

**MQB Adjustable Front Lower Control Arms****034 MOTOR SPORT**

034Motorsport's new forged aluminum front control arms are a robust, lightweight solution that provide up to 1.2° of negative camber and 1.0° of additional castor. They are a direct drop-in replacement that utilize 034's enhanced Density line bushings; aiding in reducing suspension deflection while maintaining proper alignment under load.

**Installation Spiciness Rating: MEDIUM**

Installation of your 034Motorsport MQB Front Control Arms Kit is a straightforward process that will take approximately 4 hours to complete.

**Supplied Parts:**

- (2x) 034Motorsport Front Control Arms

**Tools Needed:**

- 18mm Socket
- 16mm Socket
- 13mm Socket
- 18mm Wrench
- Torque Wrench
- Rubber mallet
- Transmission Jack (for DSG cars)

About This Guide

This install guide documents the installation process on an Mk7 VW GTI. There may be minor differences depending on specific vehicle, market, options, etc.

We attempted an install on a Mk8 GTI in the first few pictures. It was close but ultimately did not work. Those steps still apply for a Mk7 chassis.

**\*Torque control arm bolts at ride height\***

**\*\*Cars with DSG will need to lower the front subframe to access the forward control arm bolts\*\***

### Getting Started

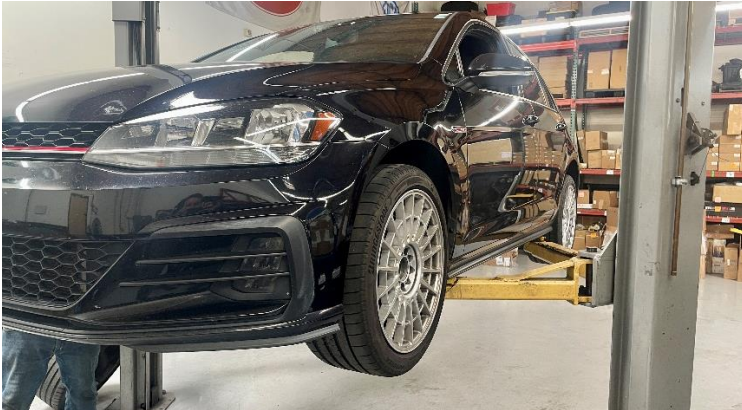
Confirm you have received all the parts included with your purchase by reading the complete guide, if there are missing components, please contact:

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

### Install Steps (for manual cars)

#### **Step 1**

Lift the car to access the front suspension.



#### **Step 2**

Remove the front wheels.



#### **Step 3**

Using an 18mm wrench, remove the forward control arm hardware from the subframe.



#### **Step 4**

Using an 18mm socket, remove the control arm hardware from the subframe.



**Step 5**

Using a 13mm socket, remove the nuts from the front ball joint.

**Step 6**

Extract the factory front control arm.

**Step 7**

Install the 034 front control arm into the subframe. Leave the hardware loose.

**Step 8**

Attach the ball joint to the control arm with the factory nuts.  
Torque to **100Nm**.

**Step 9**

Repeat the process for the other side.

**Step 10**

Reinstall the front wheels and lower the car.

**Step 11**

Torque the control arm bolts to **70Nm + 180°**.

**Step 12**

Get an alignment to dial in that camber/castor and send it!



### Install Steps (for DSG cars)

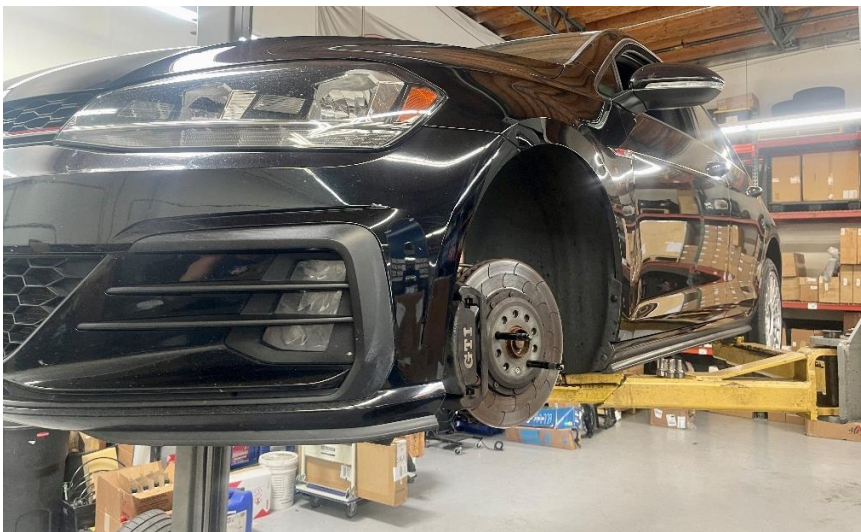
#### Step 1

Lift the car to access the front suspension.



