



[Adjustable MQB Solid Rear Sway Bar Upgrade, MkVII Volkswagen Golf R & 8V Audi A3/S3 Quattro](#)



Supplied Parts:

- 034Motorsport Adjustable MQB (AWD) Solid Rear Sway Bar Upgrade
- 034Motorsport Billet Aluminum Sway Bar Mount Brackets with Integrated Zerk Fitting (2)
- Polyurethane Sway Bar Bushings with Grease Port (2)
- Grade 12.9 M8x30 Bolts (4)
- M8 Washers (4)
- Lithium Grease

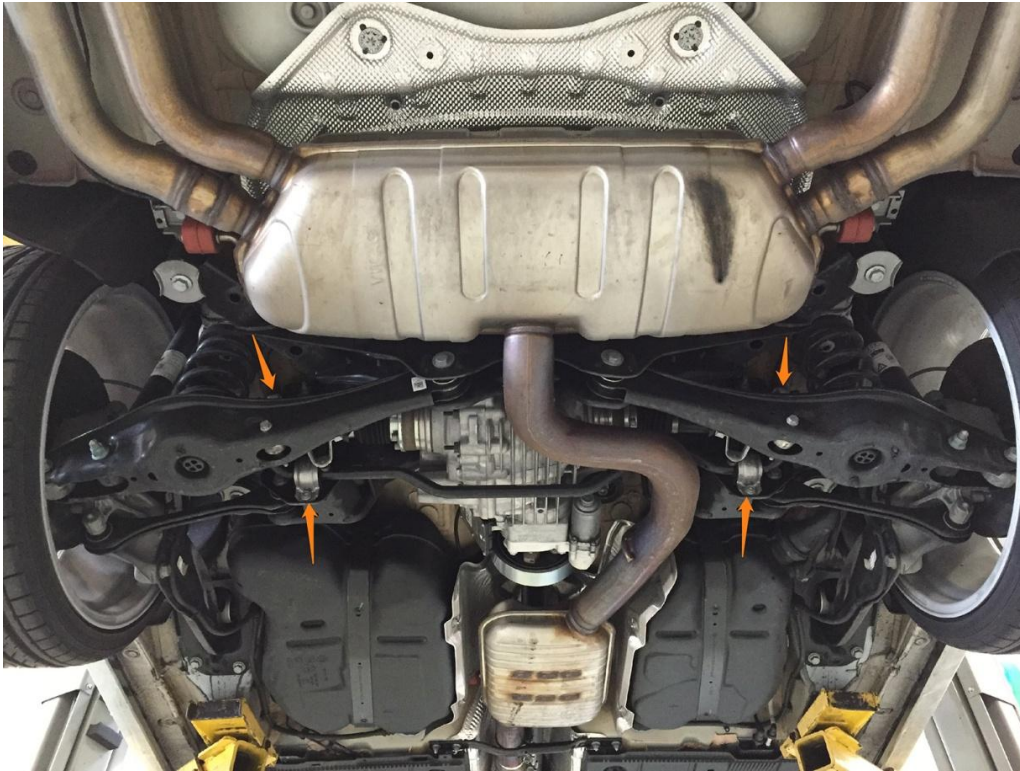
Tools Needed:

- Hands (2) (*Opposable thumbs are required!*)
- 6mm & 10mm Triple Squares
- 6mm Allen
- T25 Torx
- 13mm Wrench (Two if using 034 Spherical MQB Rear End Links)
- 16mm Wrench
- Torque Wrench

