Adjustable MQB Solid Front Sway Bar Upgrade, MK7 Volkswagen, 8V Audi

Engineered to further reduce body roll and enhance steering feel, the 034Motorsport Solid Front Sway Bar is the perfect upgrade for those seeking to positively affect turn-in feel and virtually eliminate lean under hard cornering.

Installation Spiciness Rating: SPICY

Installation of your Adjustable MQB Solid Front Sway Bar is a complex process. We recommend professional installation by an experienced Audi/Volkswagen specialist.

Supplied Parts:

- 034Motorsport MQB Adjustable Front Sway Bar
- (2x) Polyurethane Sway Bar Bushings
- (2x) Billet Aluminum Sway Bar Brackets
- (4x) M8 bolts
- Grease Packet

Tools Needed:

- 18mm Socket
- 16mm Socket
- 13mm Socket
- 10mm Socket
- M6 Triple-square
- T25 Torx bit
- 6mm Allen bit
- Small Flathead Screwdriver or Punch
- Torque Wrench

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

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.

Install Steps

Step 1

Lift the car to access the front suspension.

Step 2

Remove the front wheels.

Step 3

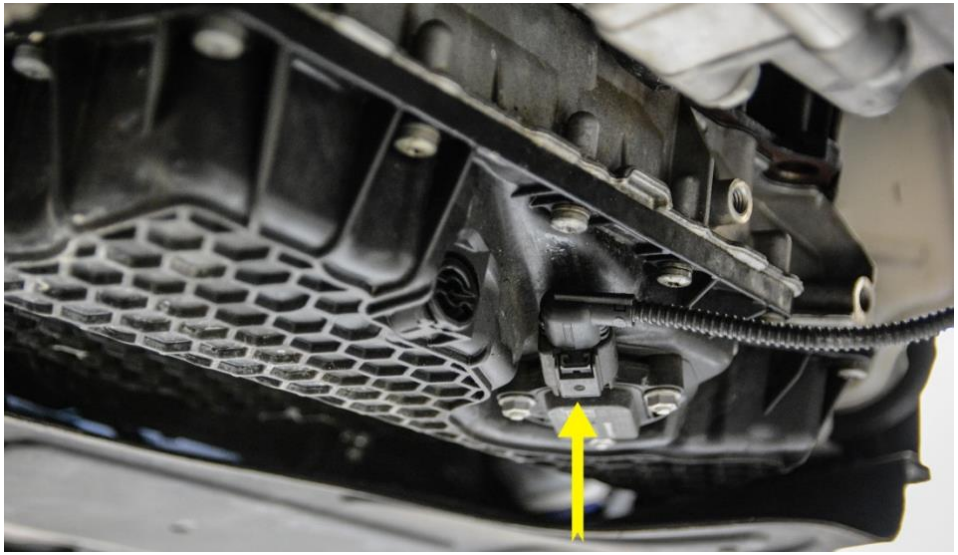
Remove the plastic wind deflector shown below. It is secured with two T25 Torx screws and two plastic clips.

Step 4

Using a 13mm socket, remove the two bolts securing the downpipe hanger to the rear of the front subframe. Leave the hanger attached to the factory downpipe.

Step 5

Remove the oil level sensor connector from the bottom of the oil pan.

