



How to change front anti  
roll bar links on **VW**  
**TIGUAN (5N\_)** –  
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 TIGUAN (5N\_) 2.0 TDI 4motion, VW TIGUAN (5N\_) 2.0 TFSI, VW TIGUAN (5N\_) 1.4 TSI, VW TIGUAN (5N\_) 1.4 TSI 4motion, VW TIGUAN (5N\_) 2.0 TSI 4motion, VW TIGUAN (5N\_) 2.0 TFSI 4motion, VW TIGUAN (5N\_) 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: SEAT Leon Hatchback (1P1) 2.0 FSI

**REPLACEMENT: ANTI ROLL BAR LINKS – VW TIGUAN (5N\_). LIST OF THE TOOLS YOU'LL NEED:**



- Wire brush
- WD-40 spray
- Brake cleaner
- Ceramic grease
- Copper grease
- Torque wrench
- Combination spanner #18
- Combination spanner #19
- Drive socket # 18
- Drive socket # 19
- XZN socket bit #6
- HEX bit No.H5
- Wheel impact socket #17
- Ratchet wrench
- Wheel chock

**Buy tools**

**AUTODOC recommends:**

- Replace the stabiliser links on VW TIGUAN (5N\_) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – VW TIGUAN (5N\_) – 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 car.

**Replacement: anti roll bar links – VW TIGUAN (5N\_). Professionals recommend:**

- If you are using a jack, make sure it rests on a flat surface without any unevenness.
- Be sure to additionally secure the car with jack stands.

**4** Unscrew the wheel bolts.



**AUTODOC recommends:**

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts. VW TIGUAN (5N\_)

**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 XZN #6. Use a ratchet wrench.



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



- 9** Remove the stabiliser link.



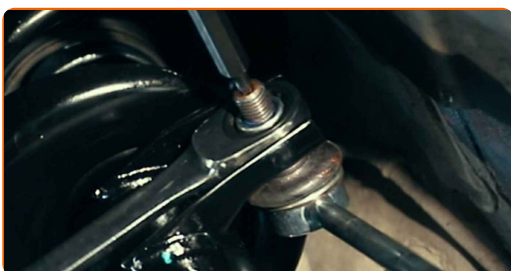
Replacement: anti roll bar links – VW TIGUAN (5N\_). Tip from AUTODOC experts:

- Examine stabiliser bushes. Replace them if needed.

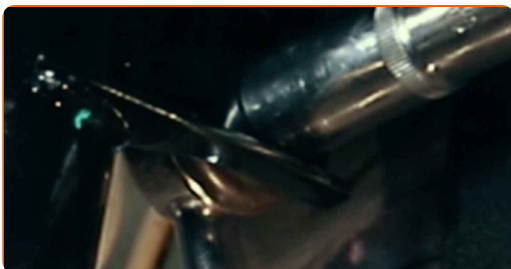
**10** Clean the mounting seats of the stabiliser link. Use a wire brush. Use WD-40 spray.



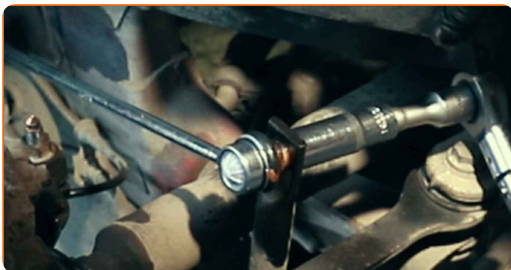
**11** Install a new stabiliser link and tighten the fasteners. Use a combination spanner #19. Use HEX No.H5. Use a ratchet wrench.



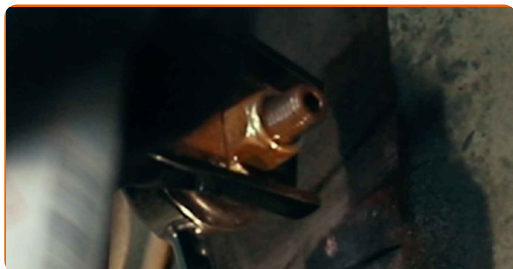
**12** Tighten the fastener connecting the stabilizer link to the shock strut. Use a drive socket #19. Use a torque wrench. Tighten it to 65 Nm torque.



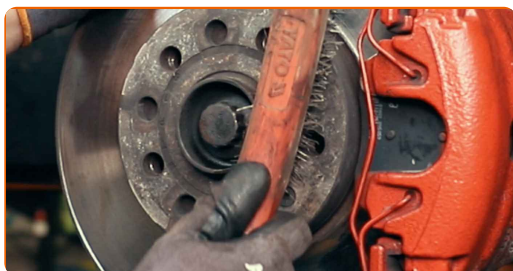
**13** Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a drive socket #19. Use a torque wrench. Tighten it to 65 Nm torque.



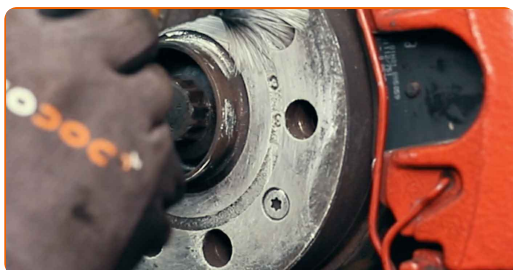
**14** Treat all joints of the stabiliser link. Use copper grease.



**15** Clean the wheel rim mounting seat. Use a wire brush.



**16** Treat the surface where the brake disc contacts the wheel rim. Use ceramic grease.



**17** Clean the brake disk surface. Use a brake cleaner.



**AUTODOC recommends:**

- Replacement: anti roll bar links – VW TIGUAN (5N\_). After applying the spray, wait a few minutes.



**18** Install the wheel.



**AUTODOC recommends:**

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. VW TIGUAN (5N\_)

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



**20** 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.



21

Remove the jacks and chocks.



**WELL DONE!** 

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**ANTI ROLL BAR LINKS: A WIDE SELECTION**

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