#### Step 2

Remove the front wheels.



#### Step 3

Using a 13mm socket, remove the exhaust support bracket.



#### Step 4

Using a 16mm socket, remove the dogbone mount hardware.



**Step 5**

Using a 18mm socket, remove the subframe support bracket hardware.

**Step 6**

Using a 18mm socket, remove the steering rack hardware.

**Step 7**

Using a 18mm socket, remove the end link hardware from the sway bar and separate the two.

**Step 8**

Remove the harness push-clip from the subframe.

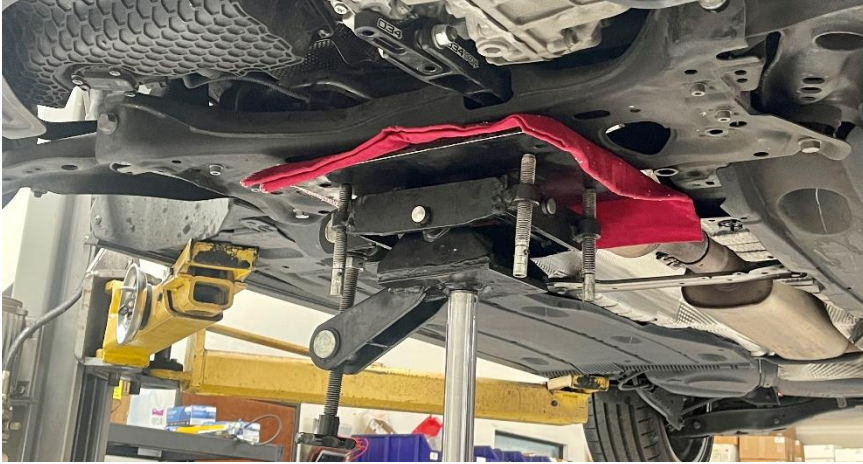


**Step 9**

Disconnect ride height sensors from the control arm, if present.

**Step 10**

Using a transmission jack, support the subframe before removing the hardware.

**Step 11**

Using a bungee cord or strap, secure the steering rack to prevent the steering column from moving.

**Step 12**

Using a 13mm socket, remove the nuts from the front ball joint.

**Step 13**

Using a 18mm socket, remove the subframe hardware.



#### Step 14

Disconnect the oil level sensor from the oil pan.



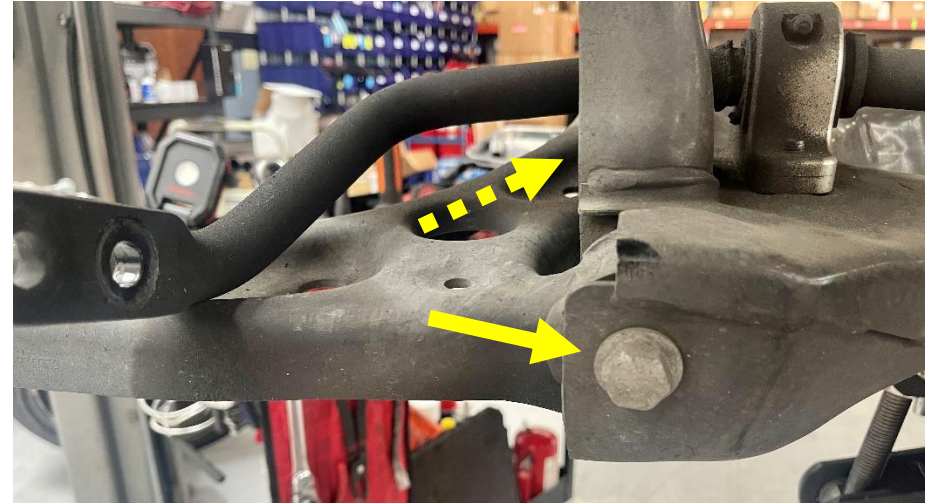
#### Step 15

Slowly lower the subframe.