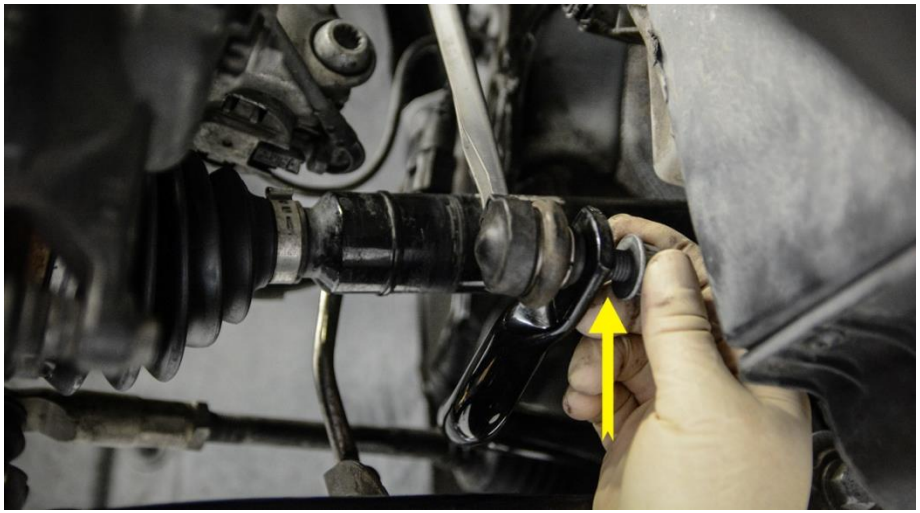


Step 6

Detach the plastic clip for the oil level sensor lead from the top of the front subframe.

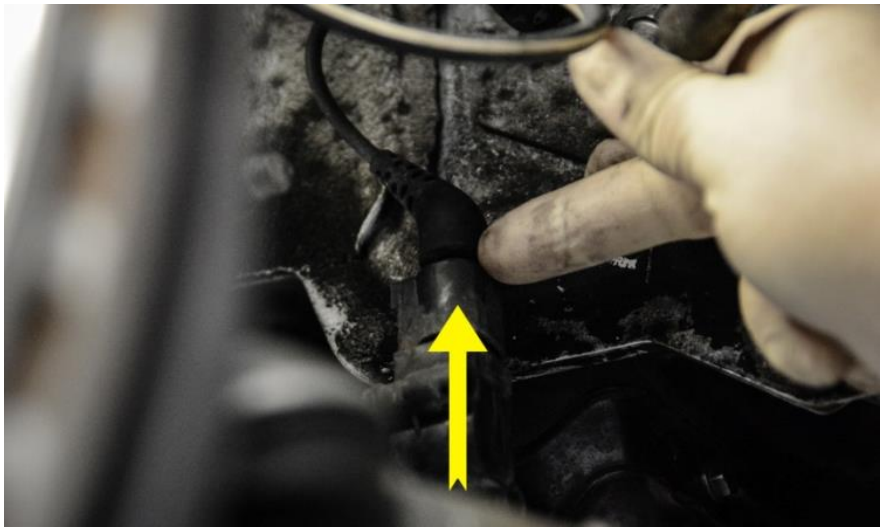
Step 7

Using a 16mm socket, remove the lower nut securing the front sway bar end links to the front sway bar on each side of the car. If the treaded shaft turns, you can hold it with a 6mm triple-square.



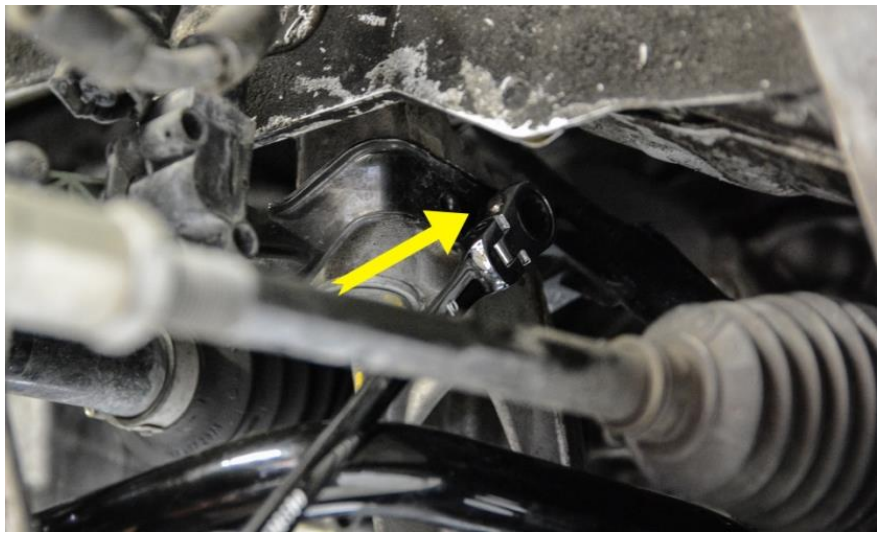
Step 8

Disconnect the suspension level sensor connector.



