VW MK7, MK7.5, MK8 Golf Rear Stress Bar Kit Installation Instructions - Click HERE to Shop

Skill Level
1 - Easy

Basic Skills Required

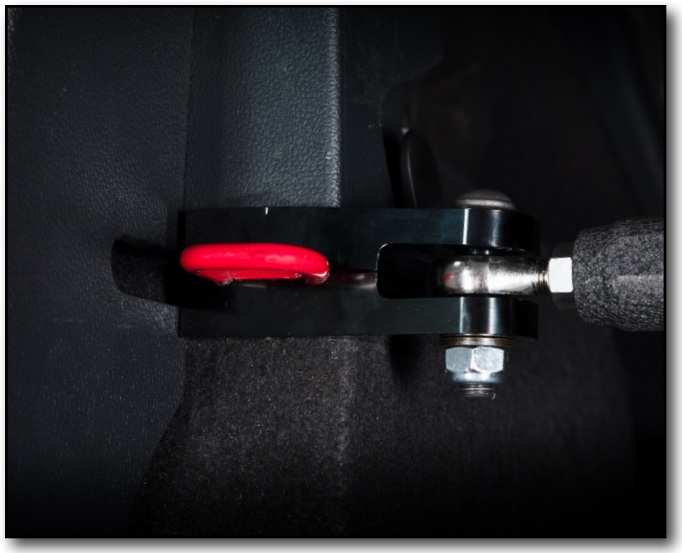
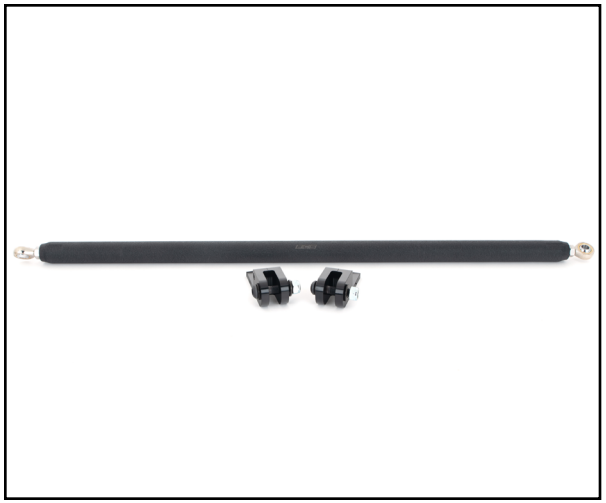


TABLE OF CONTENTS

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 | **Required For This Install** | **Available On Our Website**

- Protecta-Sockets (for lug nuts) ES#2221243
- **⅜" Drive Ratchet** ES#2765902
- ⅜" Drive Torque Wrench ES#2221245
- **⅜" Drive Deep and Shallow Sockets** ES#2763772
- ⅜" Drive Extensions ES#2804822
- Hydraulic Floor Jack ES#2834951
- Torx Drivers and Sockets ES#11417/8
- ½" Drive Deep and Shallow Sockets ES#2839106
- ½" Drive Ratchet
- ½" Drive Extensions
- ½" Drive Torque Wrench ES#2221244
- ½" Drive Breaker Bar ES#2776653
- Bench Mounted Vise
- Crows Foot Wrenches
- Hook and Pick Tool Set ES#2778980
- **¼" Drive Ratchet** ES#2823235
- **¼" Drive Deep and Shallow Sockets** ES#2823235
- ¼" 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.

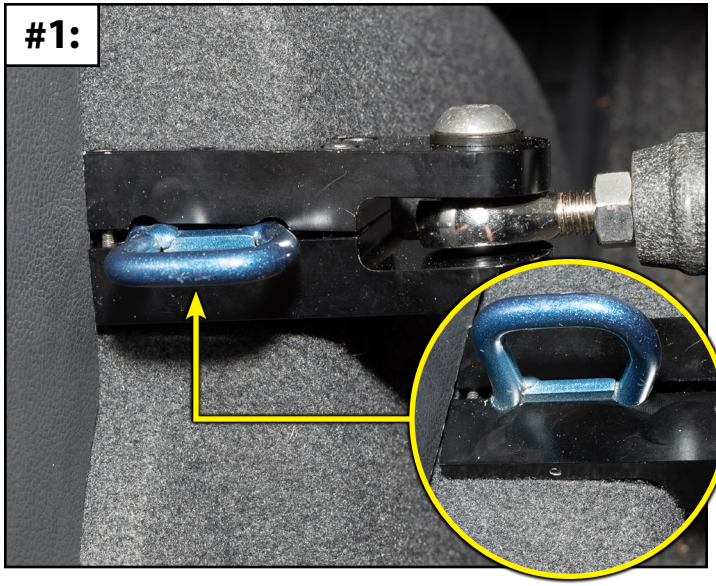
NEVER get underneath a vehicle that is supported only by a jack, and ALWAYS make sure that the vehicle is securely supported on jack stands.

