

**CONTROL ARM PAIR, MOTORSPORT, REAR UPPER  
ADJUSTABLE****034 MOTORSPORT**

034Motorsport Motorsport Line Rear Adjustable Upper Control Arms are a direct replacement for the stock stamped steel and rubber arms, and allow for approximately 5 degrees of camber adjustment, on top of what the stock eccentric bolt allows.

\* We ship the dust boots uninstalled; installation is optional.

**Installation Spiciness Rating: MILD**

Installation of your 034Motorsport Rear Upper Control Arm Kit is a straightforward process that will take approximately one hour to complete (not including alignment).

**Supplied Parts:**

- (2x) billet rear control arms with bushings
- (2x) spherical heim joints with jam nuts
- (2x) brake cable brackets
- (4x) rod end spacers (401-Z007)
- (4x) spherical bearing spacers (401-Z008)
- (1x) anti-seize packet

**Tools Needed:**

- (2x) 21mm sockets or wrenches
- 18mm socket
- Rubber mallet for stubborn bolts

**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](mailto:customerservice@034motorsport.com)

## About This Guide

This Install Guide documents the installation process on a MK7 VW GTI. There may be minor differences depending on specific vehicle, market, options, etc.

## Assembly Steps

### **Step A**

Open hardware packages.



### **Step B**

If using dust boots, do this step now. If not, skip to Step C. Insert heim joint into dust boot. The boots will stretch to accommodate the heim but avoid using sharp tools to pry at the boot.



## Step C

Apply half packet of anti-seize to each rod end.



## Step D

Run the jam nut down the shaft to disperse the anti-seize along the entire threaded portion.



## Step E

Place ABS sensor bracket in proper position, and thread the heim joint into the billet rear upper control arm.



## Install Steps

### Step 1

Raise the vehicle securely to gain access to the rear suspension.



### Step 2

Mark the eccentric washer and subframe to identify orientation when reassembling.



### Step 3

Using an 18mm socket, remove the nut from the rear subframe mount containing the control arm. Remove the washer and bolt as well.



### Step 4

Remove the ABS sensor wire from the bracket on the control arm. Removing the bracket itself (as shown in the picture) is not necessary, as we learned.

### Step 5

Using (2) 21mm sockets or wrenches, remove the nut from the rear hub assembly. Remove the washer and bolt also.



### Step 6

The factory rear upper control is now ready to be removed.

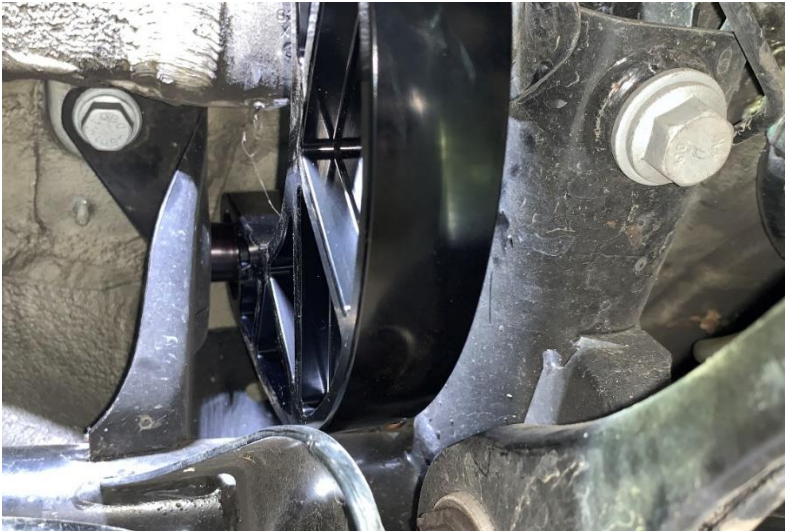
### Step 7

Use the factory arm as a reference to match the length for the new adjustable arm.



## Step 8

Insert spacers 401-Z088 into the spherical bearing and install the 034 arm into the subframe mount using the factory hardware.

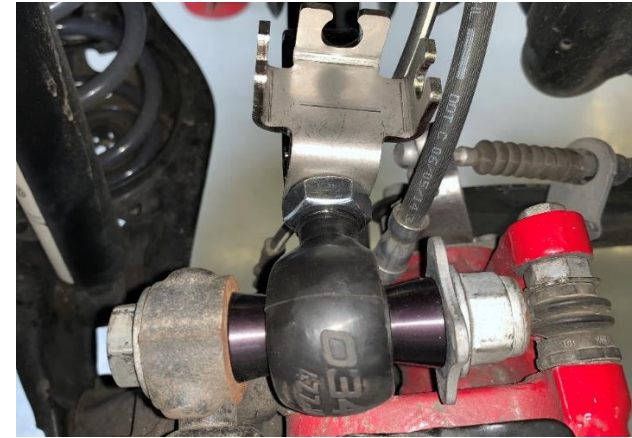


\*Make sure you return the eccentric washer to its previous orientation and match up the marks you made in step 2.



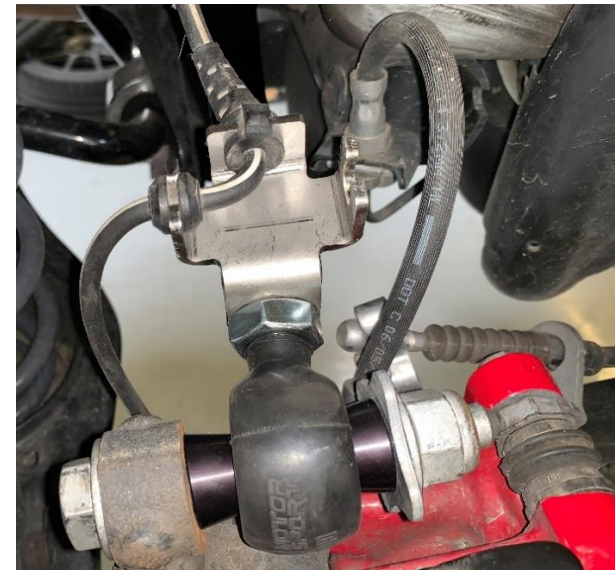
## Step 9

Insert the spacers 401-Z007 into the spherical rod ends and attach the 034 arm to the rear hub assembly using the factory hardware.



## Step 10

Attach the ABS sensor wire to the bracket on the 034 arm.



**Step 11**

Repeat the process for the other side of the vehicle.

**Step 12**

Be sure to get an alignment to fine tune your adjustments!

**Step 13**

Enjoy your new 034 adjustable rear upper control arms!