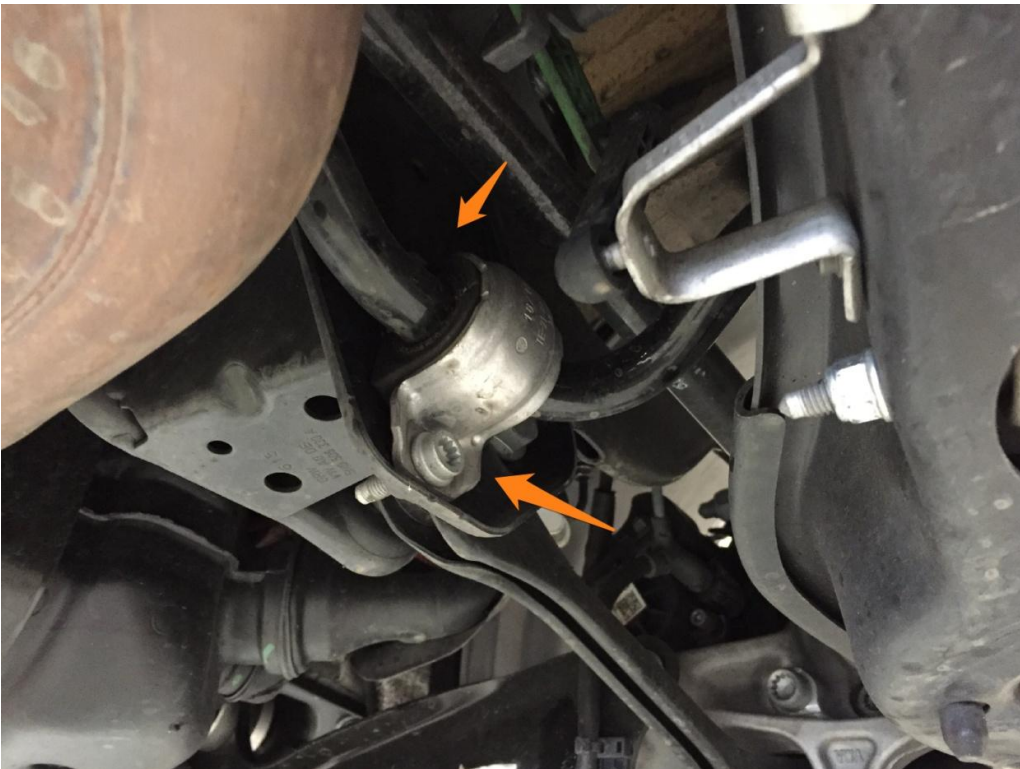
034Motorsport's 2-Way Adjustable Solid Rear Sway Bar for the MQB Audi A3/S3 Quattro & Mk7 Volkswagen Golf R is designed to improve handling by decreasing body roll and combating understeer.

Installation of this upgrade is a straightforward process that will take approximately two hours to complete.

Step 1 – Raise the vehicle securely on jackstands or a lift, in order to gain access to the rear suspension. Make sure you have all tools necessary for installation of the MQB (AWD) Solid Rear Sway Bar.



Step 2 – Using the 10mm Triple Square, remove the two M8 Bolts securing each of the factory rear sway bar mounting brackets to the subframe.



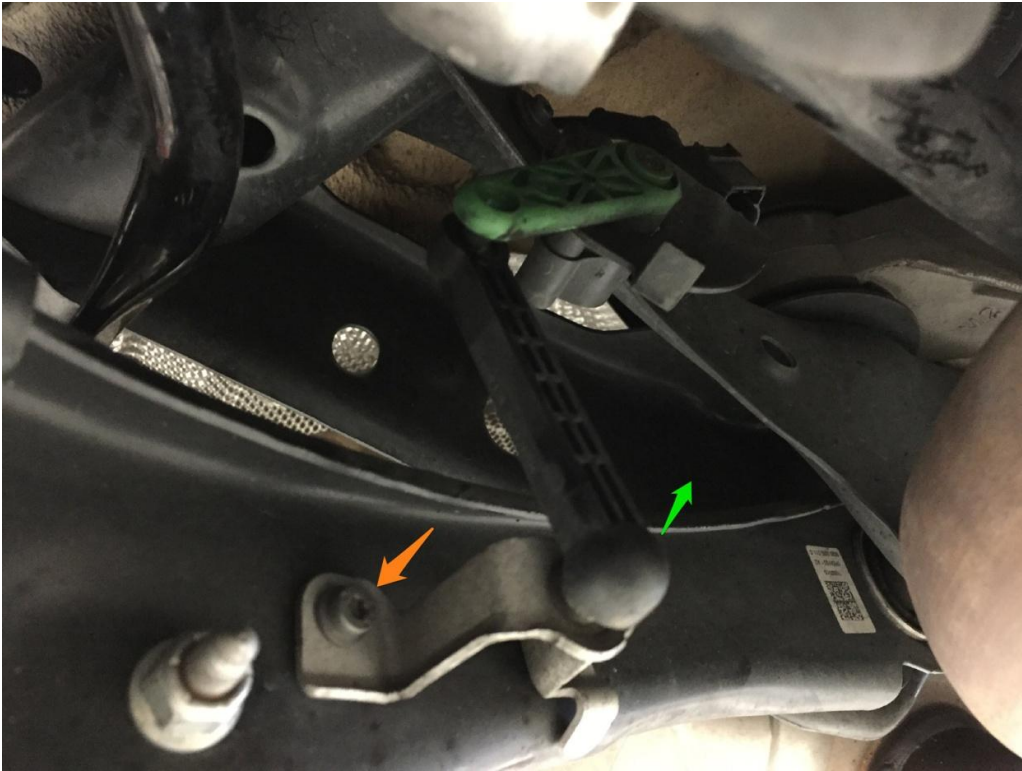
Step 3 – Using a 16mm wrench and 6mm triple square, remove the nut securing each of the rear sway bar end links to the rear sway bar.