INSTALLING THE REAR STRESS BAR KIT

Step 1:

The upper brackets are designed to fit over the seat latches for the rear seat. However, the welds on these latches can vary so greatly, you may find that your brackets fit like the one shown in **Photo #1**, this is 100% acceptable thanks to the unique design. The lower half of the bracket wraps around the latch from below, and once all of the bolts are snug it will hold strong. You may choose to grind or file down the welds on the seat latches, this will look more like the one shown in **Photo #2**. Be sure to apply paint to any bare metal to prevent rust.

#1:



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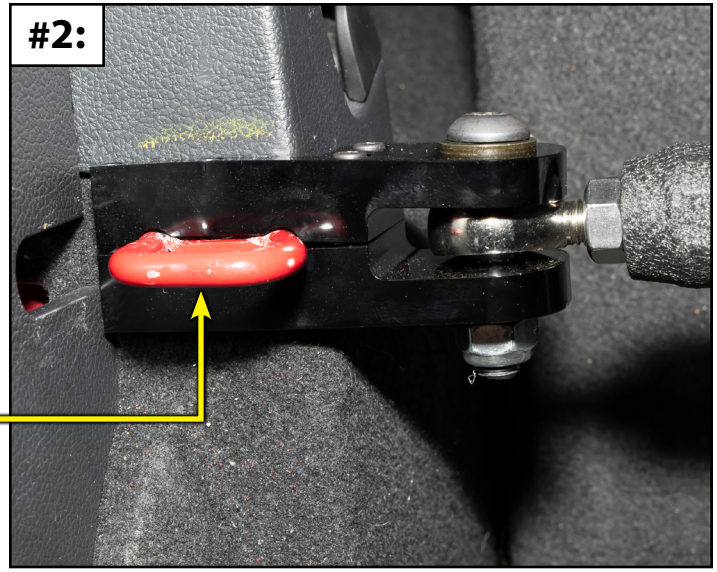

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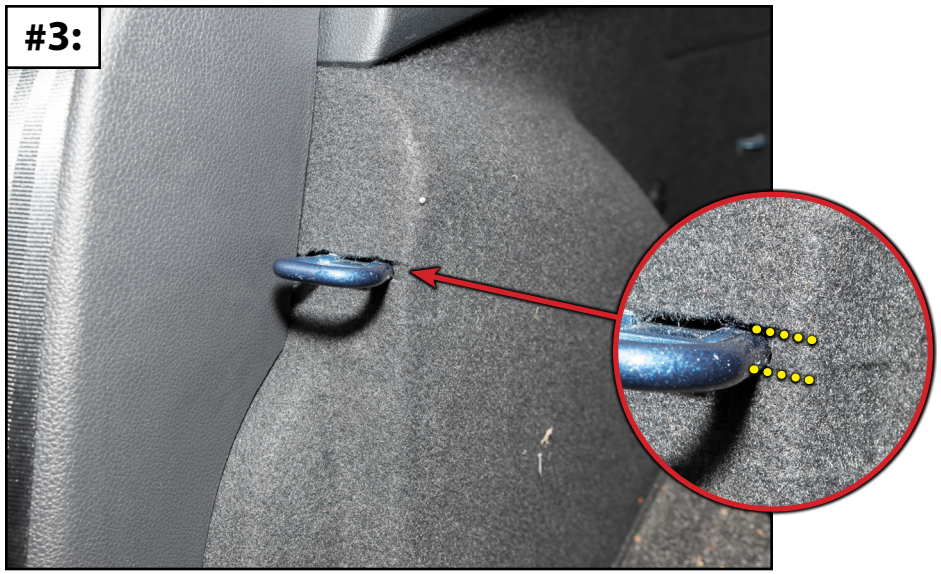


NOTE

You may find that you need to use a razor blade to make two very minor slits in the carpet. One from the top of the latch to the corner of the carpet, and another matching slit from the bottom of the latch (**YELLOW** dashed lines in **Photo #3**).

