

4M Q7/SQ7 Sway Bar Bundle

034Motorsport is proud to offer the ultimate sway bar upgrade package for the 4M Audi Q7. The 034Motorsport Dynamic+ Sway Bar Kit features perfectly-matched front and rear sway bars made from high-quality spring steel for maximum rigidity and durability. Designed to further reduce body roll and enhance steering feel than a rear sway bar upgrade alone, 034Motorsport's Dynamic+ Sway Bar Kit is the ideal upgrade for those in search of confidence-inspiring handling on the street and track.

Installation Spiciness Rating: MILD

Installation of your 034Motorsport Front Sway Bar is a straightforward process that will take approximately 30 minutes to complete.

Supplied Parts:

- (1x) 034 Front Sway Bar
- (2x) 034 Front Sway Bar Brackets with grease fittings
- (2x) 034 Front Sway Bar Bushings
- (4x) M10 Nylock Nuts
- (4x) M10 Washers
- Grease packet

Tools Needed:

- (2x) 16mm Wrenches
- 16mm Socket
- T30 Torx bit
- T20 Torx bit
- Torque Wrench

About This Guide

This Install Guide documents the installation process on a 4M Audi Q7. There may be minor differences depending on specific vehicle, market, options, etc.

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 vehicle securely to gain access to the front sway bar.



Step 2

Using a T30 and T20 Torx, remove the hardware for the belly pan.



Step 3

Using (2x) 16mm wrenches, remove the lower front end link hardware.



Step 4

Using (2x) 16mm wrenches, loosen the upper front end link hardware.



Step 5

Using a 16mm socket, remove the bolts from the front sway bar bracket.



Step 6

Remove the brackets and remove the front sway bar.



Step 7

Apply grease to the front sway bar bushings.



Step 8

Separate the bushings along the split and wrap them around the sway bar.



Step 9

Mount the sway bar onto the lower front end links.



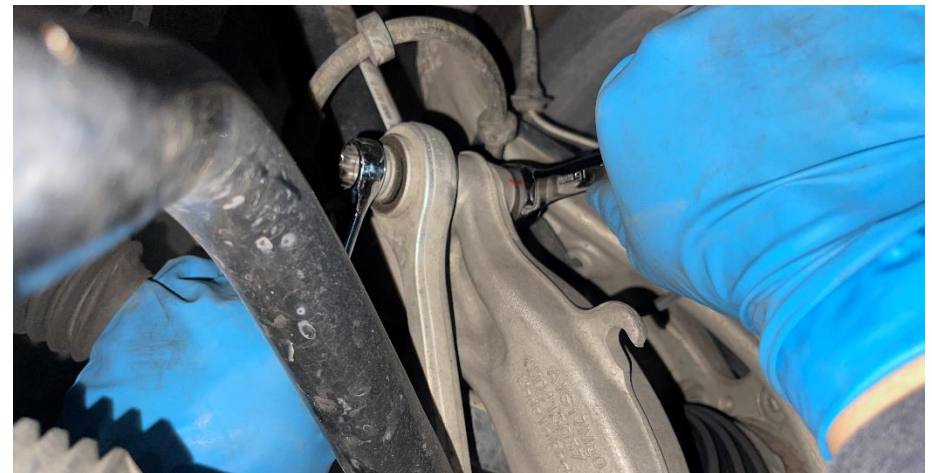
Step 10

Place the 034 sway bar brackets over the bushings. Using a 16mm socket, secure the brackets to chassis using the supplied M10 hardware. Torque to **30Nm**.



Step 11

Tighten the upper front end link hardware. Torque to **40Nm + 90°**.



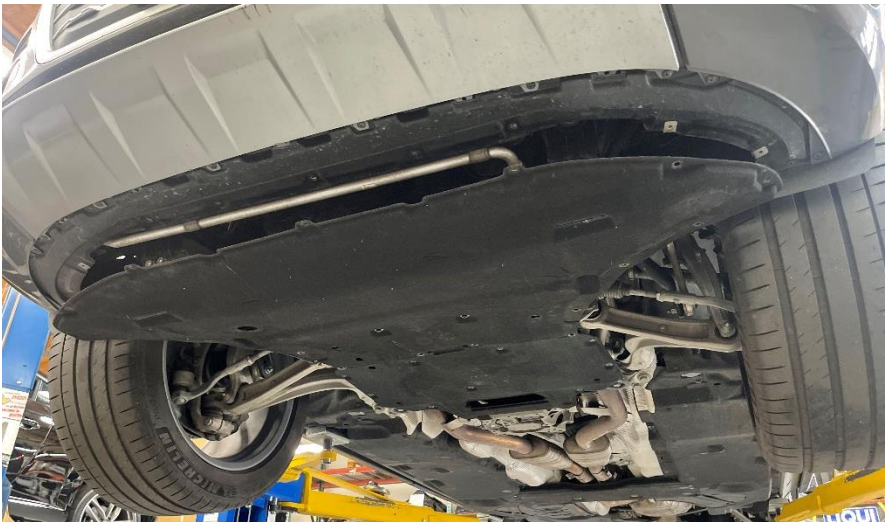
Step 12

Attach the nut to the lower front end link.
Torque to **40Nm + 90°**.



Step 13

Reinstall the belly pan.



Step 14

Lower the car back down.



Step 15

You are done! Enjoy the crisp handling and responsiveness.

