



[Adjustable Front Sway Bar End Links, 8J/8P/8S/8V Audi & MkV/MkVI/MkVII Volkswagen](#)



**Supplied Parts:**

- 034Motorsport Adjustable Front Sway Bar End Links (2)
- 034Motorsport Dust Boots (4)
- Installation Hardware

**Tools Needed:**

- Hands (2) (*Preferably small, nimble hands. Opposable thumbs are required!*)
- Socket/Wrench for Lug Nuts - To Remove Wheels
- 18mm Wrench or Socket - To Remove Factory End Links
- Two 19mm Wrenches - To Install Adapter and Tighten New End Links
- 6mm Allen Socket - To Install Allen Bolt at Adapters to End Link (20 Nm)
- 6mm Triple Square
- Torque Wrench
- Blue Loctite - For Allen Bolts

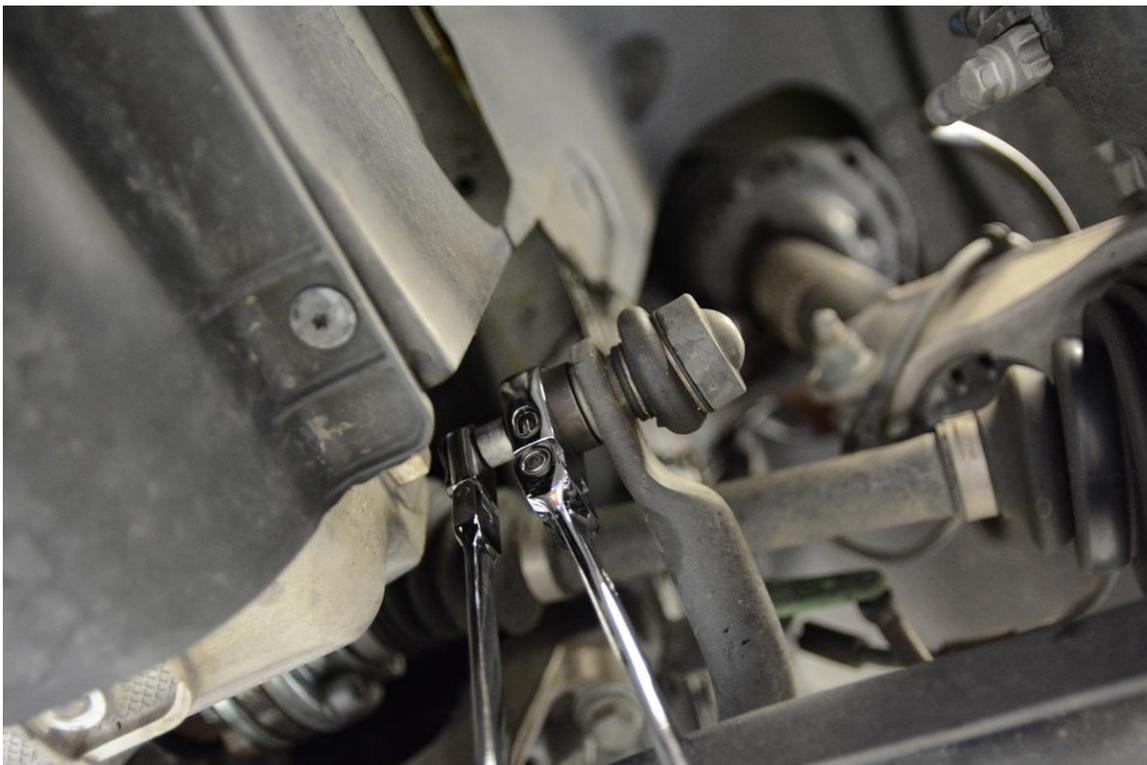
034Motorsport's MkV/MkVI/MkVII Volkswagen & 8J/8P/8S/8V Audi Adjustable Front Sway Bar End Links replace the flimsy factory front end links to increase the effectiveness of the front sway bar, and improve handling feel and performance. They can also be adjusted in length to aid with sway bar clearance on lowered vehicles, or to remove sway bar preload on vehicles that sit at an uneven ride height due to corner balancing.

Installation of this upgrade is a straightforward process that will take approximately one hour to complete. Please read through all instructions before proceeding with work.

**Step 1** – Raise the vehicle securely on jackstands or a lift, and remove the front wheels in order to gain access to the front suspension.



**Step 2** – Using an 18mm wrench, remove the bolt securing the bottom of the end link to the sway bar. If necessary, hold the shaft with a 6mm triple square.



**Step 3** – Using an 18mm wrench, remove the bolt securing the top of the end link to the strut. If necessary, hold the shaft with a 6mm triple square. Remove factory end link.



**Step 4** – (If you wish to use the supplied dust boots, please proceed to Step 5.) Set 034Motorsport End Link and Factory End Link side by side, and adjust the length of the 034Motorsport End Link to match. **Important:** Leave at least 8 threads exposed at the top portion (round tube, no hex) of the end link to allow for clearance at mounting tab.



**Step 5** – (If using dust boots.) Disassemble the 034Motorsport End Links. Insert heim joint into dust boot. The boots will stretch to accommodate the heim, but avoid using sharp tools to pry at the boot.



**Step 6** – (If using dust boots.) Repeat four times, until you become an expert dust boot installer. Print yourself a Certificate of Excellence one you've mastered this skill.



**Step 7** – (If using dust boots.) Set 034Motorsport End Link and Factory End Link side by side, and adjust the length of the 034Motorsport End Link to match. **Important:** Leave at least 8 threads exposed a the top portion (round tube, no hex) of the end link to allow for clearance at mounting tab.



**Step 8** – Insert machined steel adapters into heim joints.



**Step 9** – Install spacer onto Allen bolt, taking note of the orientation shown below.



**Step 10** – Apply blue Loctite to Allen bolt.



**Step 11** – Install Allen bolts and spacers into heim joints.



**Step 12** – Attach upper end of sway bar end link to the strut tab (as shown below) on the correct side of the tab. Do not put it on the incorrect side of the tab. Seriously, please install on the same side of the tab that the stock part was on. The hexagonal end of sway bar end link tube should be on the bottom, towards the sway bar.



**Step 13** – Tighten nut and Allen bolt to 25 Nm using 6mm Allen Socket and 19mm Wrench.



**Step 14** – Attached bottom end of link (with hex on tube) to end of sway bar. **Please Note:** You may have to pull down on sway bar to align hole with adapter. Tighten nut and Allen bolt to 25 Nm using 6mm Allen Socket and 19mm Wrench.



**Step 15** – Repeat installation on the other side, and verify that all hardware is properly torqued.

**Step 16** – Compress suspension. Adjust end link body, until there is minimal resistance (neutral load point). Tighten locking nuts with 19mm wrench while holding barrel with 19mm wrench. Preload the heim joints in same direction prior to tightening to ensure their neutral alignment when done.

**Step 17** – Reinstall wheels, lower the vehicle, and enjoy the upgrade!