INSTALLING THE REAR STRESS BAR KIT

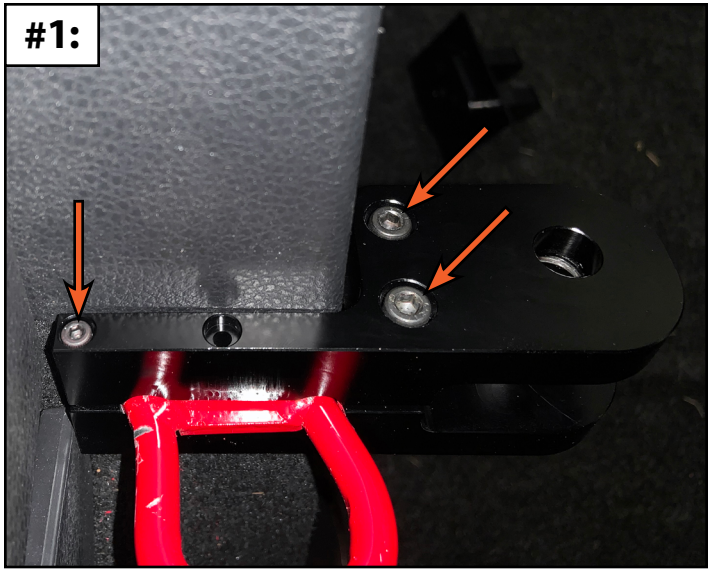
Step 2:

Fold down the rear seats. Slide the two halves of each upper bracket onto the RH seat latch. Loosely install three of the bolts into the bracket (arrows in **Photo #1**).

Tighten the small set screw (arrow in **Photo #2**) which is located underneath the bracket.

Fold the rear seat up and make sure that it latches securely (**Photo #3**). Adjust the placement of the bracket if needed.

#1:



#2:

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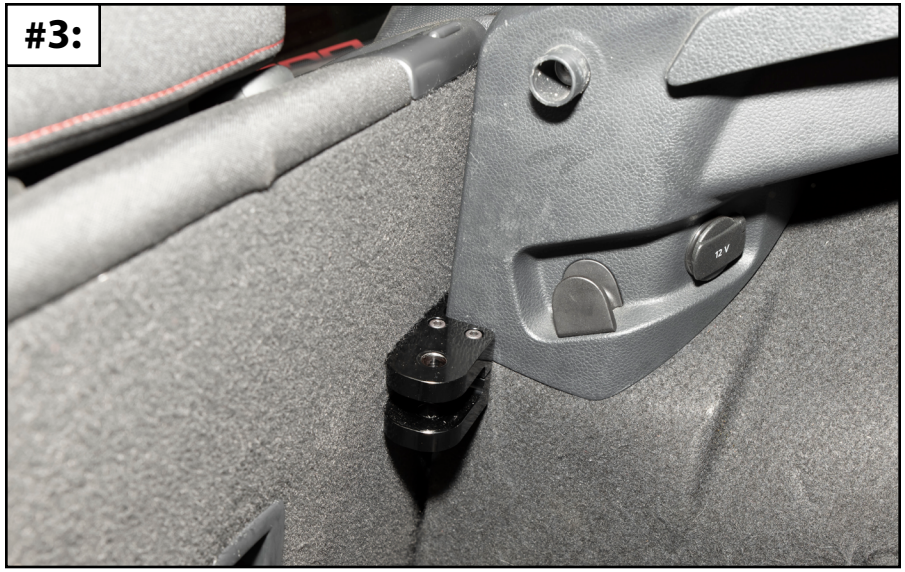


INSTALLING THE REAR STRESS BAR KIT

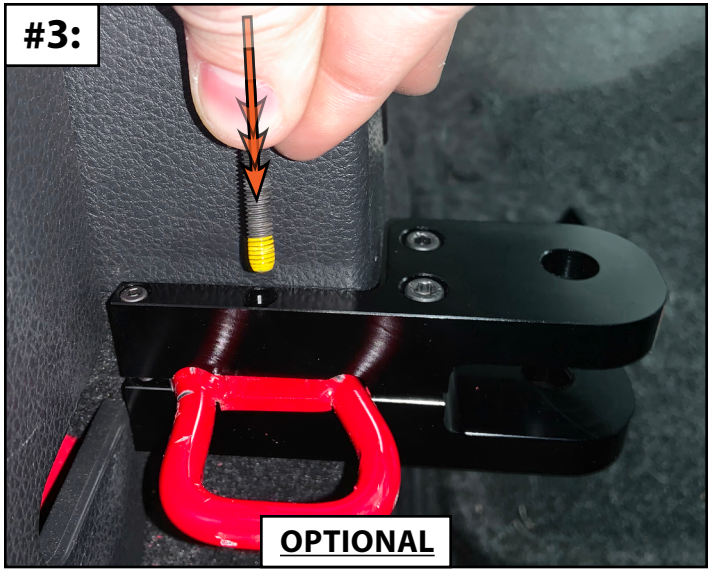
Step 2 (continued):

