



## VW MK6 Golf Rear Stress Bar Kit

Installation Instructions - [Click HERE to Shop](#)



**Skill Level**  
**1 - Easy**  
**Basic Skills**  
**Required**



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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## AVAILABLE KITS



Stage 1 (Upper) Stress Bar Kit



Stage 2 (Upper & Lower) Stress Bar Kit



Stage 2 (Lower) Stress Bar Add-On Kit

## 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#2834951](#)
- 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.
- Whether lifting a vehicle using an automotive lift or a hydraulic jack, be sure and 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.



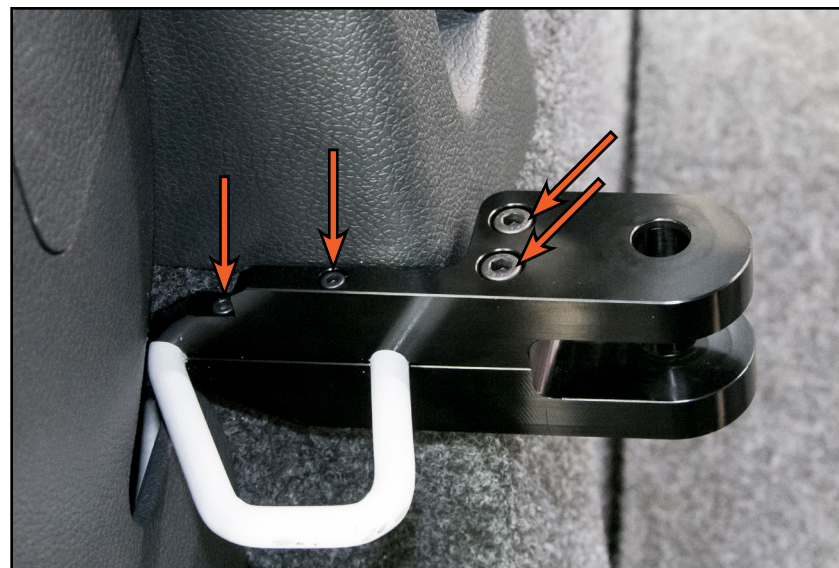
**NEVER** get underneath a vehicle that is supported only by a jack, and **ALWAYS** make sure that the vehicle is securely supported on jack stands.



## INSTALLING THE REAR STRESS BAR KIT

### Step 1: 2.5mm, 4mm Hex (Allen)

Fold down the rear seats. Slide the two halves of each upper bracket over the seat latch as shown, then install the four screws (arrows) to secure it in place. Tighten each of the screws until snug.



### Step 2:



**If you only purchased the stage 1 (upper) kit:**  
Skip this step and move on to the next page.

Slide the center bracket over the upper stress bar until it is centered (as shown in upper photo), then slide the clamping block into the bracket (as shown in lower photo).



## INSTALLING THE REAR STRESS BAR KIT

### Step 3: 8mm Hex (Allen), 19mm Wrench

Install the bar between the two upper brackets. Rotate the bar to shorten or lengthen it until you can easily slide the bolts through the ends. Install the other washer and nut onto the end of each bolt (arrow in inset photo) and tighten them until snug.



### Step 4: 19mm Wrench

With the jam nuts loose, rotate the bar to shorten or lengthen it to relieve any tension until it feels neutral. Once at neutral, **shorten** the bar by rotating it a full 360 degrees before locking down the jam nuts (arrow in inset photo).



**If you only purchased the stage 1 (upper) kit:**  
Congratulations, your installation is complete!

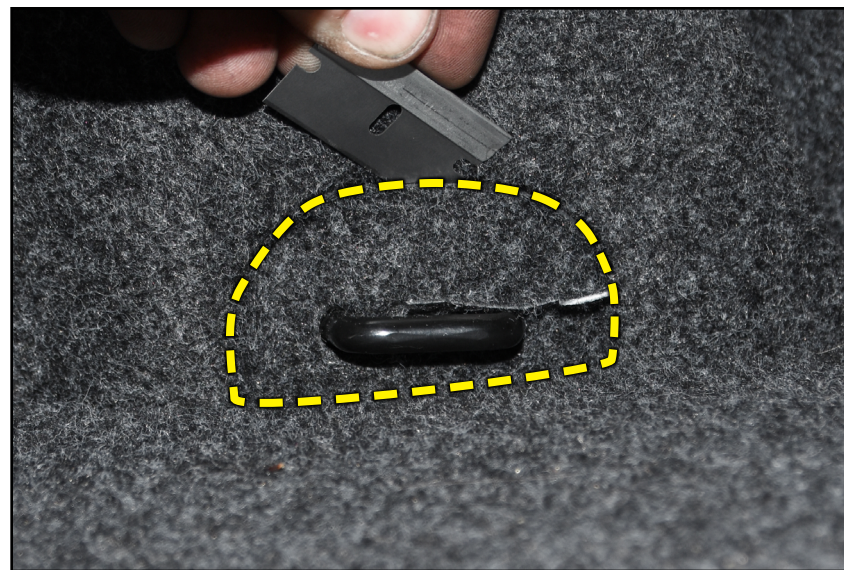
**If you purchased the stage 2 (upper & lower) kit:**  
Proceed to the next page to continue installation.



