



How to change front anti
roll bar links on **SKODA
ROOMSTER Praktik (5J)**
– 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:

SKODA ROOMSTER Praktik (5J) 1.2 TSI, SKODA ROOMSTER Praktik (5J) 1.2 TDI, SKODA ROOMSTER Praktik (5J) 1.6 TDI, SKODA ROOMSTER Praktik (5J) 1.2, SKODA ROOMSTER Praktik (5J) 1.4, SKODA ROOMSTER Praktik (5J) 1.4 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: SKODA Fabia I Combi (6Y5) 1.2

REPLACEMENT: ANTI ROLL BAR LINKS – SKODA ROOMSTER PRAKTIK (5J). LIST OF THE TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Copper grease
- Combination spanner #16
- Combination spanner #17
- HEX bit No.H5
- Wheel impact socket #17
- Ratchet wrench
- Torque wrench

Buy tools

AUTODOC recommends:

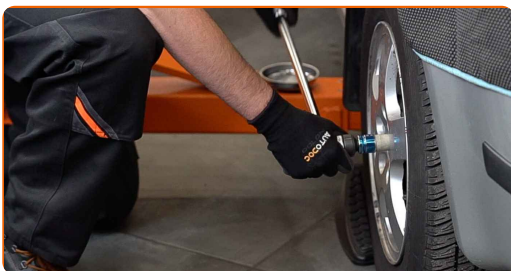
- Replace the stabiliser links on SKODA ROOMSTER Praktik (5J) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – SKODA ROOMSTER Praktik (5J) – should be done with the engine switched off.

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.



AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts.
SKODA ROOMSTER Praktik (5J)

5

Remove the wheel.



6.1

Clean the stabiliser link fasteners.



6.2

Use a wire brush. Use WD-40 spray.



- 7 Unscrew the nut and remove the stabilizer rod from the shock strut. Use HEX No.H5. Use a combination spanner #16. Use a ratchet wrench.



- 8 Unscrew the fasteners connecting the stabiliser link to the stabiliser bar. Use HEX No.H5. Use a combination spanner #16. Use a ratchet wrench.



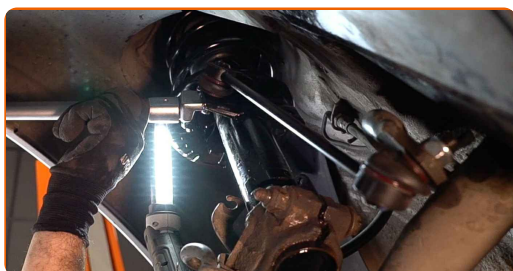
- 9 Remove the stabilizer rod.



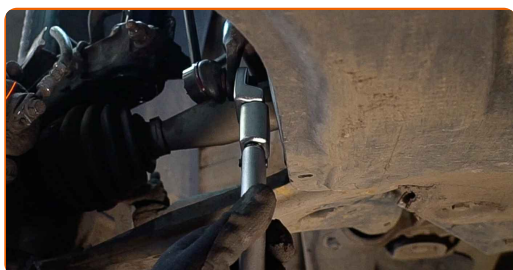
- 10 Install a new rod, tighten the fasteners.



- 11** Tighten the fastener connecting the stabilizer link to the shock strut. Use HEX No.H5. Use a combination spanner #17. Use a torque wrench. Tighten it to 40 Nm torque.



- 12** Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use HEX No.H5. Use a combination spanner #17. Use a torque wrench. Tighten it to 40 Nm torque.



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



- 14** Install the wheel.



AUTODOC recommends:

- Important! Hold the wheel while screwing in the fastening bolts. SKODA ROOMSTER Praktik (5J)

15

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



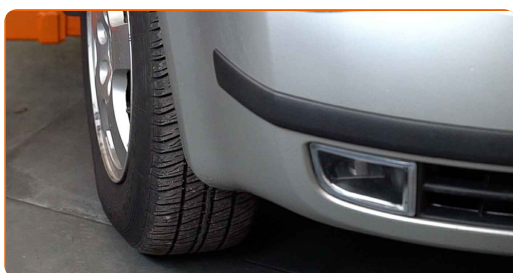
16

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.



17

Remove the jacks and chocks.



WELL DONE! 

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ANTI ROLL BAR LINKS: A WIDE SELECTION

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