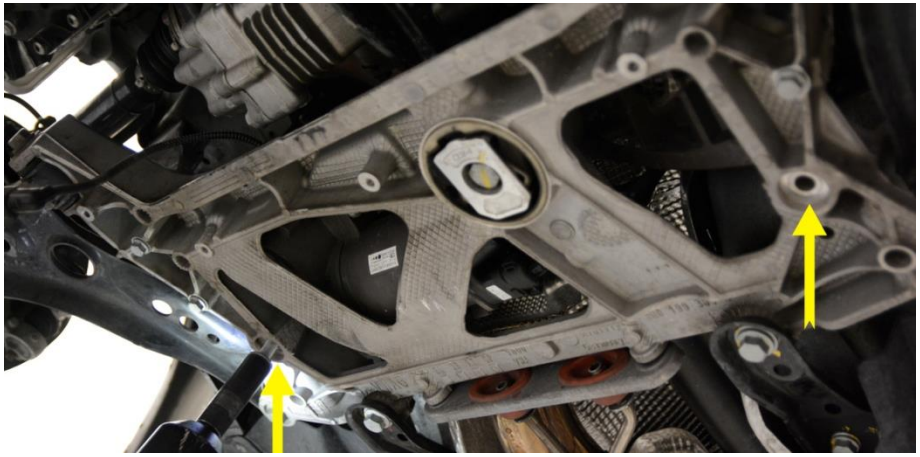
Step 9

Using a 10mm socket or Wrench, remove the bolt securing the level sensor bracket to the front subframe.



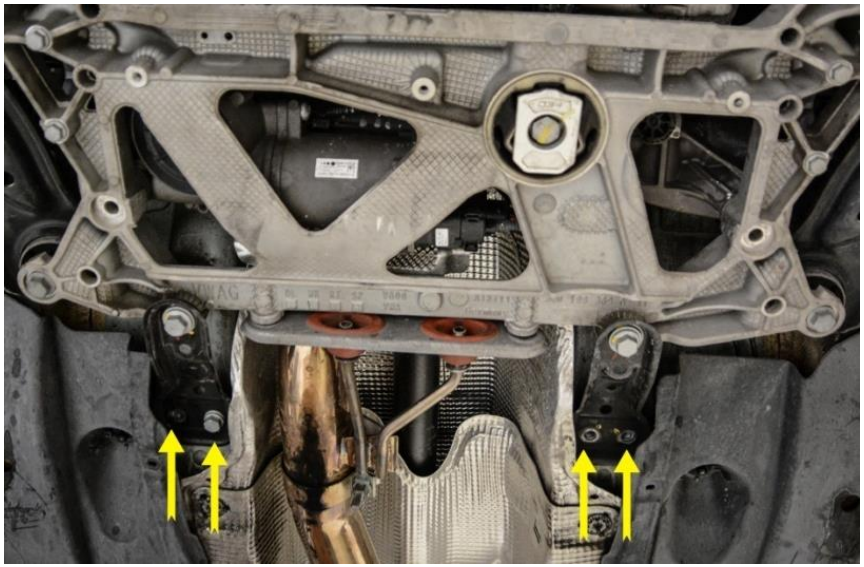
Step 10

Using an 18mm socket, remove the 2 bolts securing the steering rack to the front subframe.



Step 11

Using a 16mm socket, remove the 4 bolts from the brackets bracing the front subframe to the chassis.