## INSTALLING THE REAR STRESS BAR KIT

### Step 5: Razer Blade

Locate the cargo hook on either side of the hatch and carefully cut away the carpet (as outlined in **YELLOW**) to reveal the screws.



### Step 6: T30 Torx

Remove the two screws (arrows) which secure the cargo hook to the body on either side.





## INSTALLING THE REAR STRESS BAR KIT

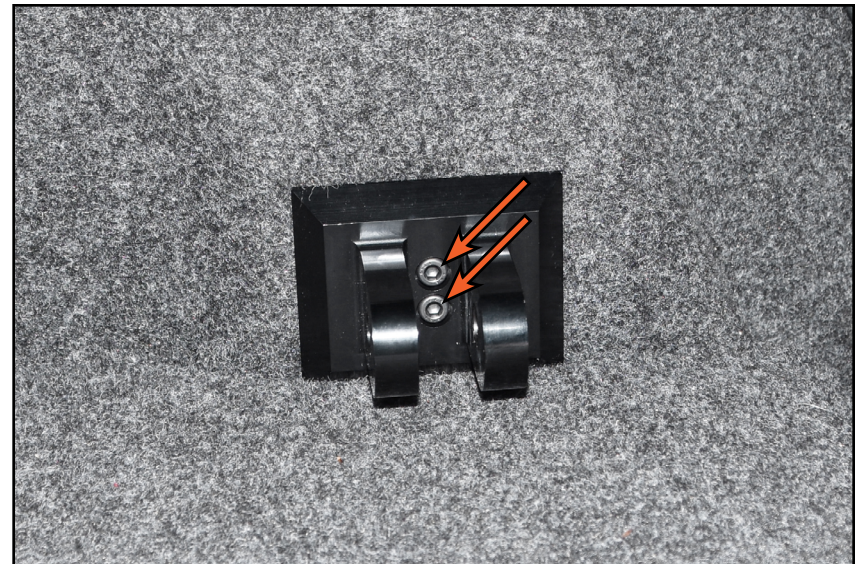
### Step 7: T30 Torx

Install the adapter block in place of the cargo hook, then reinstall the screws (arrows) and tighten them until snug.



### Step 8: 4mm Hex (Allen)

Install the lower bracket onto the adapter block using the included screws (arrows). Tighten the screws until snug.

