



VW MK5/MK6 Adjustable Front Sway Bar Installation Instructions - [Click HERE to Shop](#)



Skill Level
2 - Moderate
Some Experience
Recommended



Proper service and repair procedures are vital to the safe, reliable operation of all motor vehicles as well as the personal safety of those performing the repairs. Standard safety procedures and precautions (including use of safety goggles and proper tools and equipment) should be followed at all times to eliminate the possibility of personal injury or improper service which could damage the vehicle or compromise its safety.

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KIT CONTENTS



Sway Bar
(QTY 1)



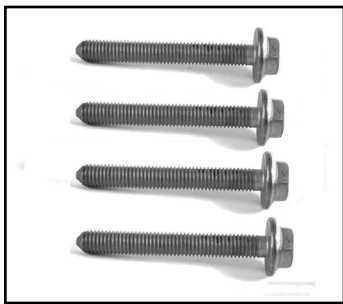
Sway Bar Bushings
(QTY 2)



Sway Bar Brackets
(QTY 2)



Sway Bar Bracket Bolts
(QTY 4)



Steering Rack Bolts
(QTY 4)



Subframe/LCA Bolts
(QTY 4)



Rear Subframe Bolts
(QTY 2)



Pendulum Mount Bolts
(QTY 2)



Ball Joint Nuts
(QTY 6)

REQUIRED TOOLS

Note: The tools required for each step will be listed by the step number throughout these instructions.

Standard Automotive Tools

- **Protecta-Sockets (for lug nuts)** [ES#2221243](#)
- **3/8" Drive Ratchet** [ES#2765902](#)
- **3/8" Drive Torque Wrench** [ES#2221245](#)
- **3/8" Drive Deep and Shallow Sockets** [ES#2763772](#)
- **3/8" Drive Extensions** [ES#2804822](#)
- **Hydraulic Floor Jack** [ES#240941](#)
- **Torx Drivers and Sockets** [ES#11417/8](#)
- **1/2" Drive Deep and Shallow Sockets** [ES#2839106](#)
- **1/2" Drive Ratchet**
- **1/2" Drive Extensions**
- **1/2" Drive Torque Wrench** [ES#2221244](#)
- **1/2" Drive Breaker Bar** [ES#2776653](#)
- Bench Mounted Vise
- Crows Foot Wrenches
- Hook and Pick Tool Set [ES#2778980](#)

Required For This Install

Available On Our Website

- **1/4" Drive Ratchet** [ES#2823235](#)
- **1/4" Drive Deep and Shallow Sockets** [ES#2823235](#)
- **1/4" Drive Extensions** [ES#2823235](#)
- Plier and Cutter Set [ES#2804496](#)
- Flat and Phillips Screwdrivers [ES#2225921](#)
- **Jack Stands** [ES#2763355](#)
- Ball Pein Hammers
- Pry Bar Set [ES#1899378](#)
- Electric/Cordless Drill
- Wire Strippers/Crimpers
- Drill Bits
- Punch and Chisel Set
- **Hex Bit (Allen) Wrenches and Sockets** [ES#11420](#)
- Thread Repair Tools [ES#1306824](#)
- **Open/Boxed End Wrench Set** [ES#2765907](#)

INSTALLATION NOTES

- **RH** refers to the *passenger side* of the vehicle.
- **LH** refers to the *driver side* of the vehicle.
- Always use the proper torque specifications.
- If applicable to this installation, torque specifications will be listed throughout the document and at the end as well.
- Please read all of these instructions and familiarize yourself with the complete process **BEFORE** you begin.

GENERAL PREPARATION AND SAFETY INFORMATION

ECS Tuning cares about your health and safety, please read the following safety information. This information pertains to automotive service in general, and while it may not pertain to every job you do, please remember and share these important safety tips.

