



How to change front anti
roll bar links on **VW Golf**
Alltrack VIII (CG5) –
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:
VW Golf Alltrack VIII (CG5) 2.0 TDI 4motion

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 Passat Variant (3C5) 2.0 TDI

REPLACEMENT: ANTI ROLL BAR LINKS – VW GOLF ALLTRACK VIII (CG5). TOOLS YOU'LL NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Combination spanner #18
- Drive socket # 18
- HEX bit no.H5.
- Wheel impact socket #17
- Ratchet wrench
- Torque wrench
- Wheel chock

Buy tools

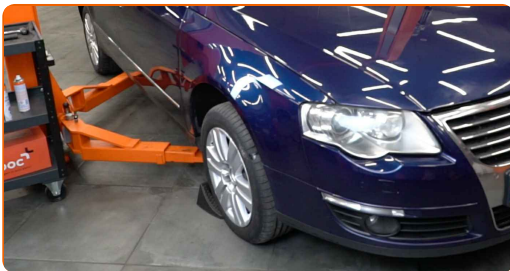
Replacement: anti roll bar links – VW Golf Alltrack VIII (CG5). AUTODOC recommends:

- Replace the stabiliser links on VW Golf Alltrack VIII (CG5) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – VW Golf Alltrack VIII (CG5) – should be done with the engine switched off.

CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:

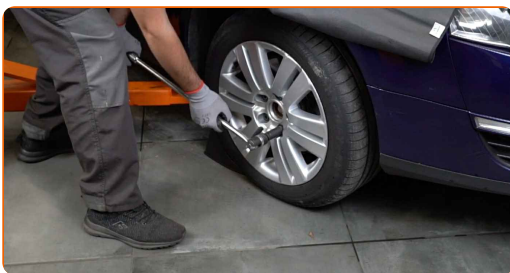
1

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.

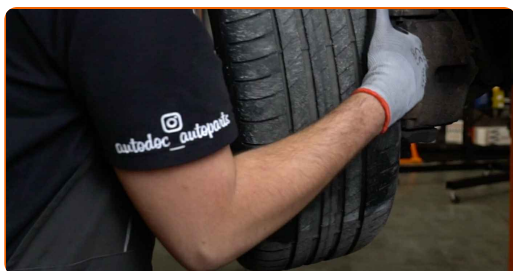
4 Unscrew the wheel bolts.



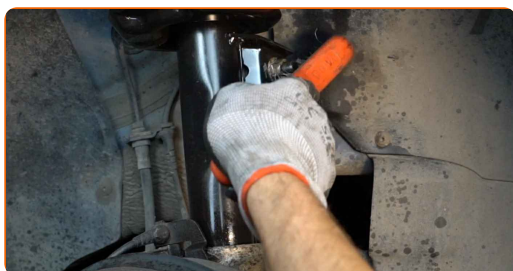
Replacement: anti roll bar links – VW Golf Alltrack VIII (CG5). AUTODOC experts recommend:

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

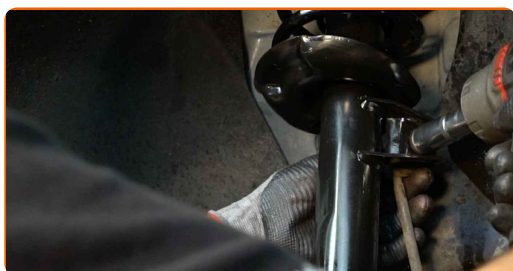
5 Remove the wheel.



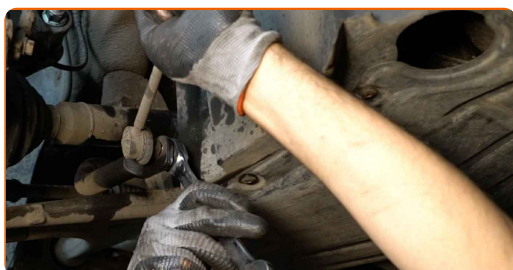
6 Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.



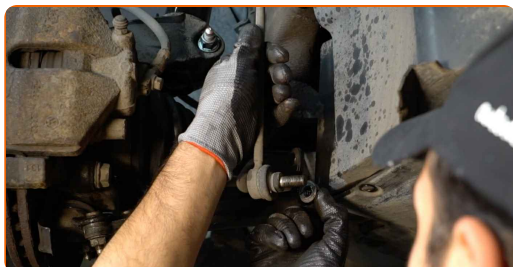
- 7** Unscrew the fastener connecting the stabilizer link to the shock strut. Use a drive socket #18. Use a ratchet wrench.



- 8** Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #18. Use HEX No.H5. Use a ratchet wrench.



