



[Rear Subframe Mount Inserts for 8J/8P Audi A3/S3/RS3 & TT/TTS/TTRS Quattro & MkV/MkVI R32 & Golf R](#)



Supplied Parts:

- MkV/MkVI Volkswagen & 8J/8P Audi AWD Rear Subframe Mount Insert (601-0040) x 4

Tools Needed:

- Hands (2) (*Opposable thumbs are required!*)
- 18mm Socket
- 3/8" Ratchet
- 3/8" Extension (approximately 6")
- Silicone Grease
- Small Pry Bar
- Torque Wrench

034Motorsport's Rear Subframe Insert Set for the AWD MkV/MkVI Volkswagen R32 & Golf R, and 8J/8P Audi A3/S3/RS3 & TT/TTS/TTRS Quattro 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 of this upgrade is a straightforward process that will take approximately 1 hour to complete. These instructions demonstrate how to install one insert. Repeat this process to install the complete set of 4 inserts.

Important: Install the 034Motorsport Subframe Mount Inserts one at a time to avoid shifting the subframe!

Step 1 – Raise the vehicle securely on jackstands or a lift, in order to gain access to the rear subframe. **Important:** Install the 034Motorsport Subframe Mount Inserts one at a time to avoid shifting the 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 -Remove the factory washer and set aside.



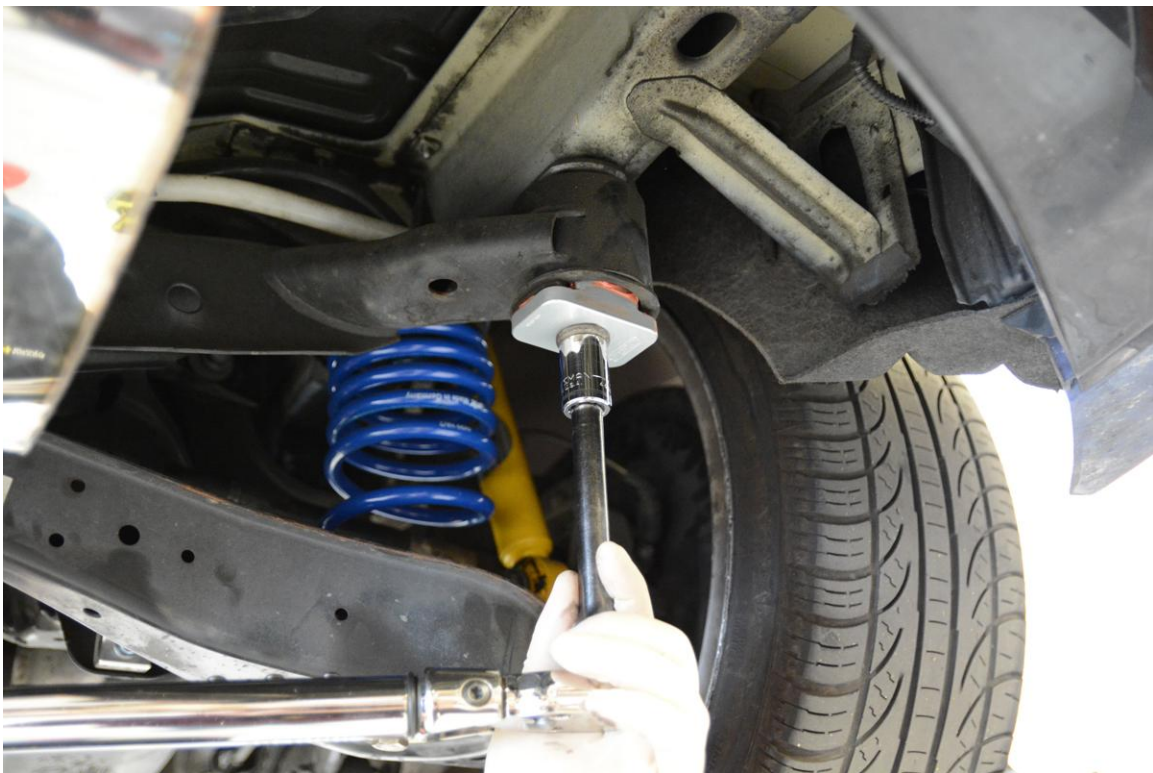
Step 5 -Apply silicone grease to the insert as pictured below.



Step 6 – Align the 034Motorsport Rear Subframe Insert (601-0040) with the voids in the factory subframe bushing. 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.



Step 7 – Torque new subframe bolt to 90 Nm + 90° Turn. **If you opt to reuse the stock bolts, torque them to 90 Nm with Blue Loctite.**



Step 8 – Repeat steps 2-7 on the remaining three rear subframe mounts to complete the installation.



Step 9 – Double-check the installation, and verify that everything is torqued to spec. Lower the vehicle from the lift or jackstands, and enjoy the improved performance!