- Park your car in a safe, well lit, level area.
- Shut the engine off and remove the key from the ignition switch.
- Make sure any remote start devices are properly disabled.
- **ALWAYS** wear safety glasses.
- Make sure the parking brake is applied until the vehicle is safely lifted and supported.
- If using an automotive lift, be sure and utilize the factory specified lift points.
- Lifting a vehicle in an incorrect location can cause damage to the suspension/running gear.
- When lifting a vehicle using a jack, always utilize the factory specified lift points.
- Lifting a vehicle in an incorrect location can cause damage to the suspension/running gear.
- **ALWAYS** support the vehicle with jack stands.
- Always read and follow all safety information and warnings for the equipment you are using.



NEVER get underneath a vehicle that is supported only by a jack, and **ALWAYS** make sure that the vehicle is securely supported on jack stands.

REMOVING THE ORIGINAL SWAY BAR

Step 1: 17mm Protecta Socket, ½" Breaker Bar

Safely raise and support the vehicle, then remove the front wheels.



Step 2: T25 & T30 Torx

Remove the skid plate or insulation panel.



REMOVING THE ORIGINAL SWAY BAR

Step 3: 10mm Socket & Ratchet

Remove the nut (arrow) for the headlight level sensor arm bracket (if equipped), then remove the bracket from the lower control arm.

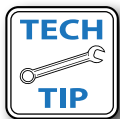


It is a good idea to use a spray lubricant/penetrating oil on this nut and any of the rusty fasteners you might encounter during this installation.

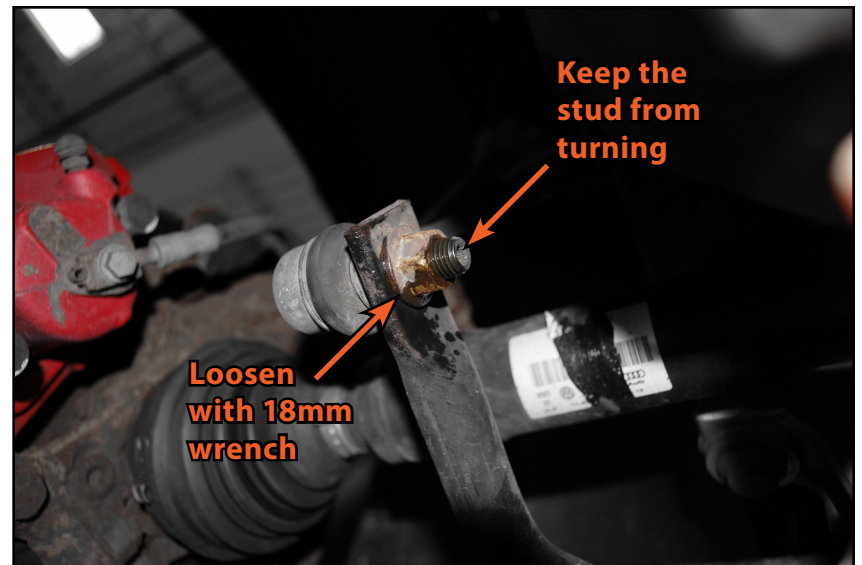


Step 4: 18mm Wrench, 5mm Hex (Allen)

Disconnect both of the sway bar end links from the front sway bar. Counterhold the stud to keep it from turning, apply penetrating oil to the threads, then slowly work the nut back and forth until it can be removed.



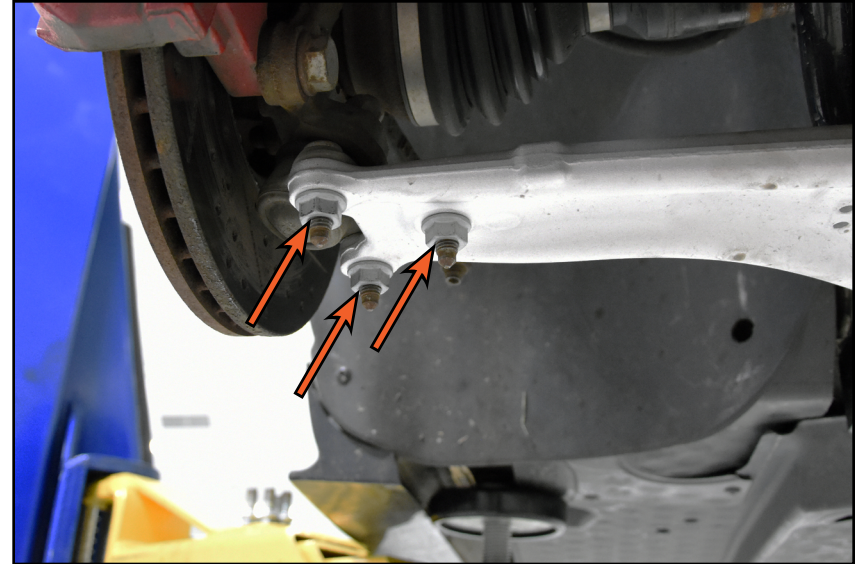
To maximize clearance between the new sway bar and surrounded components we highly recommend purchasing a set of our adjustable sway bar end links [HERE](#).



