



[Street Density Performance Strut Mounts, MkVII Volkswagen Golf/GTI/R & 8V/8S Audi A3/S3/TT/TTS](#)



Supplied Parts:

- 034Motorsport Street Density Strut Mount for MQB Chassis (Quantity of 2)

Tools Needed:

- Hands (2) (*Opposable thumbs are required!*)
- 10mm, 13mm, and 18mm Socket
- 21mm (or 13/16" Standard) Spark Plug Socket
- 14mm Triple Square
- 7mm Allen
- Spreader Socket
- Spring Compressor
- Torque Wrench

034Motorsport's Street Density Strut Mounts for the MQB Audi A3/S3/TT/TTS & Mk7 Volkswagen Golf R are designed to improve handling by reducing deflection in the suspension while resisting collapse.

The following instructions are for 1 corner of the vehicle, but can be copied step-by-step for both corners simultaneously. Replacing both strut mounts will take approximately 4.5 hours total.

Note: Installation of this upgrade involves removing the front suspension. While this can be performed by a DIYer with the proper tools and experience, we recommend seeking the assistance of a professional automotive service facility for installation.

Step 1 – Raise the vehicle securely on jackstands or a lift, high enough to gain access to the front suspension and the strut tower under the hood. (approximately waist-high) Make sure you have all tools necessary for installation of the MQB Street Density Strut Mounts.



Step 2 – Remove the rubber weather stripping from the cowl cover.



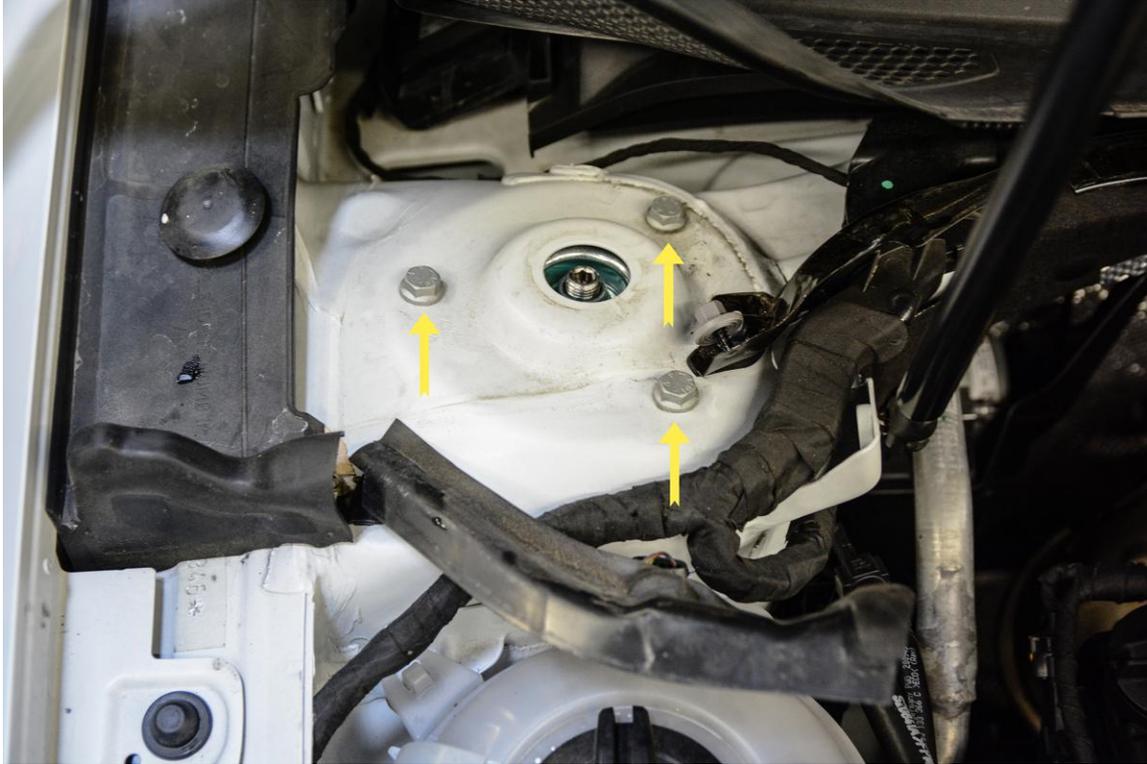
Step 3 – With the weather stripping removed and the plastic cowl cover lifted, locate the bolt securing the dust shield to the strut tower.



Step 4 – Using a 10mm Socket, remove the bolt securing the cowl dust shield to the strut tower



