

Rear Subframe Mount Insert Set for 8V Audi S3/A3
Quattro & MkVII Golf R (MQB)



034Motorsport's Rear Subframe Insert Set for the AWD MQB chassis is designed to minimize drivetrain movement and improve overall handling by locking down the rear subframe.

By design, the billet 034Motorsport inserts fill the voids of the factory rubber mounts and limit subframe shifting during weight-transferring maneuvers.

Installation Spiciness Rating: MILD



Installation of your 034Motorsport Rear Subframe Insert Set is a straightforward process that will take approximately 1 hour to complete.

Supplied Parts:

- (2x) 034 "forward" rear subframe inserts
- (2x) 034 "rearward" rear subframe inserts

Tools Needed:

- 18mm Socket
- Pry Bar
- Torque Wrench

About This Guide

This Install Guide documents the installation process on an 8V Audi S3. There may be minor differences depending on specific vehicle, market, options, etc.

Getting Started

Confirm you have received all the parts included with your purchase by reading the complete guide, if there are missing components, please contact:

customerservice@034motorsport.com

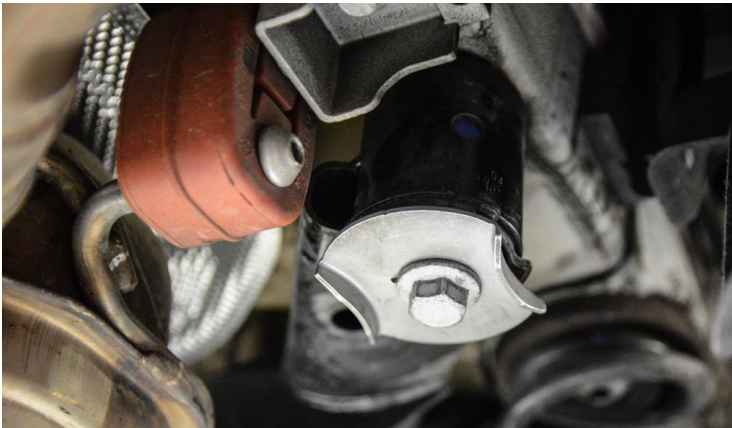
Install Steps

Step 1

Lift the car to access the rear subframe.

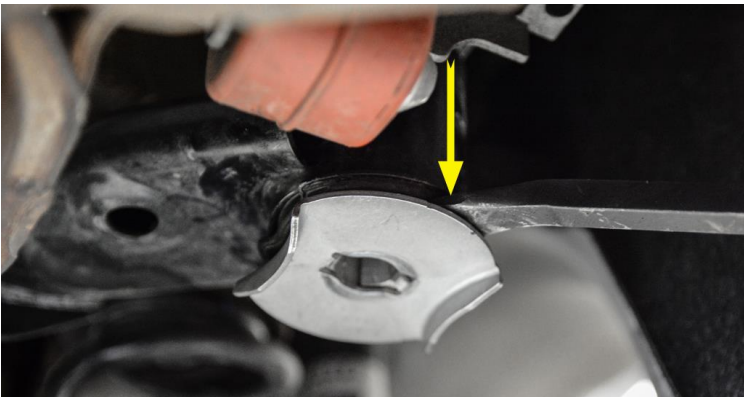
Step 2

Using an 18mm Socket, remove the rear bolt securing the rear subframe to the chassis.



Step 3

Once the subframe bolt is removed, use a small pry bar to separate the factory washer from the rubber bushing.



Step 4

Align the rear-specific 034Motorsport Rear Subframe Insert (601-0031) with the voids in the factory subframe bushing.



Step 5

Install rear subframe insert by pressing into the rubber voids of the factory rubber subframe bushing. We recommend aligning the insert such that the 034 logo is toward the front of the car.