REMOVING THE ORIGINAL SWAY BAR

Step 5: 16mm Socket & Ratchet

Remove the three lower ball joint nuts (arrows) from each side.



Step 6: Pry Bar

Pry down on each lower control arm to separate it from the ball joint and pull it off of the studs.



REMOVING THE ORIGINAL SWAY BAR

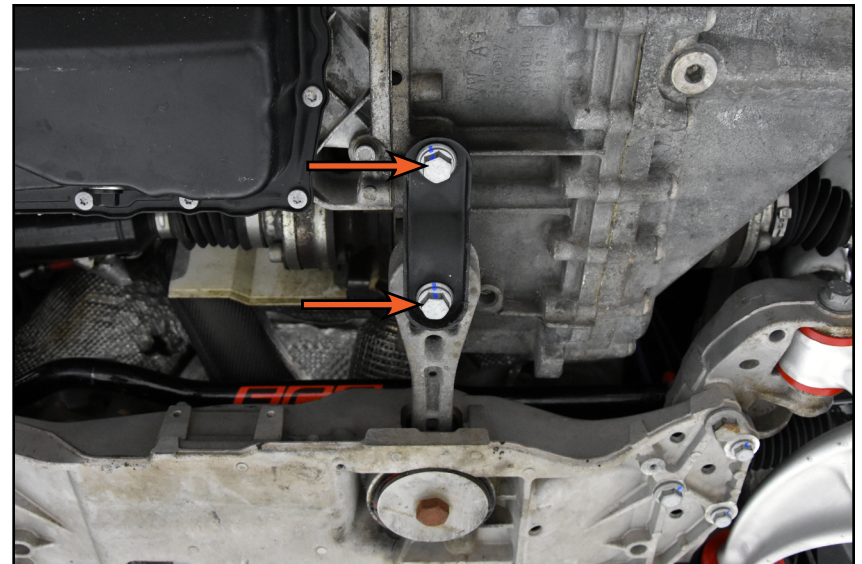
Step 7: 13mm Socket & Ratchet

Remove the two exhaust hanger bolts (arrows) from the rear of the subframe.



Step 8: 16mm Socket & Ratchet

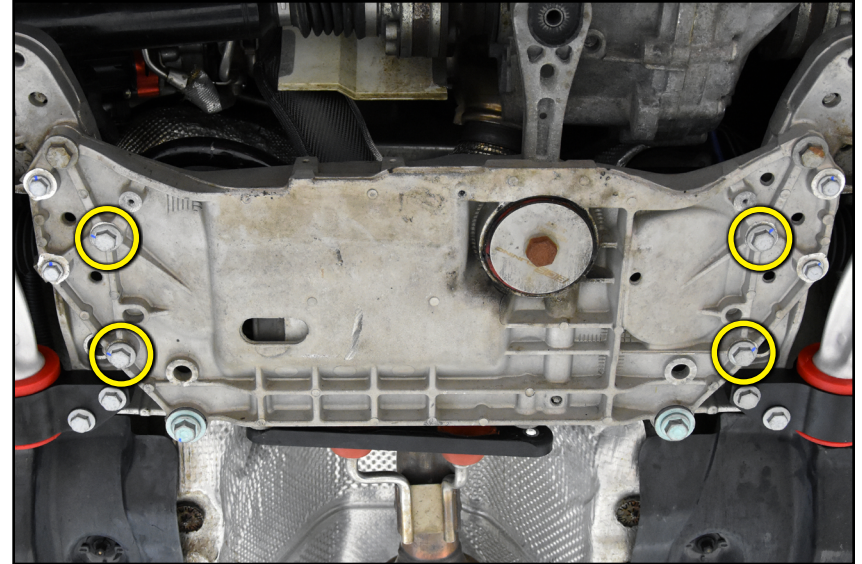
Remove the two pendulum mount bolts (arrows) from the underside of the transmission.



