



## VW MK7 Solid Rear Sway Bar Installation Instructions - [Click HERE to Shop](#)



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



\*FWD rear sway bar kit shown here



\*4Motion rear sway bar kit shown here



\*FWD rear sway bar kit shown here



\*FWD rear sway bar kit shown here



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.

## 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](#)

### Specialty Tools

- **Triple Square Sockets**..... [ES#1910125](#)

## 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 NEW SWAY BAR

### Step 1: 13mm Socket & Ratchet, Exhaust Hanger Removal Pliers

Lower or remove the cat-back exhaust system to gain access to the sway bar.



### Step 2: 16mm Wrench, 6mm Triple Square Socket & Ratchet

Hold the stud still while you remove the nut (arrow) which secures each end link to the sway bar.





## INSTALLING THE NEW SWAY BAR

### Step 3: M10 Triple Square

Support the sway bar while you loosen and remove the two bolts (arrows) which secure each sway bar bracket to the vehicle, then carefully remove the sway bar from the vehicle.



Vehicles equipped with 4Motion may require the suspension to be raised slightly with a jack in order to gain enough clearance to access the sway bar bracket bolts.



### Step 4:

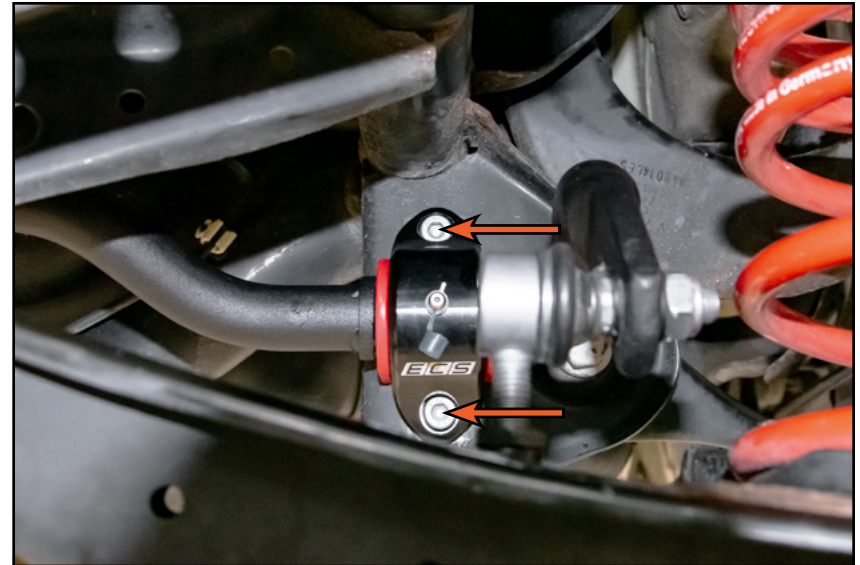
Grease the new bushings and install them onto each end of the new sway bar (top photo), then slide the new brackets over them as shown (bottom photo).



## INSTALLING THE NEW SWAY BAR

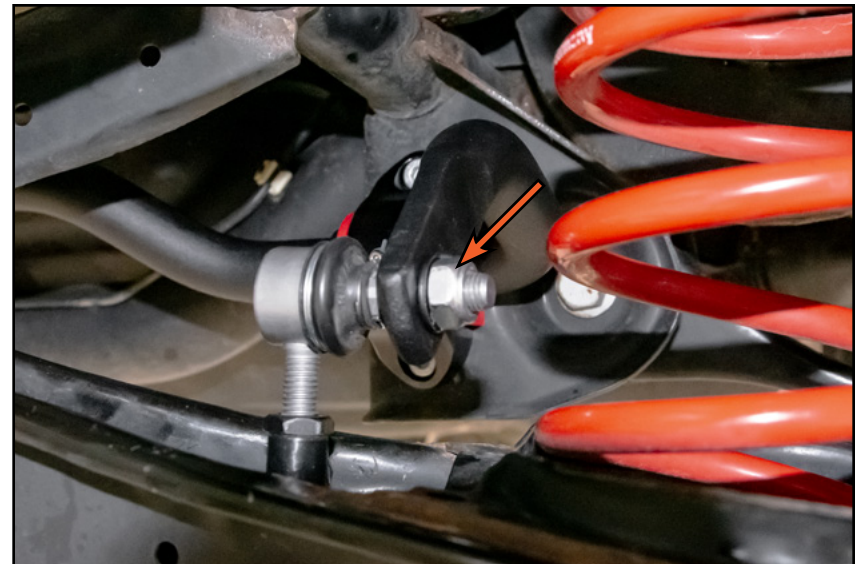
### Step 5: 6mm Hex (Allen) Socket & Torque Wrench

Lift the sway bar into place, then torque the sway bar bracket bolts (arrows) to 20 Nm (15 Ft-lbs) + 90°. Grease the sway bar bushings with a suitable poly grease using the fittings on the new brackets.



### Step 6: 16mm Socket & Torque Wrench

Reinstall the end links into the holes in the ends of the sway bar, then install the nut (arrow) and torque it to 55 Nm (41 Ft-lbs). Reinstall the exhaust system.





## Your Solid Rear Sway Bar installation is complete!



### These instructions are provided as a courtesy by ECS Tuning

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