

Installation Guide

ADJUSTABLE SWAYBAR LINKS

Z5146

Rev. B

(Always refer to the current catalogue for complete application listings)

N.B: This installation guide should be used in conjunction with the workshop manual.

1. Drive the vehicle up on ramps (if available) or alternatively raise the vehicle evenly on both sides and support with jack stands.
2. Loosen and remove the existing OE sway bar links.
3. Use a ruler or tape measure to check and confirm your OE link length.

4. For best performance and strength;

Wind thread 100% inside turn buckles. then proceed to fine tune.

Note a minimum of 13-14mm is required (REFER FIG 1)

5. Once the length is determined, hand tighten all lock nuts with fingers. (REFER FIG 3)

Note : Studs can point in any direction to suit application.

6. Place the supplied washers over each stud prior to installation. After installing one side check that the other link's studs line up with the sway bar and control arm holes. If you find the studs won't easily slide in then you now have the ability to fine tune the length of the adjustable ball link to remove any unwanted sway bar pre load.

7. Once both links are installed and there are no visible clearance issues, then tighten all lock nuts with appropriate spanners.

8. Check all fittings after test drive and re-check after initial 100km.

FIGURE 1

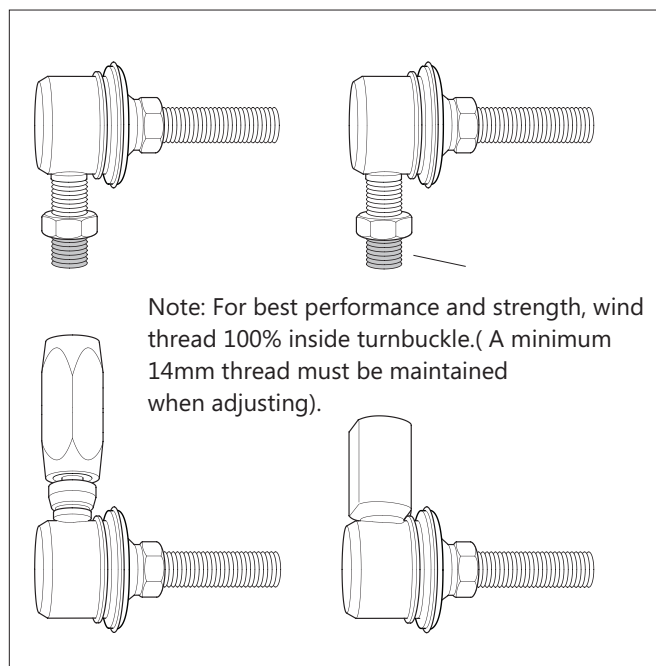


FIGURE 2

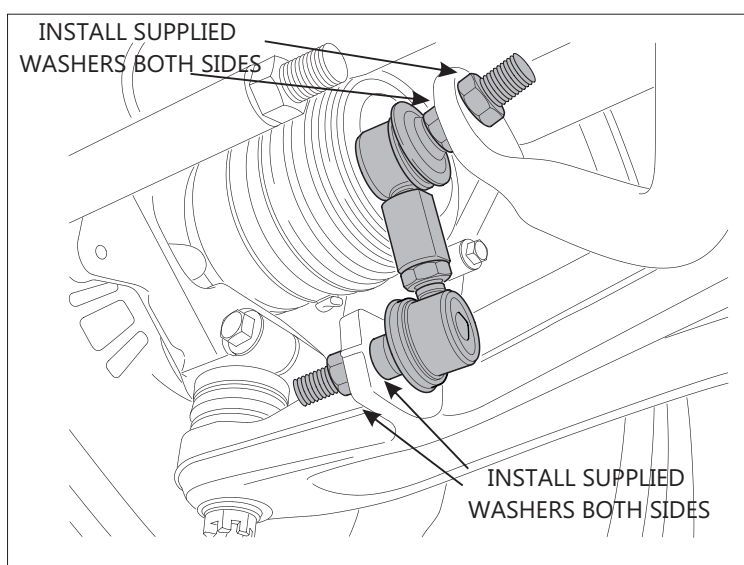
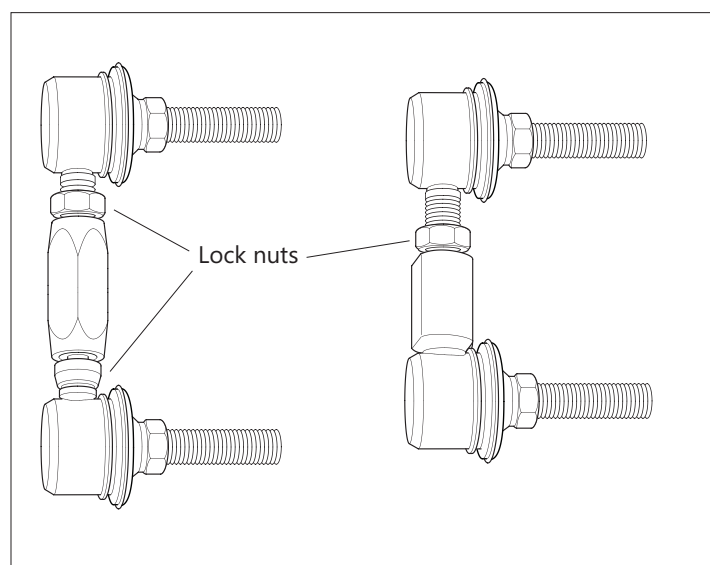


FIGURE 3



Warning: Please drive carefully after fitting any suspension modifications while you accustom yourself to the vehicles changed behaviour.

Note: It is recommended that a licensed workshop or trades person carry out the above procedure and that the workshop manual be used in conjunction with the above.

Instructions

Swaybar Links - On Car Adjustable

N.B: This instruction sheet should be used in conjunction with the workshop manual and proper safety procedures followed.

- Raise vehicle evenly and safely support.

Never rely on a Jack only.

- Proceed to remove front wheels.
 - Un-bolt original swaybar links.
 - Place original links next to new links to confirm OE length.
- Note - for F80 M3 only, place supplied chamfered washers on upper link stud**
- **between strut mount and link ball-joint.**
 - **followed by flat washer under flange nut.**
- Place all other hardened flat washers on both sides of swaybar blade.
 - Refer guide **Z5146** for swaybar link adjustment.
 - Tighten flange nuts to 60Nm. Re-tighten after 100kms travelled.

Application - BMW F80 M3

- also various McPherson strut vehicles

Always refer complete catalogue listing

Contents - 2x forged swaybar links

- On-car adjustable
- 8x hardened flat washers
- 2x chamfered washers