REMOVING THE ORIGINAL SWAY BAR

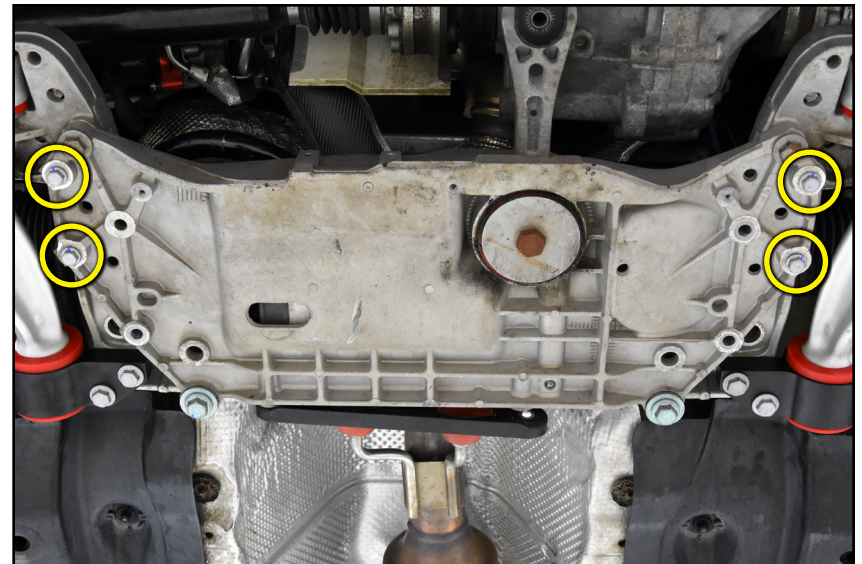
Step 9: 16mm Socket & Ratchet

Remove the four steering rack bolts (circled in **YELLOW**).



Step 10: 13mm Socket & Ratchet

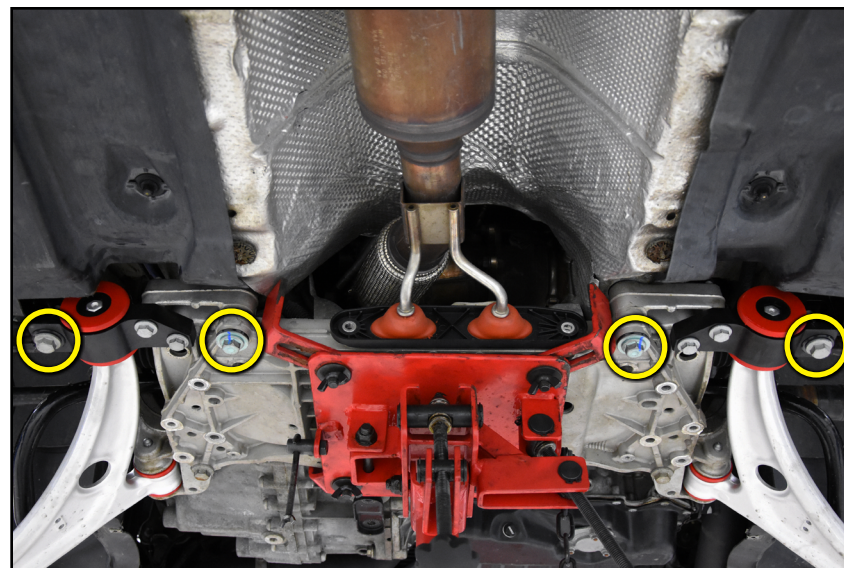
Remove the four sway bar bolts (circled in **YELLOW**).