OPTIONAL: Add a small drop of paint to the bolt as shown, then slide it into the hole until it contacts the seat latch, marking the surface (**Photo #3**).

Remove the bracket and drill a ¼" hole in the seat latch at the mark we just made (**Photo #4**).

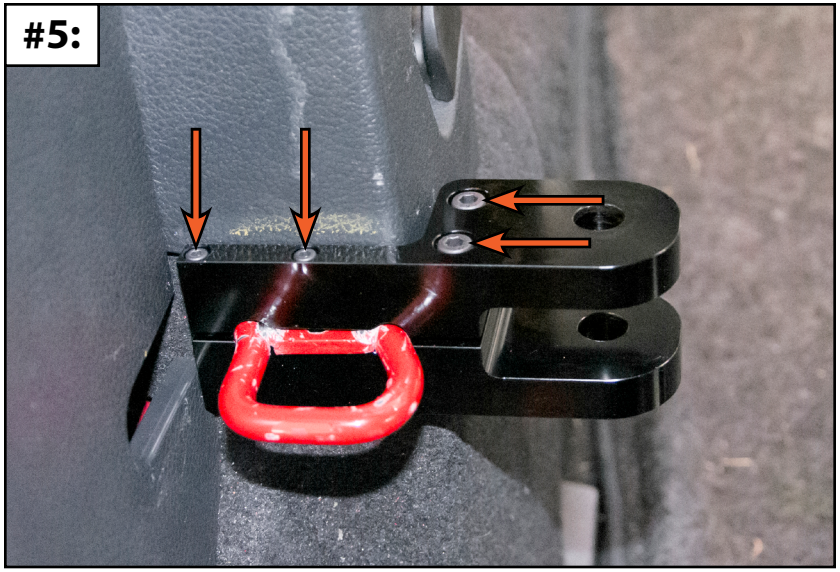
Loosely install the four screws (arrows in **Photo #5**) to secure the bracket into place.

#3:



#4:

#5:



INSTALLING THE REAR STRESS BAR KIT

Step 3:

Repeat the process from step 2 to install the LH bracket (**Photo #1**).

#1:

INSTALLING THE REAR STRESS BAR KIT

Step 4:

If you purchased the stage 1 (upper) kit:

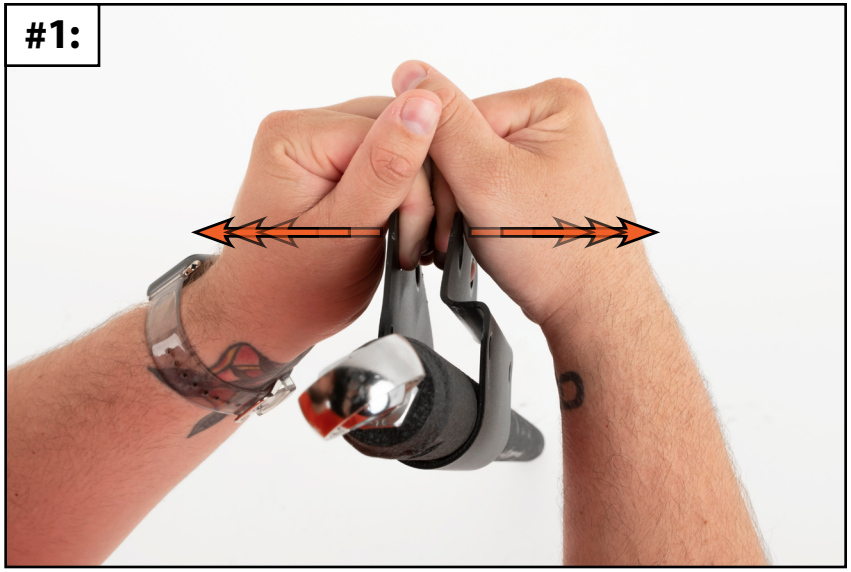
- Skip this step and move on to the next page.

