

4M Q7/SQ7 Sway Bar Bundle**034 MOTOR SPORT**

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 Rear Sway Bar is a straightforward process that will take approximately 2 hours to complete.

Supplied Parts:

- (1x) 034 Rear Sway Bar
- (2x) 034 Rear Sway Bar Brackets with grease fittings
- (2x) 034 Rear Sway Bar Bushings
- (4x) M8 Nylock Nuts
- (4x) M8 Washers
- Grease packet

Tools Needed:

- 16mm Wrench
- 21mm Socket
- 16mm Socket
- 10mm Socket
- 10mm Triple-square bit
- 6mm Allen bit
- T20 Torx bit
- Torque Wrench
- Small punch/screwdriver
- Pickle fork
- Pole Jack

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

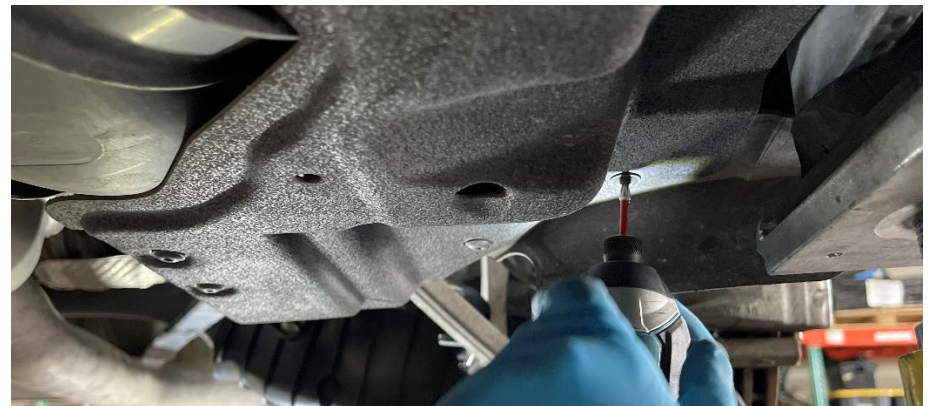
Step 1

Raise the vehicle securely to gain access to the rear sway bar.



Step 2

Using a T20 Torx, 10mm socket, pickle fork, and a small punch, remove the hardware for the rear underbody panels.



Step 3

Using a 16mm wrench and socket, remove the lower rear end link hardware.



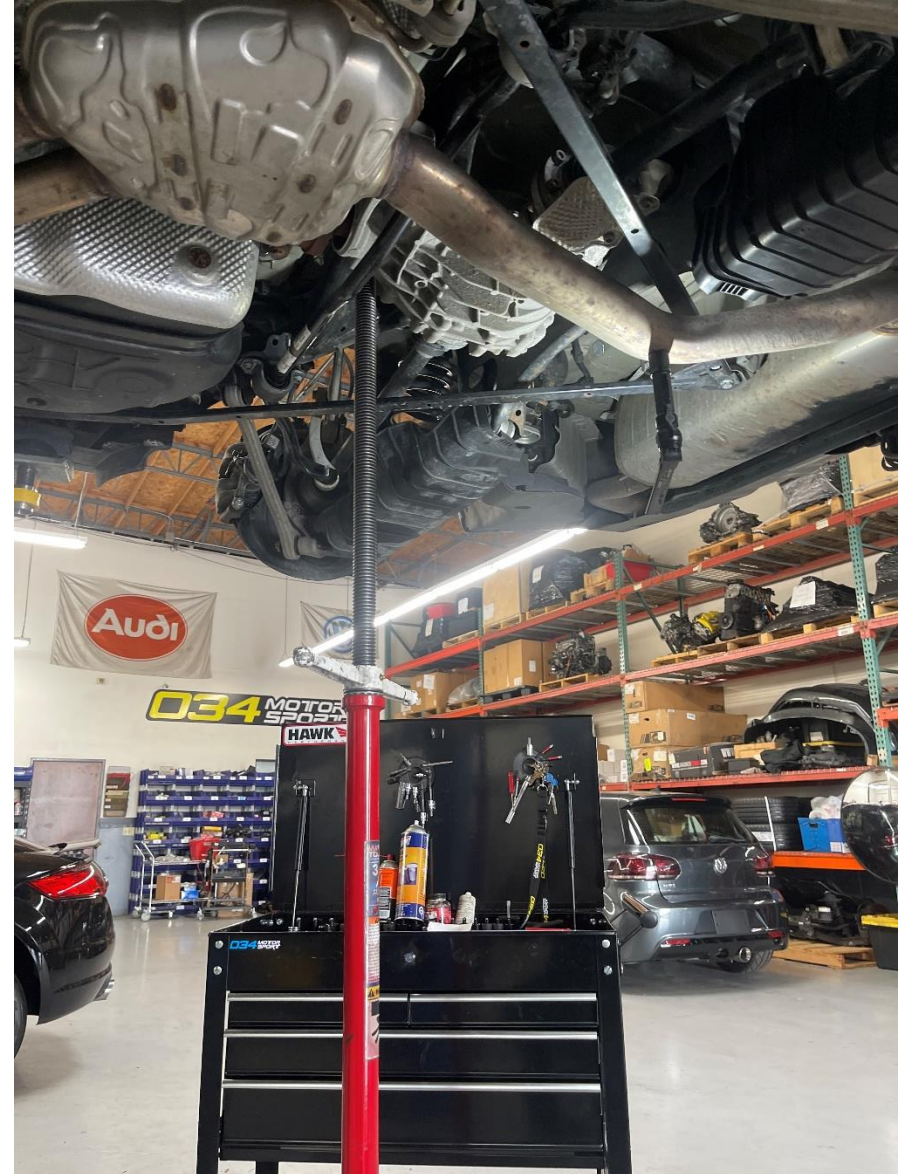
Step 4

Using a 16mm wrench and socket, loosen the upper rear end link hardware.