REMOVING THE ORIGINAL SWAY BAR

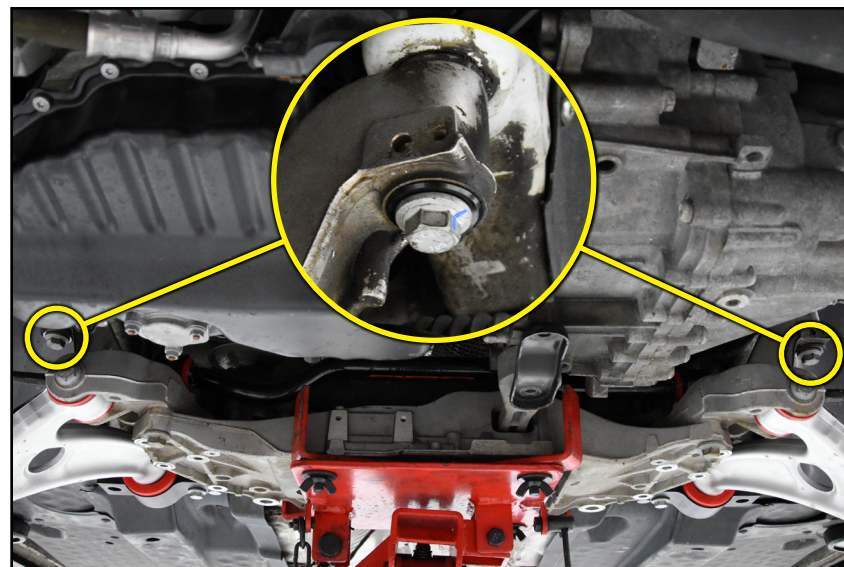
Step 11: 18mm Socket & Ratchet

Securely support the subframe from below with a transmission jack, then remove the two rear subframe bolts, and the two rear lower control arm bolts (circled in **YELLOW**).



Step 12: 18mm Socket & Ratchet

Remove the two front subframe bolts (inset photo). These bolts can be accessed through the opening in the lower control arm using an extension.



REMOVING THE ORIGINAL SWAY BAR

Step 13: 5mm Hex (Allen) -OR- 10mm Socket & Ratchet

Lower the subframe slowly until you have just enough room to access the steering rack, then hang it up out of the way using mechanics wire. Remove the bolt which secures the wiring harness to the subframe. You will not be able to see this bolt, it is hidden in the top of the subframe (inset photo).



Step 14:

Slowly lower the subframe from the vehicle as shown, then remove the original sway bar.



INSTALLING THE NEW SWAY BAR

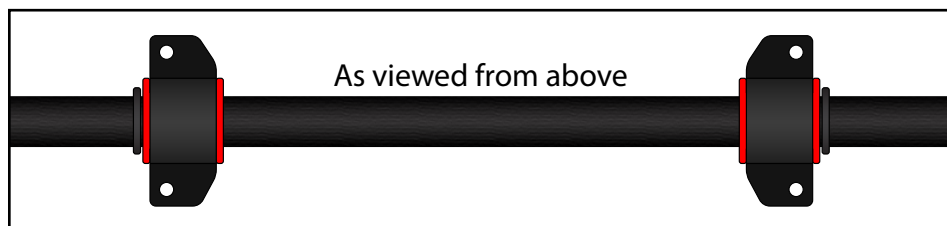
Step 1:

Optional: Apply a suitable poly grease to the inside of each bushing before installing them onto the sway bar.



Step 2:

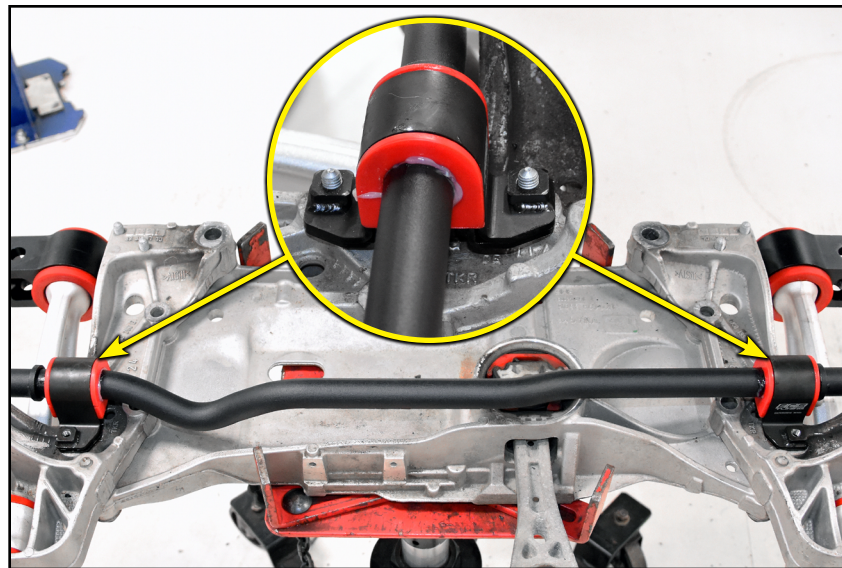
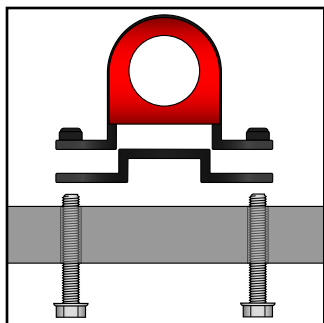
Slide the new bushings onto each end of the new sway bar (top photo), then slide the new upper mounting brackets over them as shown (bottom photo). Reference the illustration below for proper orientation of the brackets.



INSTALLING THE NEW SWAY BAR

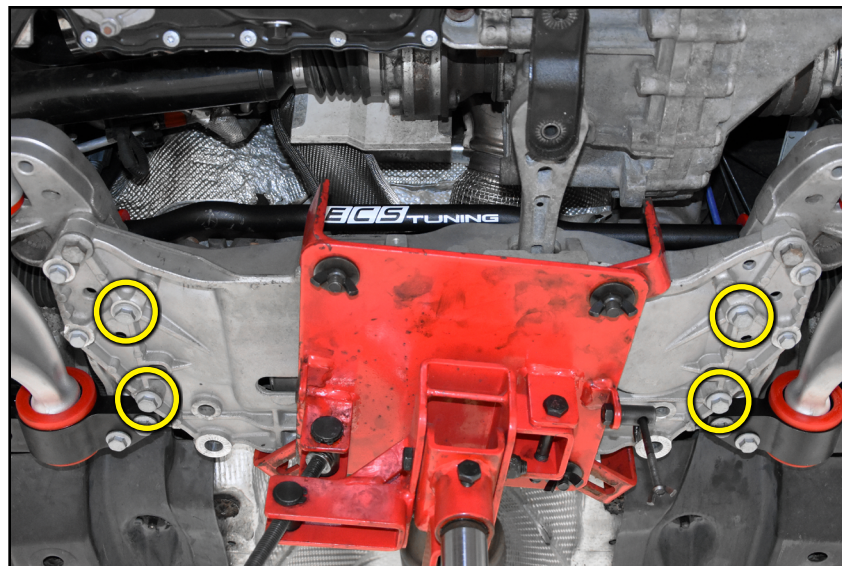
Step 3:

Lay the lower mounting brackets into place then install the sway bar into the subframe (see illustration below). Slide the new bolts through the subframe and mounting brackets, tightening them until snug (inset photo).



Step 4: 16mm Socket & Torque Wrench

Carefully lift the subframe back into the vehicle, then slide the steering rack back into place and reinstall the screw that secures the wiring harness to the subframe. Replace the steering rack bolts (circled in **YELLOW**) and torque them to 50 Nm (37 Ft-lbs) + 90°.