The center bracket is designed to fit tight up against the stress bar. You'll need to spread the center bracket apart slightly by hand (**Photo #1**) whenever you're moving or rotating it on the stress bar. This will help to protect the powdercoat.

Slide the center bracket over the stress bar until it's centered (**Photo #2**).

Slide the clamping block (highlighted in **GREEN** in **Photo #3**) between the stress bar and the center bracket.

#1:



#2:

#3:

INSTALLING THE REAR STRESS BAR KIT

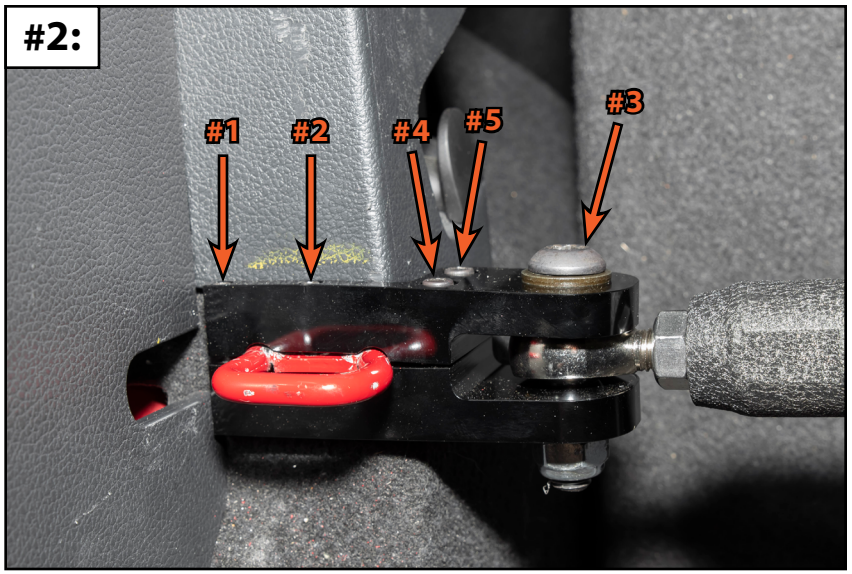
Step 5:	8mm Hex (Allen), 19mm Wrench

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 brackets and rod ends on the bar (**Photo #1**). Install the other washer and nut onto the end of each bolt (arrow in inset photo) and tighten them until snug.

Once the bar has been installed between the brackets, tighten the bracket bolts in the order shown in **Photo #2**. These bolts all only need to be tightened until snug, over-torquing bolt #3, #4 or #5 can cause #1 or #2 to snap off.

#1:

#2:



INSTALLING THE REAR STRESS BAR KIT

Step 6:

With the jam nuts loose, rotate the bar to relieve any tension until it feels neutral. Once at neutral, rotate the bar a full 360° to ***SHORTEN*** the length and draw the mounting clamps ***INWARD***. Tighten the jam nuts until snug.

If you purchased the stage 1 (upper) kit:

- Congratulations, your installation is complete!

If you purchased the stage 2 (upper & lower) kit:

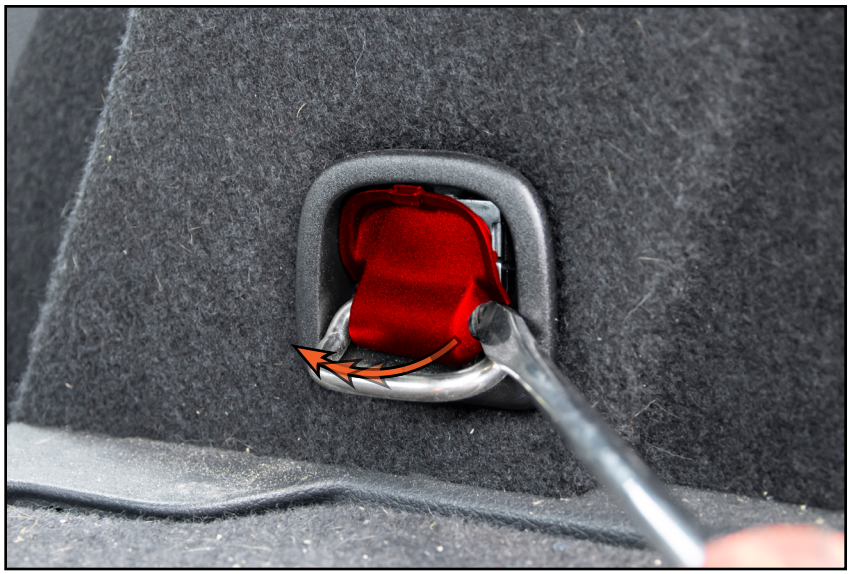
- Proceed to the next page to continue installation.