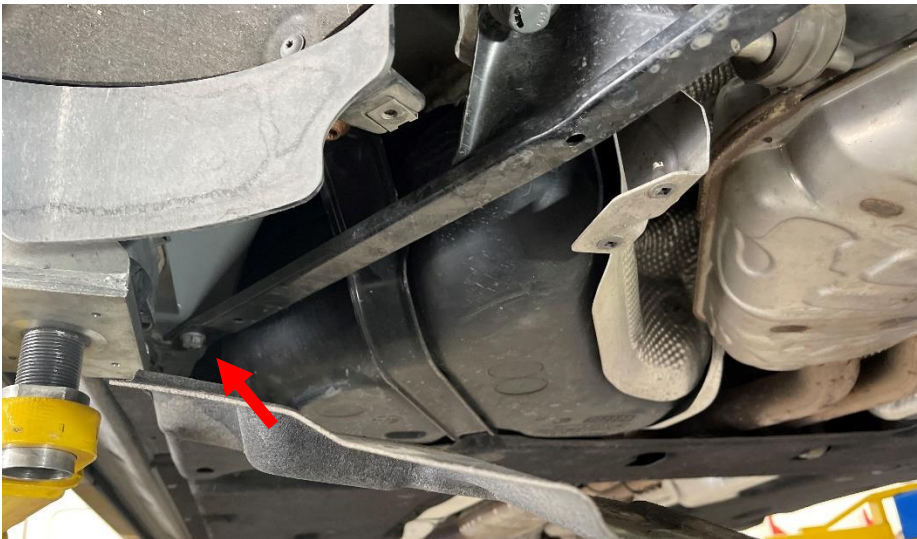
Step 5

Use a pole jack to support the rear diff/subframe.



Step 6

Using a 16mm socket, remove the bolts securing the rear brace bars. 3 in total.

**Step 7**

Using a 10mm triple-square, remove the hardware from the rear sway bar brackets.

**Step 8**

Using a 21mm socket, remove the subframe bolt securing the rear brace bars from one side only. Reinstall the bolt hand tight, without the brace attached. You can now safely extract the stock rear sway bar.



Step 9

Apply grease to the rear sway bar bushings.

**Step 10**

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

**Step 11**

Snake the 034 rear sway bar into position. Hang the bar on the lower endlink hardware.

**Step 12**

Place the 034 sway bar brackets over the bushings. Using a 6mm Allen bit, secure the brackets to chassis using the supplied M8 hardware. Torque to **25Nm+90°**.



Step 13

Using a 16mm and 21mm socket, reinstall the rear brace bar.



Step 14

Tighten the upper rear end link hardware.

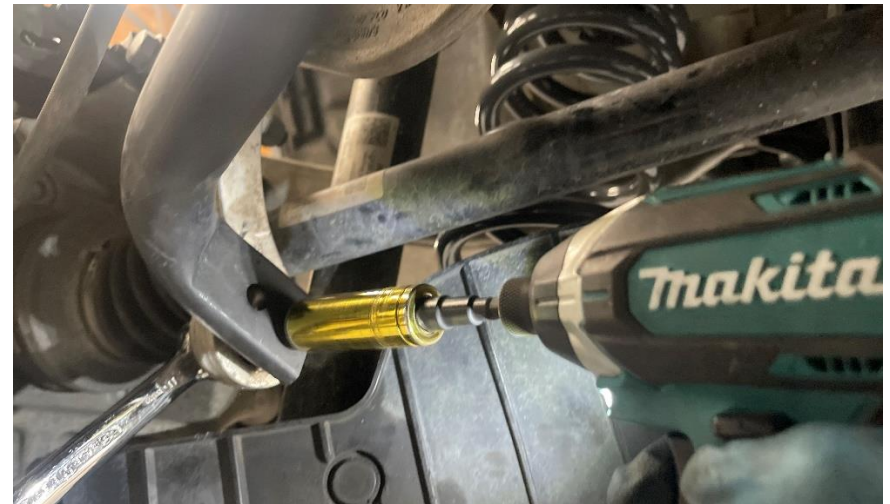
Torque to **40Nm + 90°**.



Step 15

Attach the nut to the lower rear end link.

Torque to **40Nm + 90°**.



Step 16

Torque the subframe bolts to **130Nm +180°**.



Step 17

Using a T20 Torx and 10mm socket, reinstall the rear underbody panels.



Step 18

Lower the car back down.



Step 19

You're done! Enjoy the crisp handling and responsiveness.