#### Step 16

Using a 18mm socket, remove the control arm hardware.



#### Step 17

Extract the control arms from the subframe.



**Step 18**

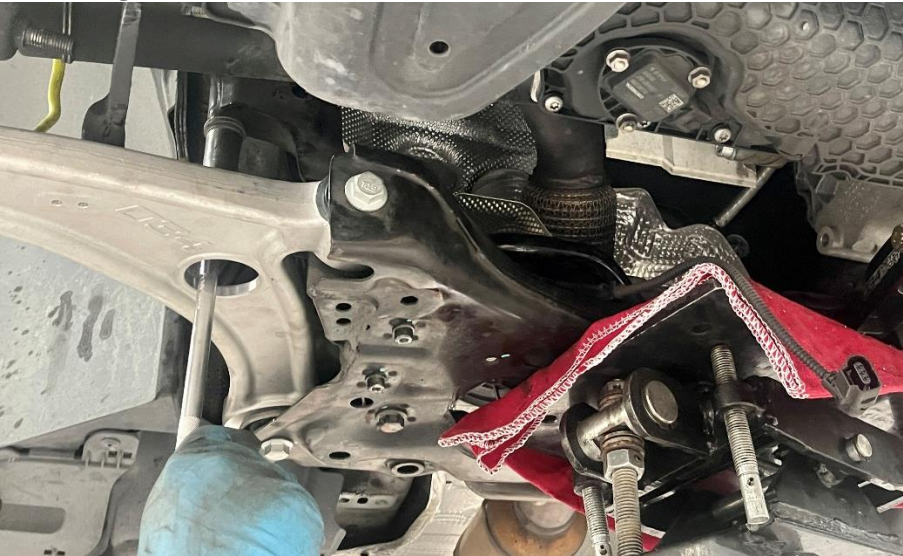
Install the 034 front control arm into the subframe. Leave them loose for now.

**Step 19**

Lift the subframe back into position to reinstall it.

**Step 20**

Using an 18mm socket, install the subframe hardware.

**Step 21**

Reinstall the oil level sensor into the oil pan.

**Step 22**

Reattach the harness clip to the subframe.

**Step 23**

Connect the ride height sensors to the control arm, if present.



**Step 24**

Using a 18mm socket, reinstall the subframe support bracket. Torque to **70Nm+90°**.

**Step 25**

Using a 16mm socket, reinstall the dogbone mount hardware. Torque to **50Nm+90°**.

**Step 26**

Using a 18mm socket, reinstall the steering rack hardware. Torque to **70Nm+90°**.

**Step 27**

Using a 13mm socket, reinstall the exhaust support bracket.

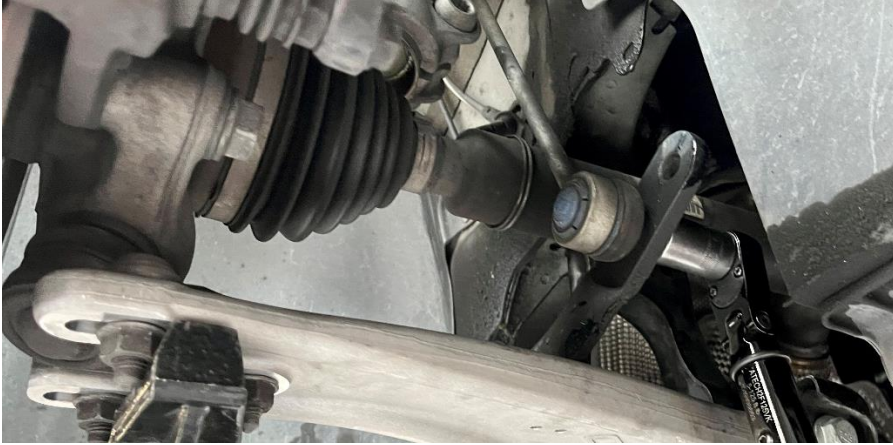
**Step 28**

Using a 13mm socket, reattach the ball joints to the control arm. Torque to **100Nm**.



#### Step 29

Reattach the end links to the sway bar. Torque to **65Nm**.



#### Step 30

With the car at ride height, torque the subframe/control arm hardware to **70Nm+180°**.

#### Step 31

Reinstall the front wheels and lower the car back down.



#### Step 32

Get an alignment to dial in your camber/caster and you are done. Enjoy!