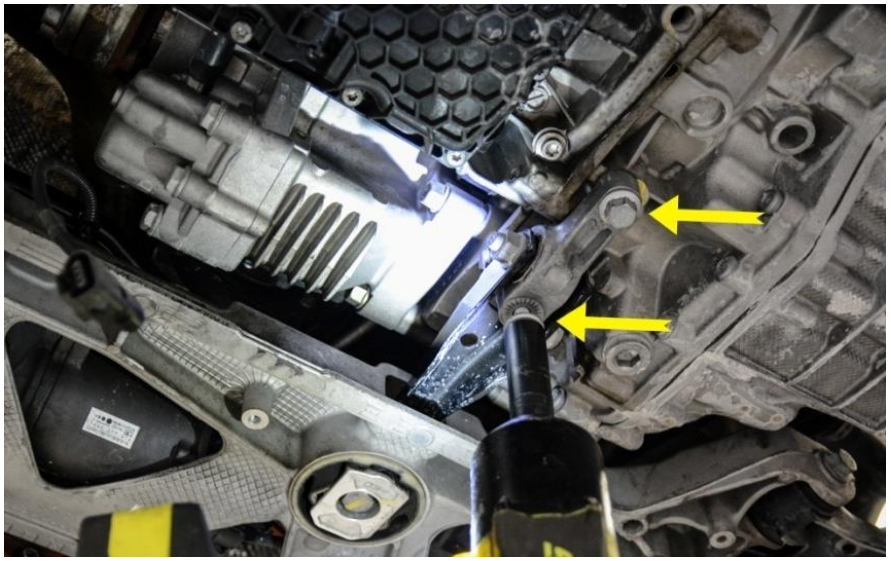


Step 12

Using an 18mm socket, remove the 2 bolts securing the front subframe bracket to the chassis.

Step 13

Using a 16mm socket, remove the 2 bolts securing the dogbone to the bottom of the transmission.

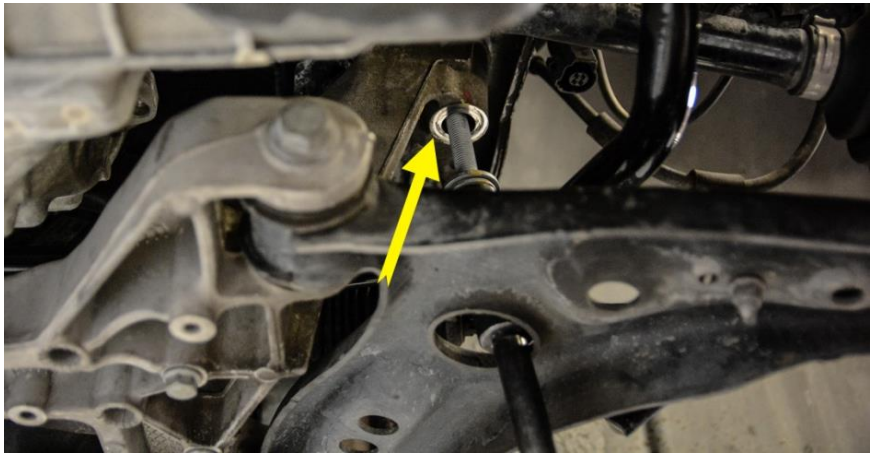


Step 14

Using a pole jack or floor jack, support the front subframe against the vehicle. Use caution!

Step 15

Using an 18mm socket and extension, remove the bolt on each side of the vehicle securing the front subframe to the chassis (2 bolts total). **Hint:** Position the extension through the stamped hole in the control arm for easy access.