INSTALLING THE REAR STRESS BAR KIT

Step 7: Flat Head Screwdriver

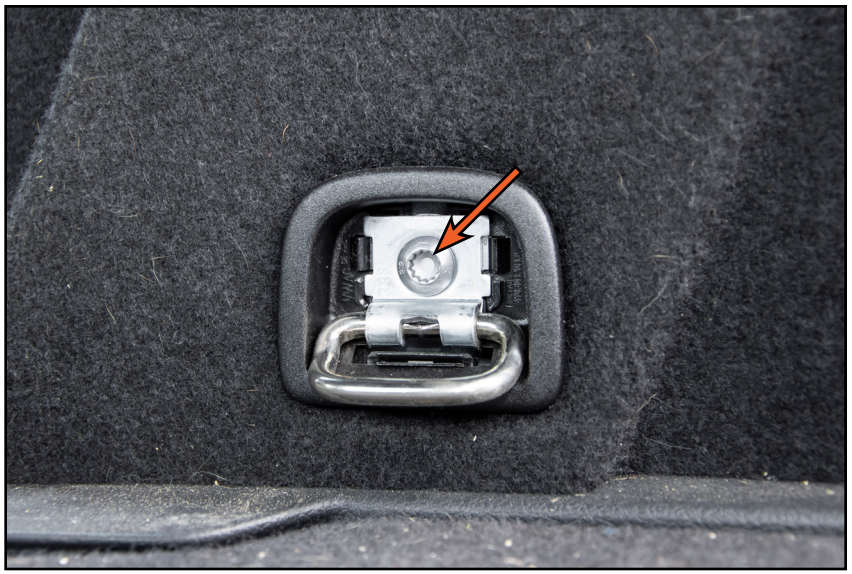
If you are installing this kit on a MK8, there will not be a plastic cover to remove, instead you will need to carefully cut away the carpeting to access the cargo hook bolt and allow the lower bracket to be installed.

Carefully pry the plastic cover (highlighted in **RED**) out of each cargo hook.



Step 8: M10 Triple Square

Remove the bolt (arrow) which secures each cargo hook to the body.



INSTALLING THE REAR STRESS BAR KIT

Step 9:

The two tabs on the back side of the lower bracket need to slide into the matching slots in the sheet metal (**Photo #1**). If mis-aligned the bracket won't sit flush against the chassis, and won't be nearly as strong.

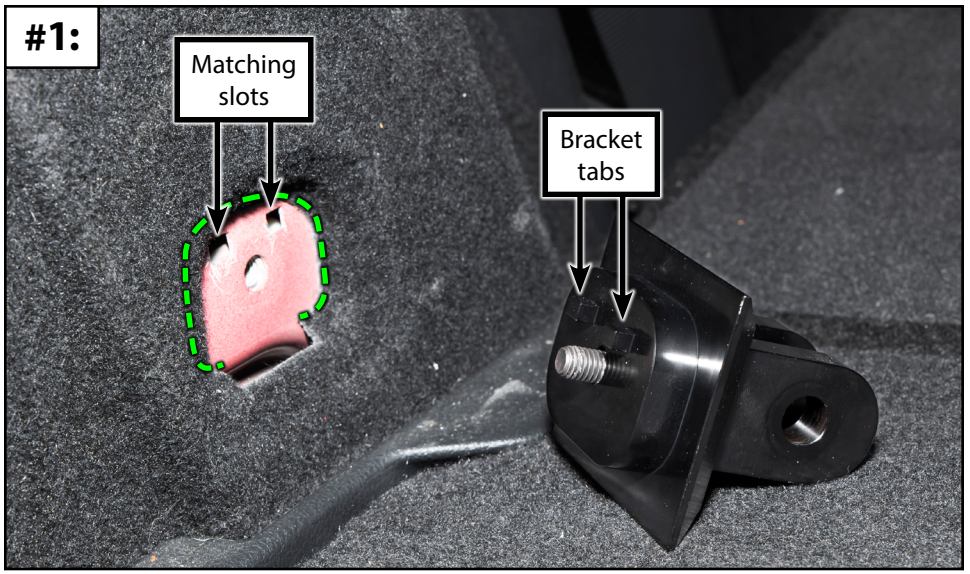
NOTE

You may find that you need to trim away 1-2mm from the rolled edge inside the perimeter of the hole (**GREEN** dashed line in **Photo #1**) to allow the lower bracket to sit flush.

