

BMW F22/F30/F32 Rear Diff Insert

034Motorsport's Rear Diff Insert Kit is CNC-machined from 6061 billet aluminum and finished with a clear anodize. They add no perceivable NVH and reduce the front differential from moving filling in the voids of the factory rubber mounts.

About This Guide

This Install Guide documents the installation process on a F30 BMW 340i. There may be minor differences depending on specific vehicle, market, options, etc

Installation Spiciness Rating: MILD

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

Supplied Parts:

- (2x) 034 Rear Diff insert, front bushing
- 034 Rear Diff insert, rear bushing
- 034 Rear Diff insert washer

Tools Needed:

- 21mm Wrench
- 21mm Socket
- 18mm Socket
- E10 Socket or 8mm Wrench
- Small pick or screwdriver
- Socket extension
- 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

Install Steps

Step 1

Raise the car on ramps, as to keep weight on the suspension.



Step 2 (Rear Bushing)

Locate the rear diff bushing. If yours has a vibration dampener like ours, use an E10 socket or 8mm wrench to remove the bolt.



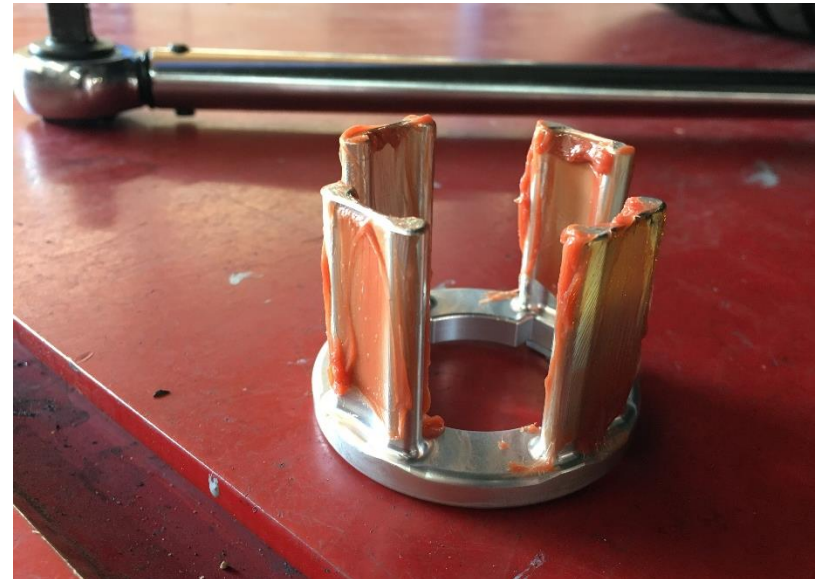
Step 3

Use a 21mm wrench and ratchet to loosen the bolt and nut.
Back the bolt out about half way.



Step 4

Grease the insert.



Step 5

There may be some extra rubber in the voids of the bushing, use a pick or a small screwdriver to clear out the holes for the insert. This makes install much easier.

Step 6

Press the insert into the bushing with the 034 logo facing the left or right position.



Step 7

Slide the retaining washer between the bolt and insert.



Step 8

Tighten the nut and bolt.



Step 9

With the car at ride height, torque to **165Nm**.



Step 10

Reinstall the vibration dampener, if you have one.



Step 11 (Front Bushings)

Use a jack to support the differential, this makes removing/ replacing the bolt easier.



Step 12

Use an 18mm wrench to remove the bolt from the front of the rear diff mount.



Step 13

Again, use a pick or small screwdriver to break through the extra rubber flashing in the bushing where the insert will go.

Step 14

Grease the inserts.

**Step 15**

Install the inserts, press until flush.

**Step 16**

Return the hardware and secure the inserts to the bushings.

**Step 17**

Remove the support from the rear differential.

Step 18

Torque the bolts to the front bushings to **100Nm**.

Depending on your model you may need to move the exhaust heat shield to get a torque wrench on the bolt.



Step 19

You are done! Enjoy the solid feel.