Step 16

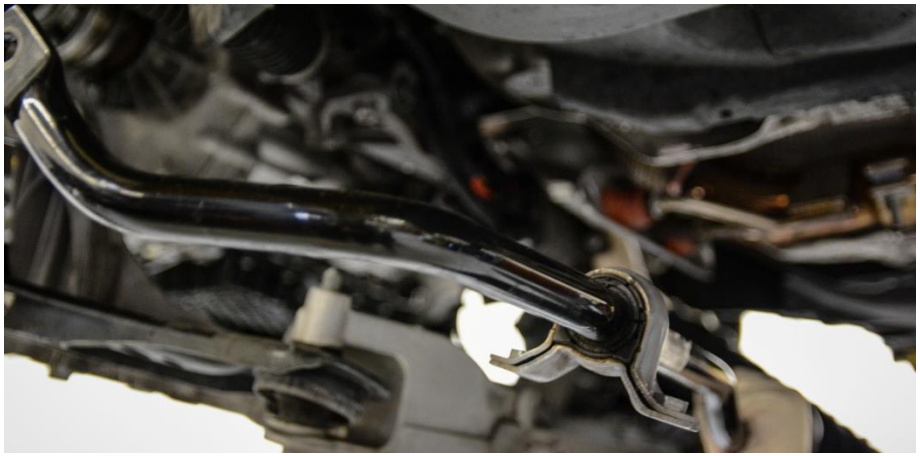
Now the front subframe should be completely free from the chassis. Carefully lower the subframe while keeping an eye on the steering rack and oil level sensor lead.

Step 17

Using a 13mm socket, remove the 4 mounting bolts securing the factory front sway bar to the front subframe.

Step 18

Pull the factory sway bar out from the back of the subframe and remove from the vehicle.

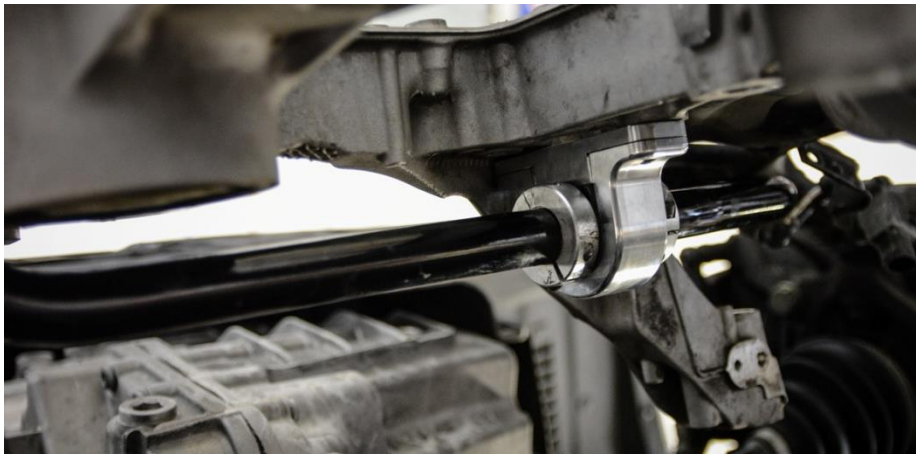


Step 19

Pre-install the mounting brackets to the sway bar bushings. Orient the brackets so the zerk fittings on the bracket face the front of the car once the bar is installed.