Install the lower bracket in the place of the cargo hook using the included screw (arrow in **Photo #2**). Tighten the screw until snug.

When properly installed the lower bracket should sit parallel with the carpeting (**YELLOW** line in **Photo #2**). If the top of the bracket is leaning out away from the carpeting, it's likely that the bracket tabs were not inserted into the slots.

#1:



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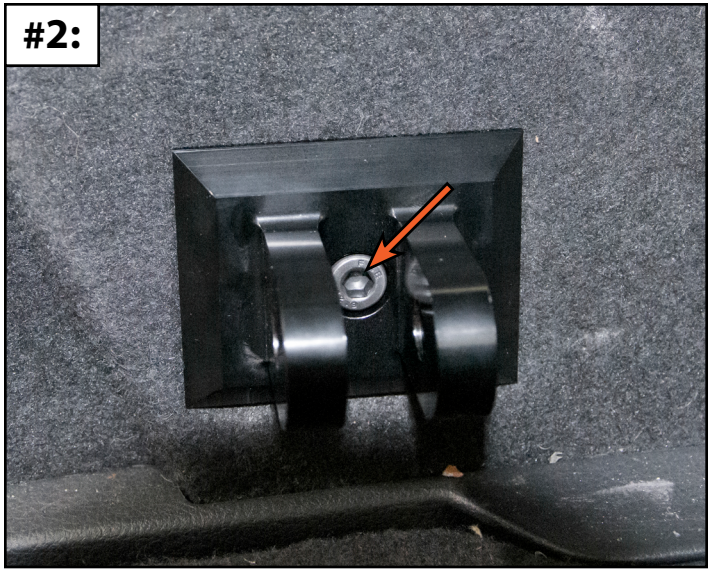