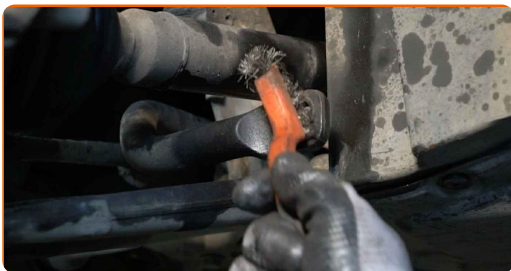
- 9** Remove the stabilizer rod.



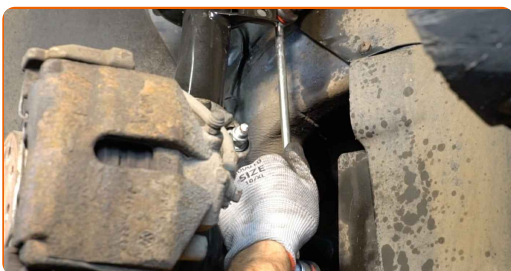
Replacement: anti roll bar links – VW Golf Alltrack VIII (CG5). Tip from AUTODOC:

- Examine stabiliser bushes. Replace them if needed.

10 Clean the mounting seats of the stabiliser link. Use a wire brush. Use WD-40 spray.



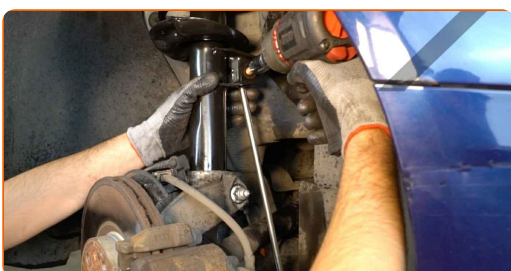
11 Install a new rod, tighten the fasteners.



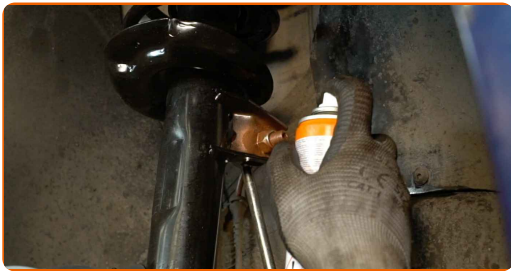
12 Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #18. Use a drive socket #18. Use a torque wrench. Tighten it to 65 Nm torque.



13 Tighten the fastener connecting the stabilizer link to the shock strut. Use a combination spanner #18. Use a drive socket #18. Use a torque wrench. Tighten it to 65 Nm torque.



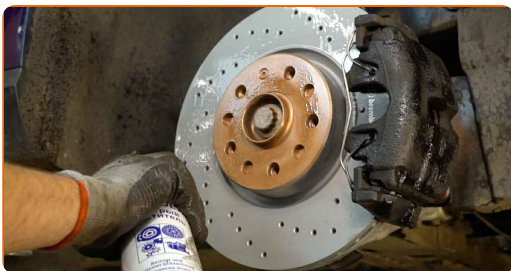
14 Treat all joints of the stabiliser link. Use copper grease.



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



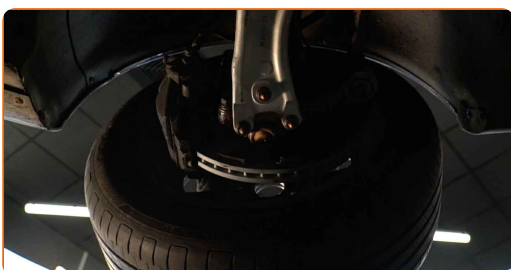
16 Clean the brake disk surface. Use a brake cleaner.



AUTODOC recommends:

- Replacement: anti roll bar links – VW Golf Alltrack VIII (CG5). After applying the spray, wait a few minutes.

17 Install the wheel.



Replacement: anti roll bar links – VW Golf Alltrack VIII (CG5). Tip:

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

18

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

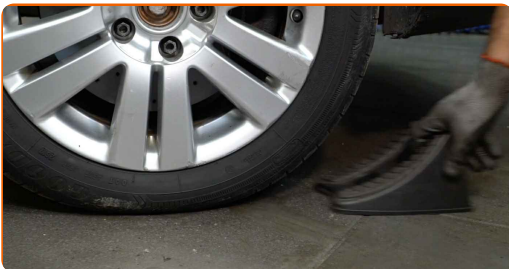


19

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.

20

Remove the jacks and chocks.



WELL DONE! 

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ANTI ROLL BAR LINKS: A WIDE SELECTION

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