



How to change front anti
roll bar links on **Nissan X
Trail T30** – replacement
guide

VIDEO TUTORIAL



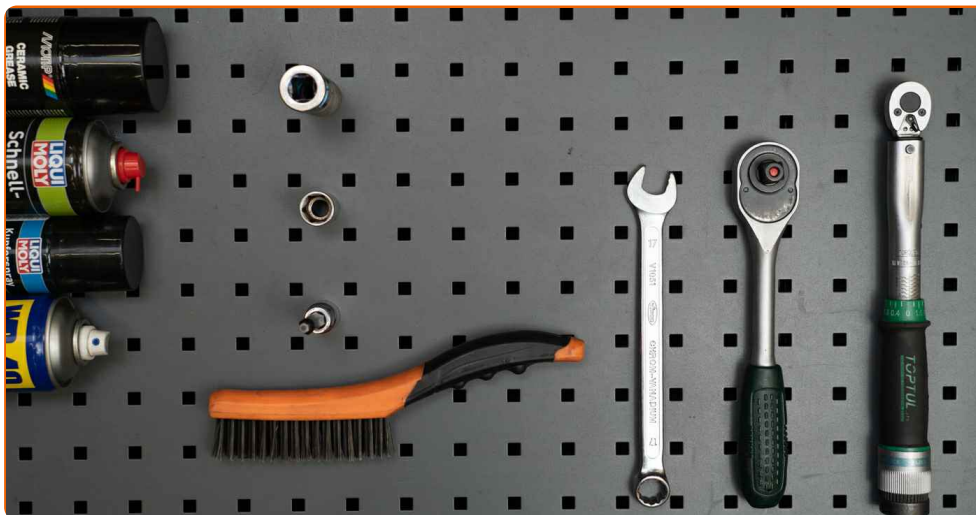
i Important!

This replacement procedure can be used for:

NISSAN X-Trail (T30) 2.0 4x4, NISSAN X-Trail (T30) 2.2 Di 4x4, NISSAN X-Trail (T30) 2.2 dCi 4x4, NISSAN X-Trail (T30) 2.0, NISSAN X-Trail (T30) 2.2 dCi, NISSAN X-Trail (T30) 2.5 4x4, NISSAN X-Trail (T30) 2.2 DCi, NISSAN X-Trail (T30) 2.2 DCi FWD

The steps may slightly vary depending on the car design.

REPLACEMENT: ANTI ROLL BAR LINKS – NISSAN X TRAIL T30. TOOLS YOU MIGHT NEED:



- Wire brush
- WD-40 spray
- Brake cleaner
- Ceramic grease
- Copper grease
- Torque wrench
- Combination spanner #17
- Drive socket # 17
- HEX bit No.H6
- Wheel impact socket #21
- Ratchet wrench
- Wheel chock

BUY TOOLS

AUTODOC recommends:

- Replace the stabiliser links on Nissan X Trail T30 in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – Nissan X Trail T30 – 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 #21.



3 Raise the car.



Replacement: anti roll bar links – Nissan X Trail T30. Tip:

- 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.

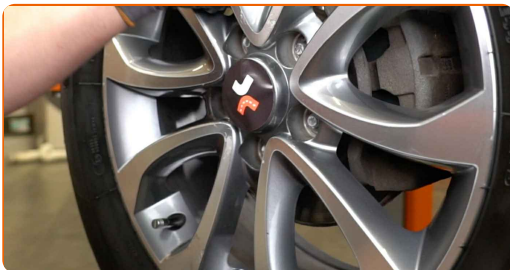


AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts.
Nissan X Trail T30

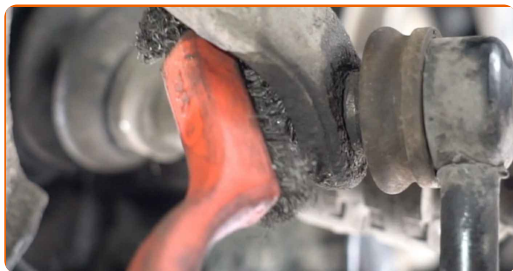
5

Remove the wheel.



6

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



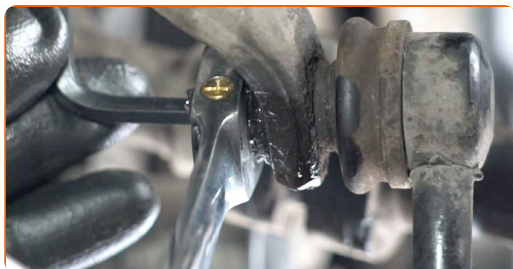
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Unscrew the fastener connecting the stabilizer link to the control arm. Use a drive socket #17. Use a ratchet wrench.



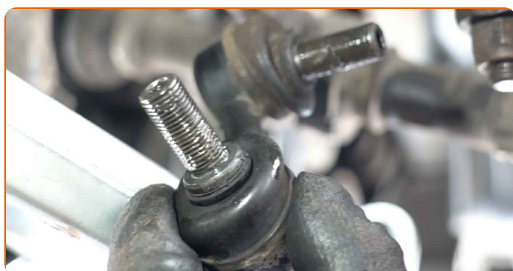
8

Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #17. Use HEX No.H6. Use a ratchet wrench.