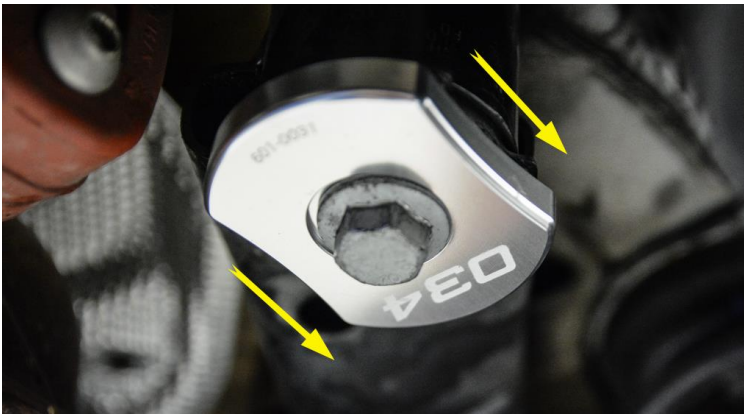


Step 6

Install subframe bolt using an 18mm Socket. **Note:** We recommend replacing the original subframe bolts with new pieces, as they are stretch bolts that are intended for a one-time use. **If you opt to reuse the stock bolts, torque them to 90 Nm with Blue Loctite.**

**Step 7**

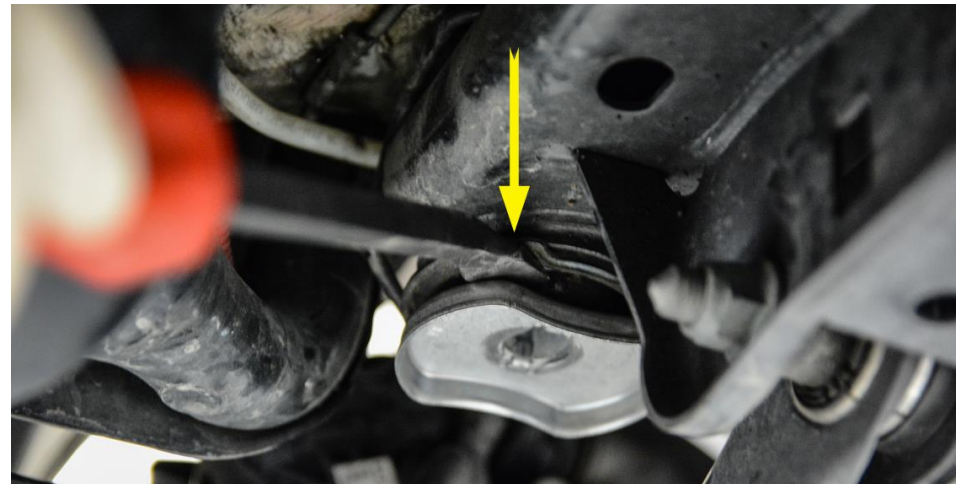
Torque subframe bolt to **70 Nm + 180°**. (Arrows point toward the front of the car for reference)

**Step 8**

Using an 18mm Socket, remove the front bolt securing the rear subframe to the chassis.

**Step 9**

Once the subframe bolt is removed, use a small pry bar to separate the factory washer from the rubber bushing.



Step 10

Align the front-specific 034Motorsport Rear Subframe Insert (601-0030) with the voids in the factory rubber bushing.

**Step 11**

Install rear subframe insert by pressing into the rubber voids of the factory rubber subframe bushing. We recommend aligning the insert such that the 034 logo is toward the front of the car.

**Step 12**

Install subframe bolt using an 18mm Socket. **Note:** We recommend replacing the original subframe bolts with new pieces, as they are stretch bolts that are intended for a one-time use. **If you opt to reuse the stock bolts, torque them to 90 Nm with Blue Loctite.**

**Step 13**

Torque subframe bolt to **70 Nm + 180°**. (Arrows point toward the front of the car for reference)



Step 14

After ensuring everything has been tightened accordingly, lower the car back down. You're done! Enjoy the upgrade.

