque wrench. Tighten it to 65 nm torque.



13 Tighten the fastener connecting the stabilizer link to the shock strut. Use a combination spanner #18. Use XZN #6. Use a torque wrench. Tighten it to 65 nm torque.



14 Clean the wheel rim mounting seat. Use a wire brush. Treat the contacting surface. Use copper grease.



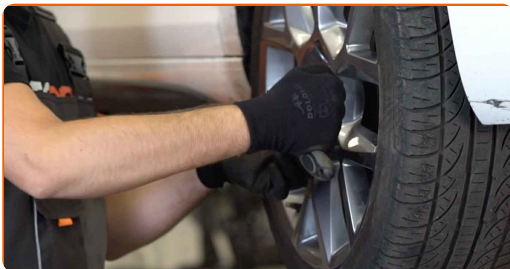
15 Install the wheel.



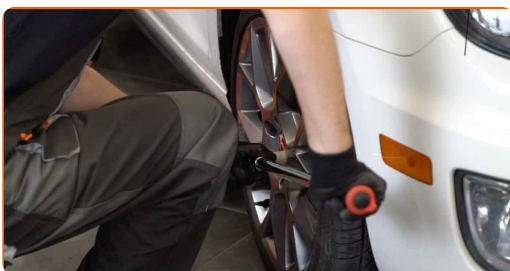
AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. SEAT LEON ST Box Body / Estate (5F8)

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

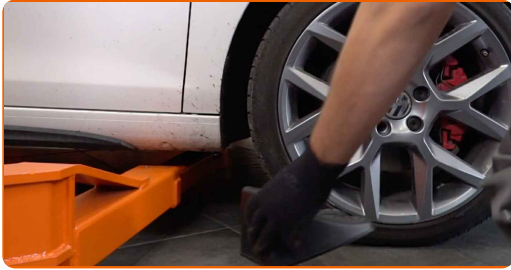


17 Lower the car and working in a cross order, tighten the wheel bolts. Use a torque wrench. Tighten it to 120 Nm torque.



18

Remove the jacks and chocks.



WELL DONE! 

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ANTI ROLL BAR LINKS: A WIDE SELECTION

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