9

Remove the stabilizer rod.



Replacement: anti roll bar links – Nissan X Trail T30. Tip from AUTODOC experts:

- Examine stabiliser bushes. Replace them if needed.

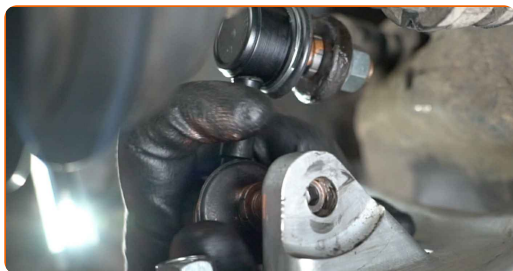
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Clean the mounting seats of the stabiliser link. Use a wire brush. Use WD-40 spray.



11

Install the transverse stabilizer link.

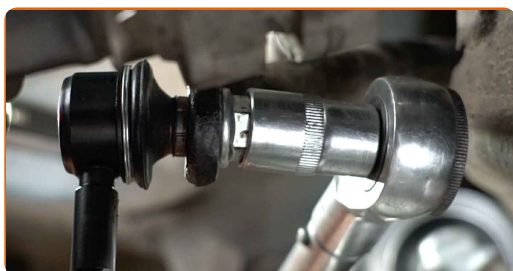


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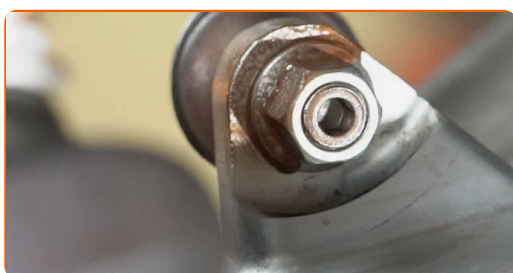
Tighten the fastener connecting the sway bar link to the suspension arm. Use a drive socket #17. Use a torque wrench. Tighten it to 75 Nm torque.



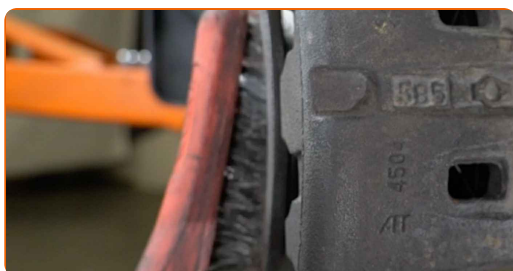
- 13** Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a drive socket #17. Use a torque wrench. Tighten it to 75 Nm torque.



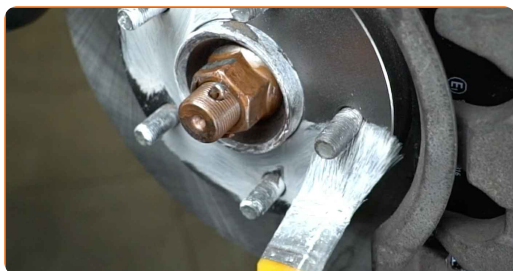
- 14** Treat all joints of the stabiliser link. Use copper grease.



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

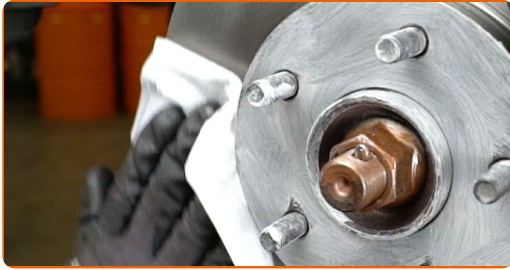


- 16** Treat the surface where the brake disc contacts the wheel rim. Use ceramic grease.



17

Clean the brake disk surface. Use a brake cleaner.



AUTODOC recommends:

- Replacement: anti roll bar links – Nissan X Trail T30. After applying the spray, wait a few minutes.

18

Install the wheel.



AUTODOC recommends:

- Important! Hold the wheel while screwing in the fastening bolts. Nissan X Trail T30

19

Screw in the wheel bolts. Use wheel impact socket #21.

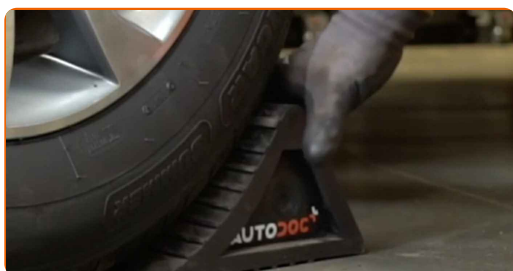


20

Lower the car and working in a cross order, tighten the wheel bolts. Use wheel impact socket #21. Use a torque wrench. Tighten it to 118 Nm torque.

**21**

Remove the jacks and chocks.



WELL DONE! 

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