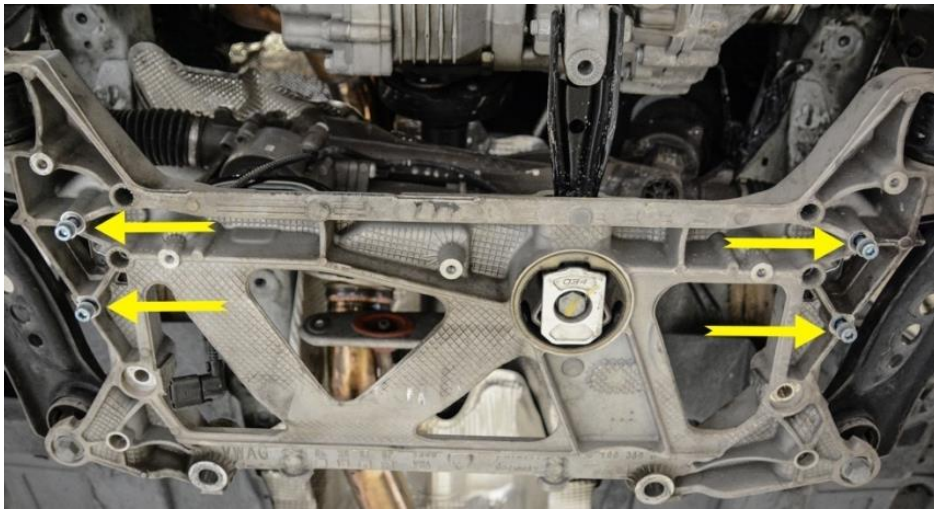
Step 20

Align the holes of the mounting bracket with the holes in the front subframe and use the 4 supplied Allen bolts to mount the brackets to the subframe.



Step 21

Using a 6mm Allen, tighten the 4 sway bar bracket mounting bolts to the front subframe. Torque to **40 Nm.**

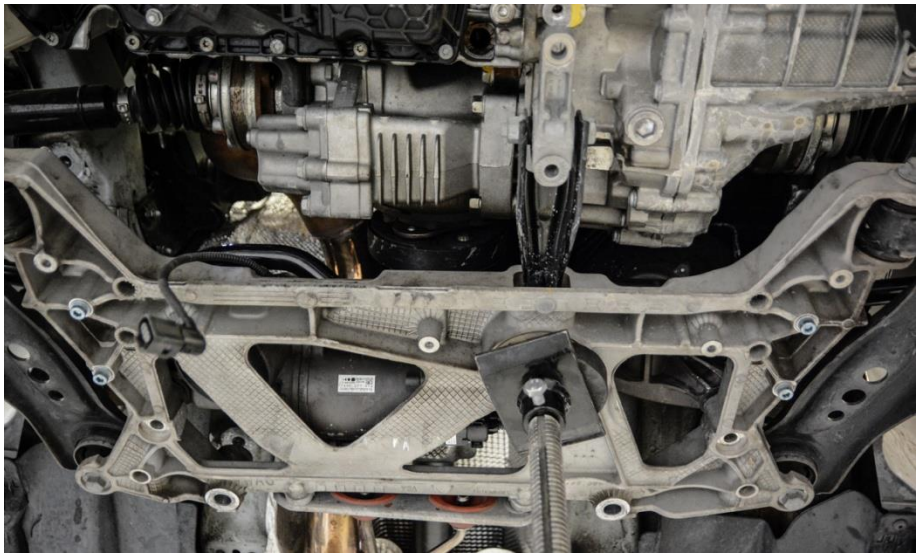


Step 22

Route the oil level sensor lead underneath the front sway bar in preparation for re-attaching the front subframe.

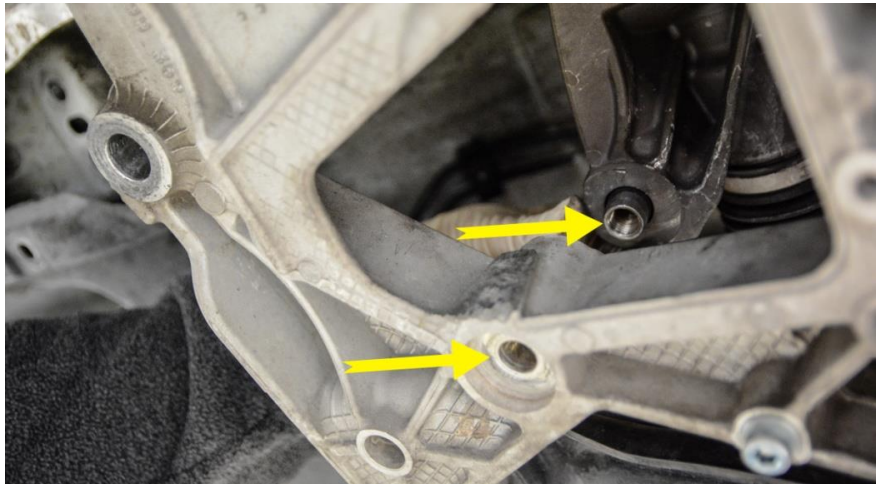
Step 23

Carefully start raising the front subframe up to the vehicle.