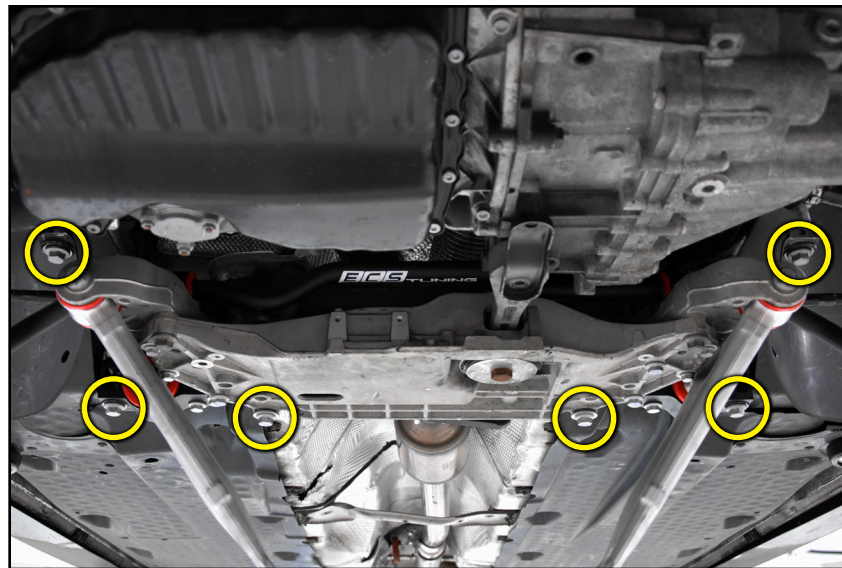
INSTALLING THE NEW SWAY BAR

Step 5: 18mm Socket & Torque Wrench

Install the six bolts (circled in **YELLOW**) which secure the subframe and lower control arms to the body. Torque the bolts to 70 Nm (52 Ft-lbs) + 90° in a diagonal pattern. Remove the transmission jack.



Installation of our subframe locking collars (available [HERE](#)), will help locate the subframe and centralize the bolts within the bore, making alignment easier.



Step 6: 13mm Socket & Torque Wrench

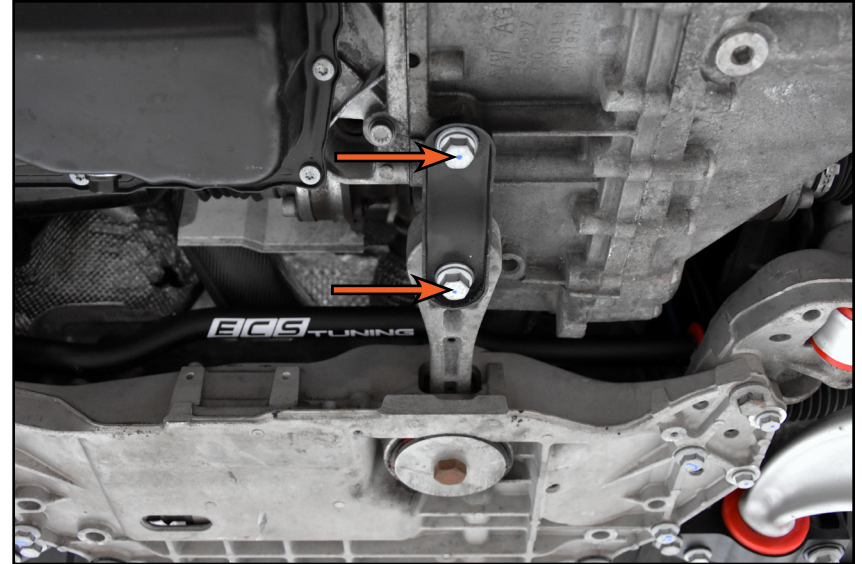
Torque the sway bar bracket bolts (circled in **YELLOW**) to 20 Nm (15 Ft-lbs) + 90°.