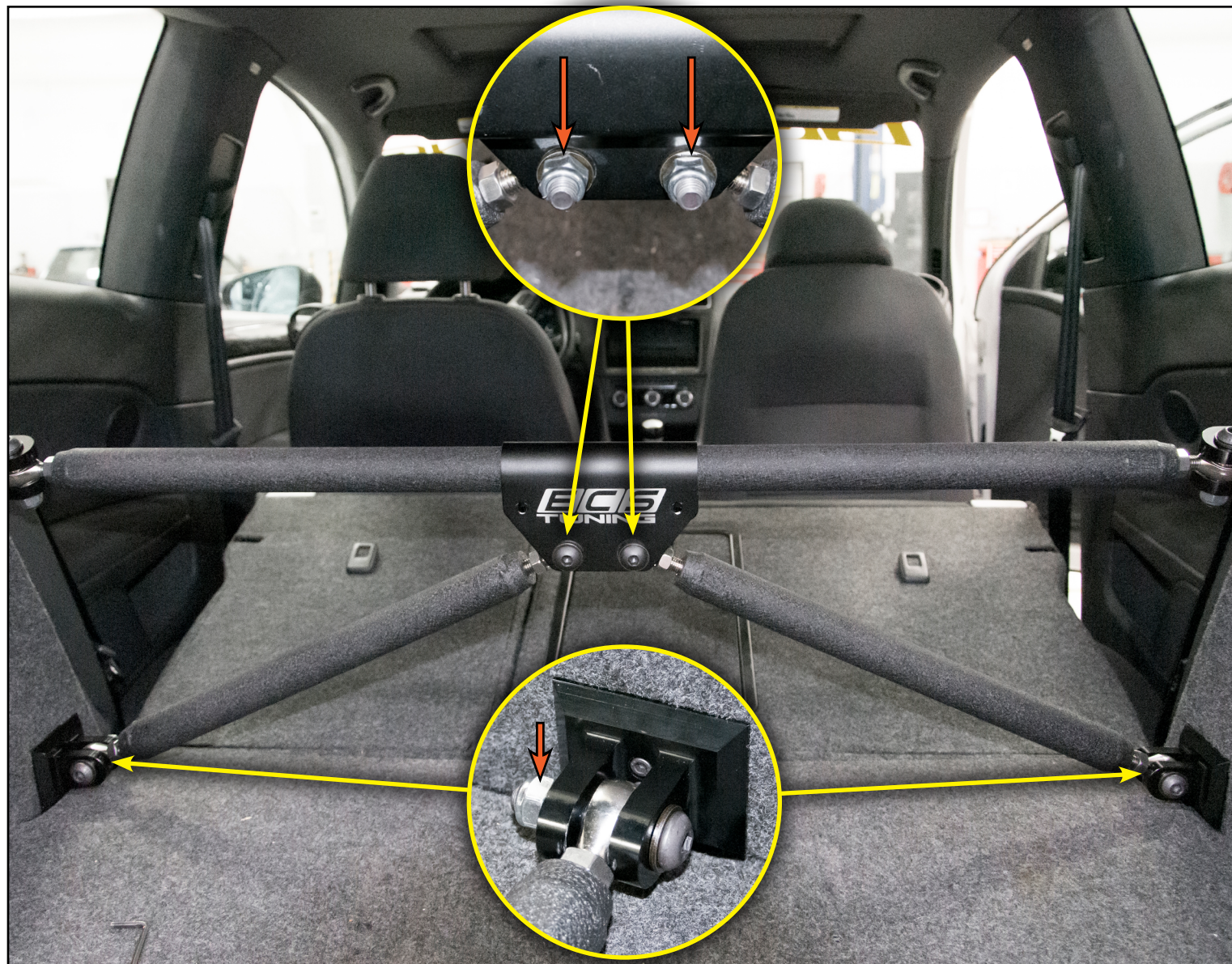




## INSTALLING THE REAR STRESS BAR KIT

### Step 9:

Install the lower bars between the center and lower brackets as shown. Rotate each bar to shorten or lengthen it until you can easily slide the bolts through the ends of the bars. Install the washer and nut onto the end of each bolt (arrows in inset photos) and tighten them until snug.

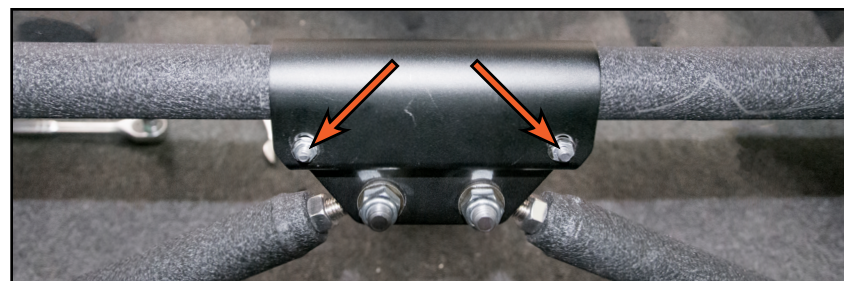




## INSTALLING THE REAR STRESS BAR KIT

### Step 10: 10mm Wrench, 4mm Hex (Allen)

Slide the center bracket screws (arrows in upper photo) through the center bracket and clamping block, then install the remaining washers and nuts (arrows in lower photo) onto the screws and tighten them until snug.



### Step 11: 19mm Wrench

With the jam nuts loose, rotate the lower bars to shorten or lengthen them until they are equal in length and feel neutral. Once at neutral, **shorten** each bar by rotating it a full 360 degrees before locking down the jam nuts (arrows).



***Congratulations, your installation is complete!***



## Your Rear Stress Bar Kit 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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