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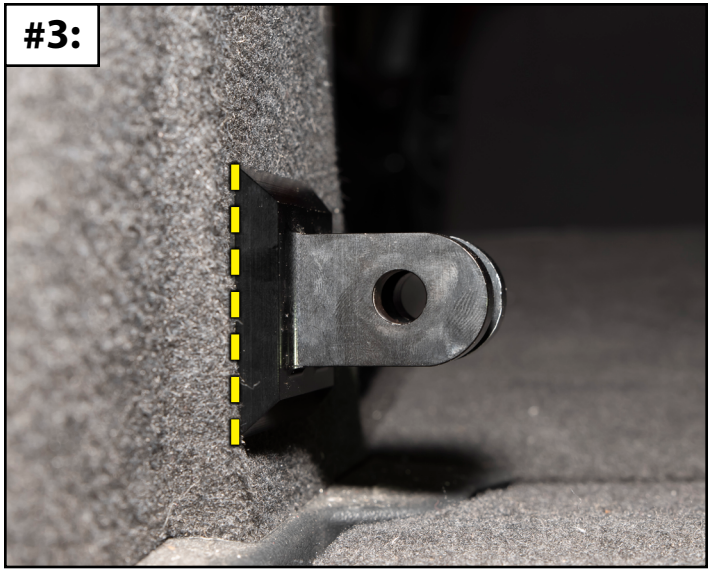
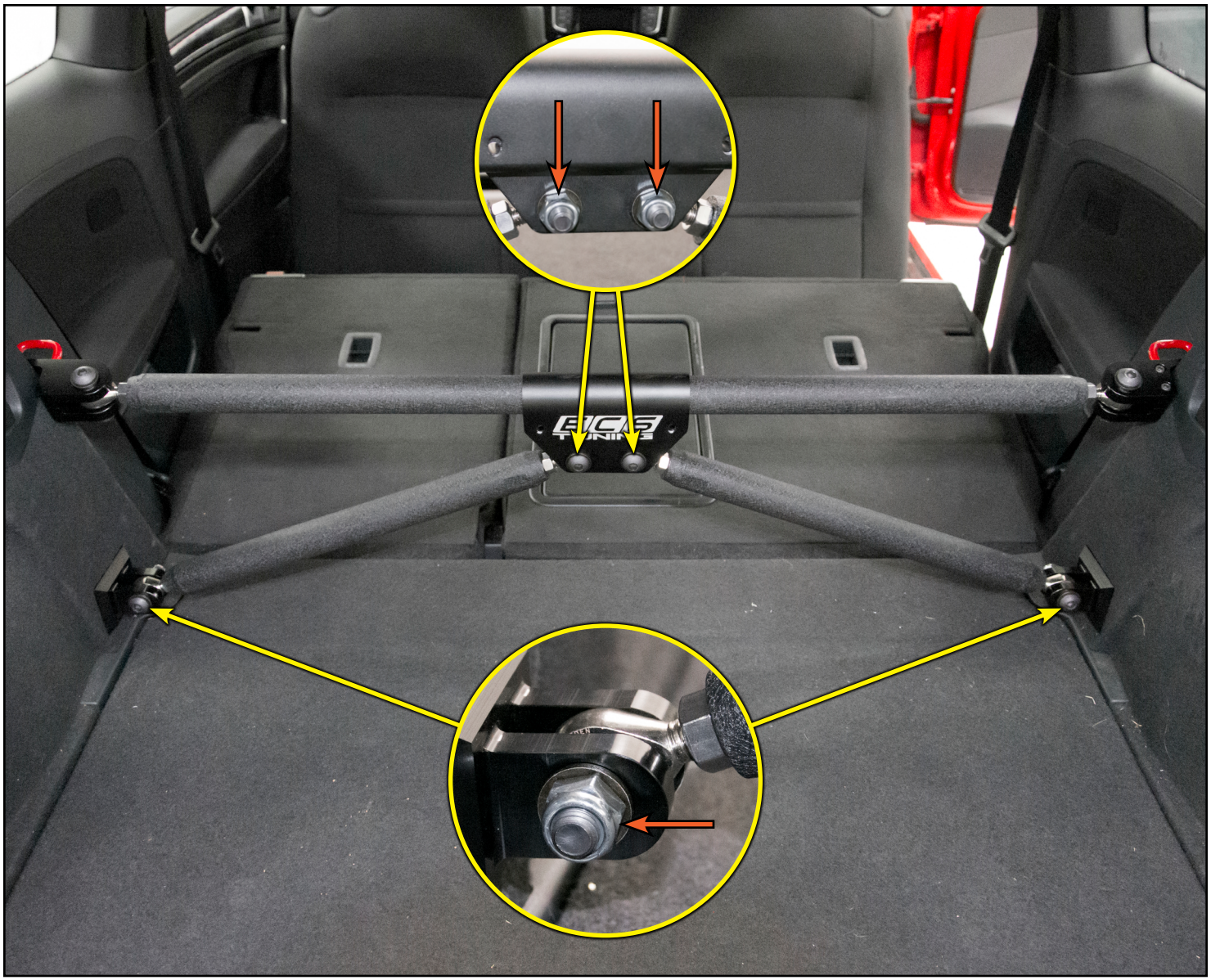


INSTALLING THE REAR STRESS BAR KIT

Step 10:

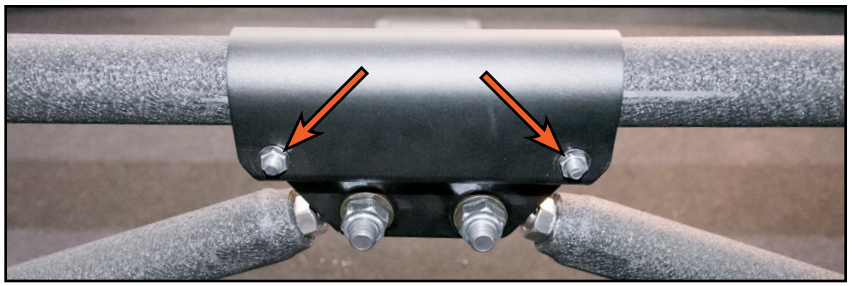
Install the lower bars between the center and lower brackets as shown. Rotate each bar to shorten or lengthen it until you can easily slide the bolt through the bracket and rod end on the bar, then install the washer and nut onto the end of each bolt (arrows in inset photos) and tighten them until snug.



INSTALLING THE REAR STRESS BAR KIT

Step 11: 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 12: 19mm Wrench

With the jam nuts loose, rotate the lower bars until they are equal in length, free of any tension and feel neutral. Once at neutral, rotate each bar a full 360° to ***SHORTEN*** the length. Tighten the jam nuts until snug (arrows).

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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