Step 24

While raising the subframe, align and press the bosses on the steering rack into the mounting holes on the subframe.



Step 25

Using an 18mm socket, loosely install the bolts securing the front subframe to the chassis on both sides of the vehicle.

Step 26

Use an 18mm socket to install the 2 larger bolts securing the subframe mounting brace to the subframe.

Torque to **70 Nm + 180°.**

Step 27

Using a 16mm socket, install the 4 bolts securing the subframe brace to the chassis. Torque to **20 Nm + 90°.**

Step 28

Using an 18mm socket, install the 2 bolts securing the steering rack to the front subframe. Torque to **70 Nm + 90°.**

Step 29

Plug in the oil level sensor connector to the sensor on the bottom of the oil pan.

Step 30

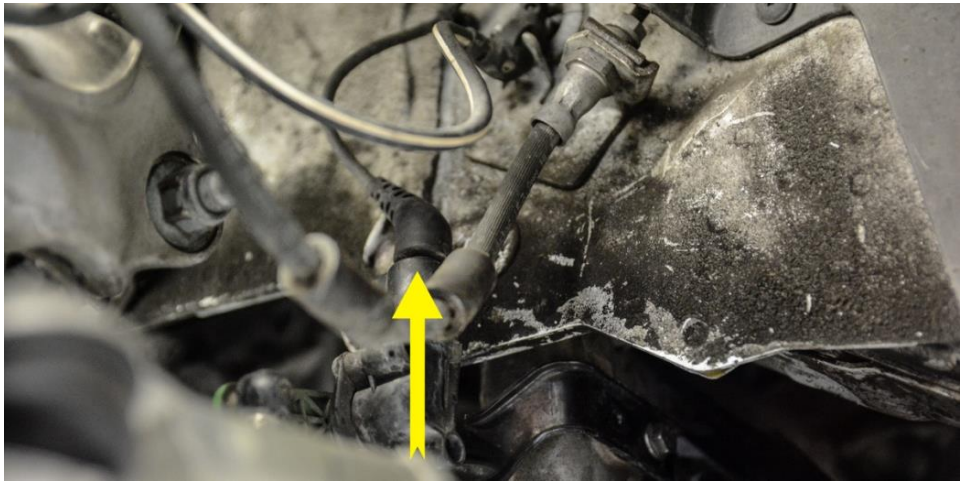
Snap the oil level sensor lead into the clip on the top of the subframe.

Step 31

Using a 10mm socket, reattach the suspension level sensor bracket to the front subframe.

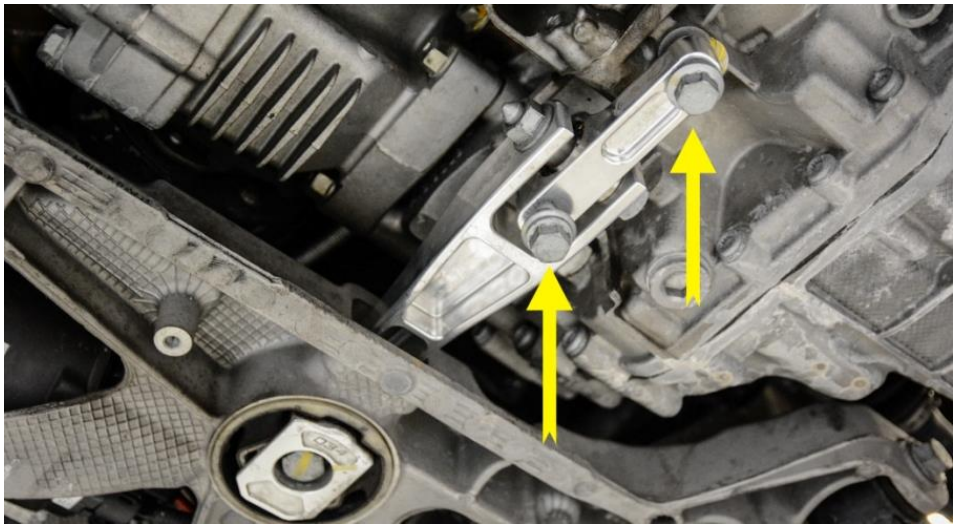
Step 32

Reinstall the connectors back onto the suspension level sensors.