INSTALLING THE NEW SWAY BAR

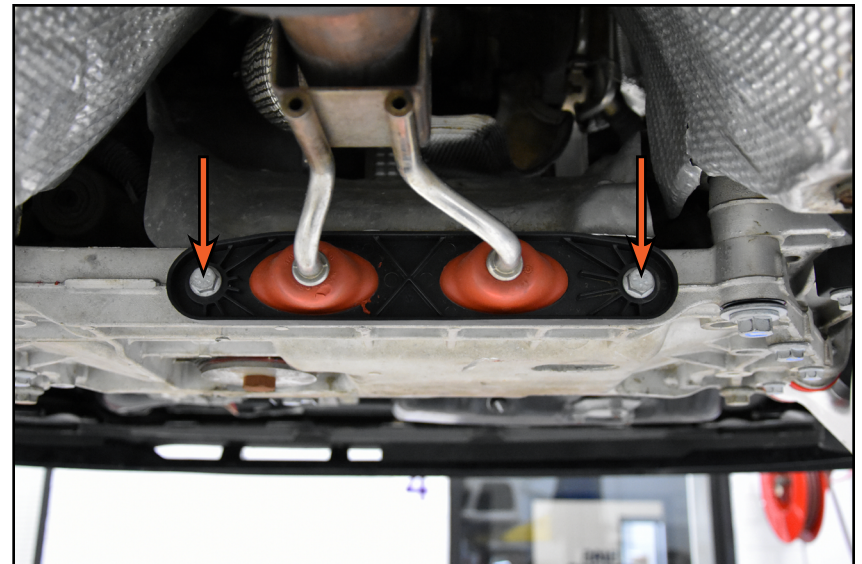
Step 7: 16mm Socket & Torque Wrench

Replace the pendulum mount bolts (arrows) and torque them to 40 Nm (30 Ft-lbs) + 90°.



Step 8: 13mm Socket & Torque Wrench

Reinstall the downpipe mount bolts and torque them to 25 Nm (18 Ft-lbs).

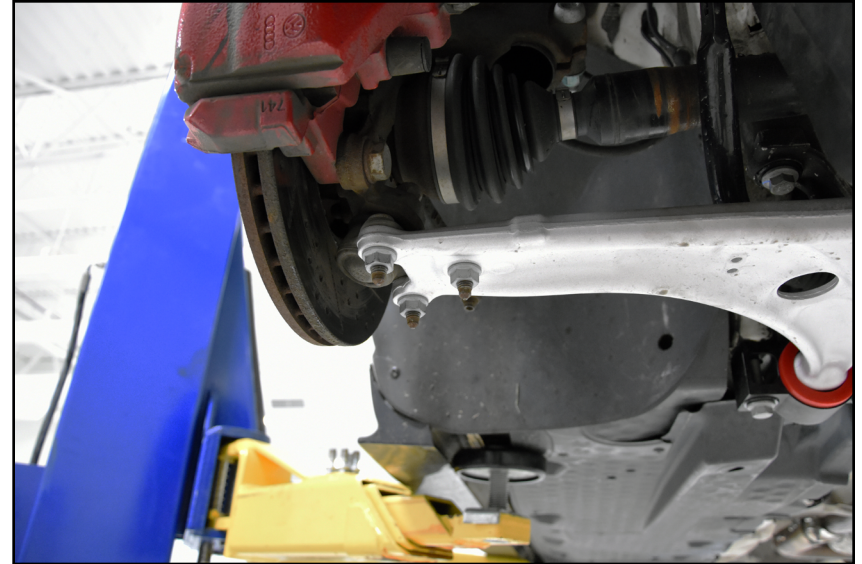


INSTALLING THE NEW SWAY BAR

Step 9: 16mm Socket & Torque Wrench

Replace the ball joint nuts and torque them to the following:

- **Cast suspension control arm:** 60 Nm (44 Ft-lbs)
- **Aluminum or Sheet Steel control arm:** 100 Nm (74 Ft-lbs)



Step 10: 18mm Wrench, 5mm Allen (Hex)

Reconnect each sway bar end link to the sway bar and tighten to nut to 65 Nm (48 Ft-lbs).

Reinstall the skid plate or insulation panel.

Reinstall the wheels.

Perform a four-wheel alignment.

Congratulations, your installation is complete!



Your Front Sway Bar installation is complete!



These instructions are provided as a courtesy by ECS Tuning

Proper service and repair procedures are vital to the safe, reliable operation of all motor vehicles as well as the personal safety of those performing the repairs. Standard safety procedures and precautions (including use of safety goggles and proper tools and equipment) should be followed at all times to eliminate the possibility of personal injury or improper service which could damage the vehicle or compromise its safety.

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