Step 4 – In order to remove the factory rear sway bar, you will need to lower the rear exhaust section. Using a 13mm wrench or socket, unbolt the two exhaust hangers on either side of the rear muffler. Support the exhaust if necessary.



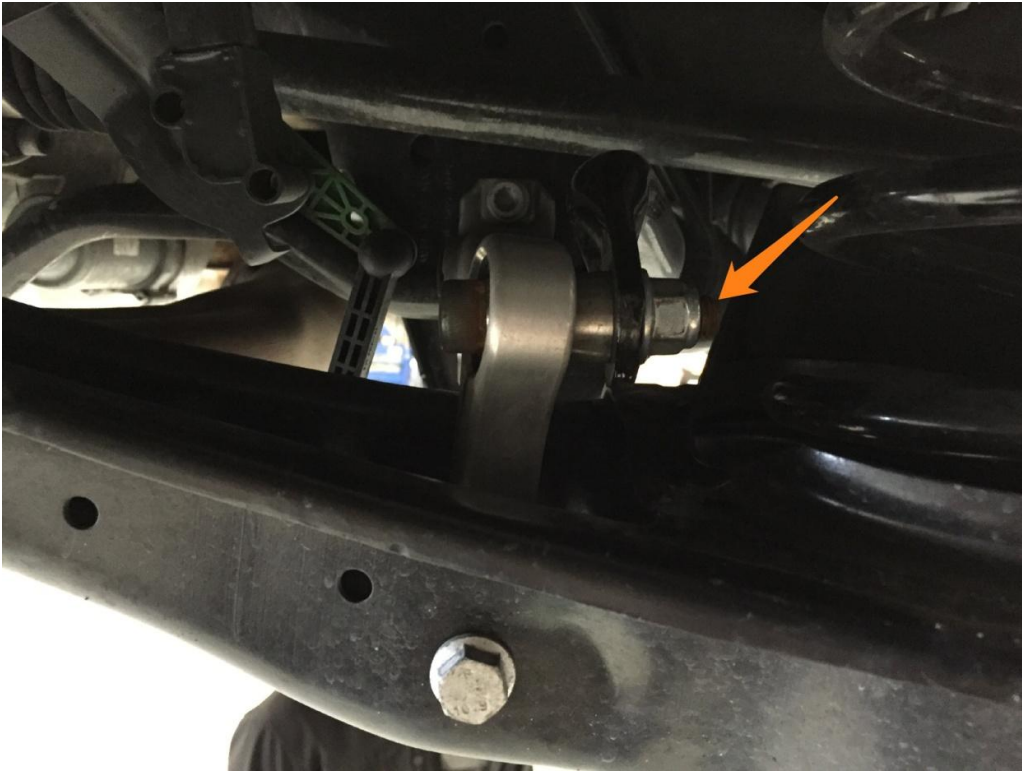
Step 5 – (Optional) In order to give yourself more room to work with, remove the T25 screws attaching the level sensor to the lower control arm. **Carefully** remove the factory rear sway bar.



Step 6 – Preinstall the supplied Polyurethane Sway Bar Bushings onto your 034Motorsport Solid Rear Sway Bar Upgrade as shown below. **Carefully** install the 034Motorsport Solid Rear Sway Bar.



Step 7 – With the sway bar in place, reinstall the nuts to the factory rear end links, or install your new MQB Spherical Rear Sway Bar End Links if you purchased those as well. Torque the stock hardware to 35 Nm.



Step 8 – With the sway bar properly aligned, install the supplied Billet Aluminum Sway Bar Mounts with the zerk fitting pointing down. Secure using the supplied M8 Bolts & Washers. Torque to 28 Nm.



Step 9 – Verify that the Solid Rear Sway Bar is installed correctly, then (if you unbolted it) reinstall the level sensor bracket and level sensor to the lower control arm using the T25 screws.



Step 10 – Double-check the installation, and verify that everything is torqued to spec. Lower the vehicle from the lift or jackstands, and enjoy the improved handling performance!