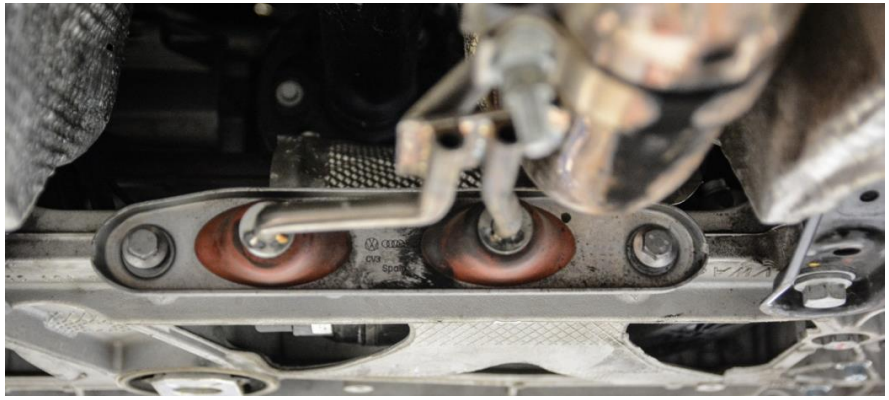
Step 33

Using a 16mm socket, reinstall the 2 bolts securing the dogbone arm to the transmission. Torque to **50 Nm + 90°.**



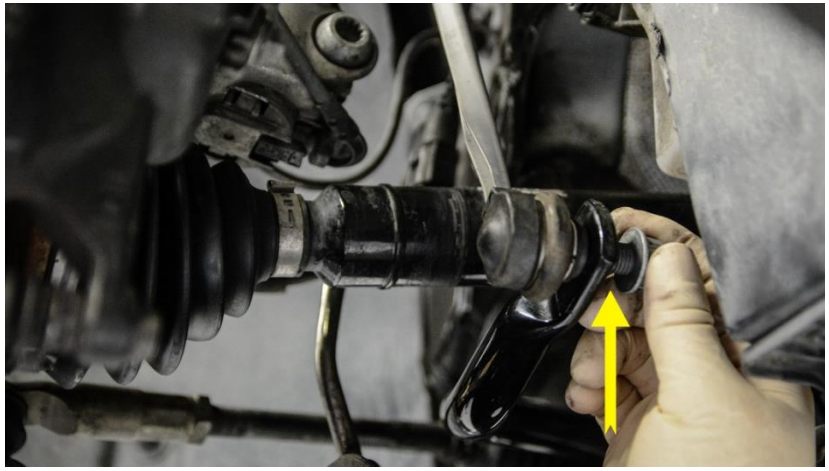
Step 34

Using a 13mm socket, reinstall the 2 bolts securing the exhaust hanger to the front subframe.



Step 35

Reinstall the nuts securing the lower front sway bar end links to the 034Motorsport Adjustable MQB Front Sway Bar. Torque to **65 Nm.**



Hint: The outer hole is the “Soft” setting, and the inner hole is the “Stiff” setting.

Step 36

Tighten the 2 bolts securing the front subframe to the chassis using an 18mm socket. Torque to **70 Nm + 180°.**

Step 37

Reinstall the plastic wind deflector and secure with two T25 Torx screws and two plastic clips.

Step 38

Reinstall the front wheels.

Step 39

Lower your vehicle from the lift.

Important: A 4-wheel alignment is highly recommended after dropping the front subframe and reinstalling.

Step 40

You're done. Enjoy the Upgrade!