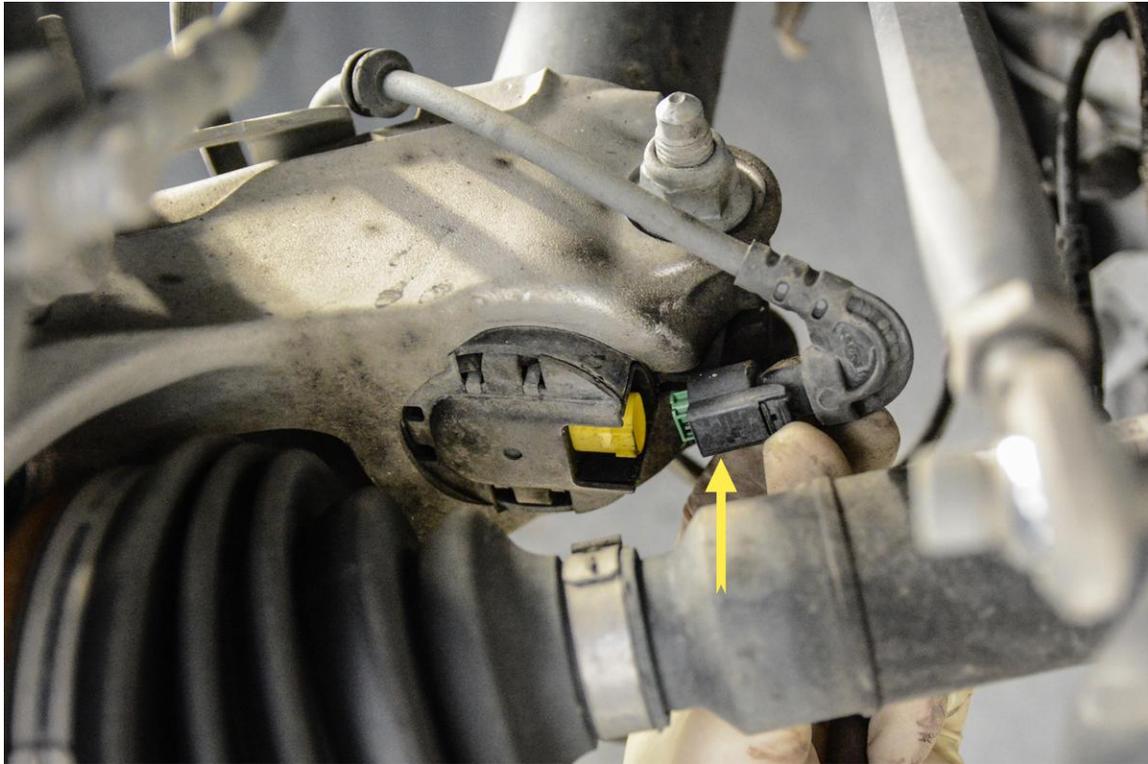
Step 5 – With the dust shield out of the way, you'll notice the easy access to the 3 strut mount bolts for later.



Step 6 – Remove front wheel to gain access to lower strut.



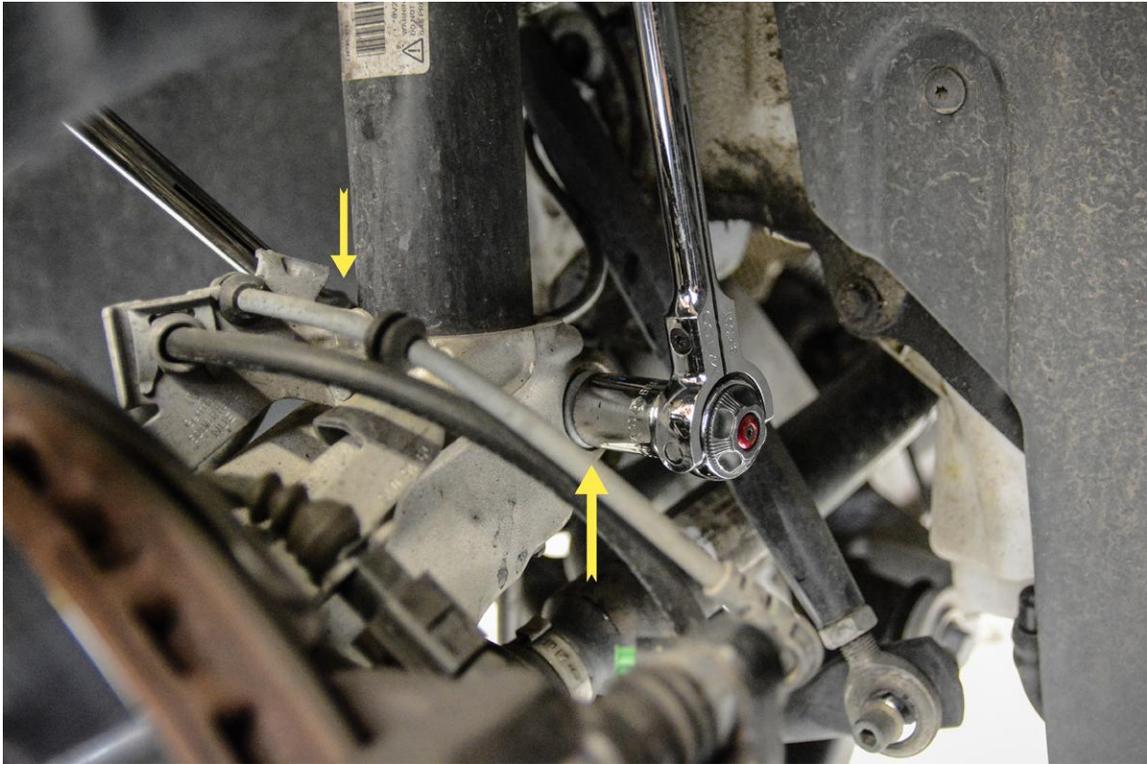
Step 7 – (Optional) If car is equipped with factory dynamic suspension, disconnect plastic clip located on the bottom of the strut.



Step 8 – Remove upper nut from front sway bar end link, located on bracket below spring perch of strut assembly. (If aftermarket sway bar end links have been installed, new hardware may have been supplied and will differ from factory pieces.) **Tip:** Remove upper sway bar end link nuts from both sides of the vehicle for added compliance when removing strut assembly.



Step 9 – Locate the bolt clamping bottom of the strut to the knuckle. Use a 14mm Triple Square and 18mm Socket to remove the nut and bolt from the knuckle assembly.



Step 10A – Once lower strut bolt and nut are removed, use a Spreader Socket to separate the strut housing from the lower knuckle. Spreader Socket pictured below.



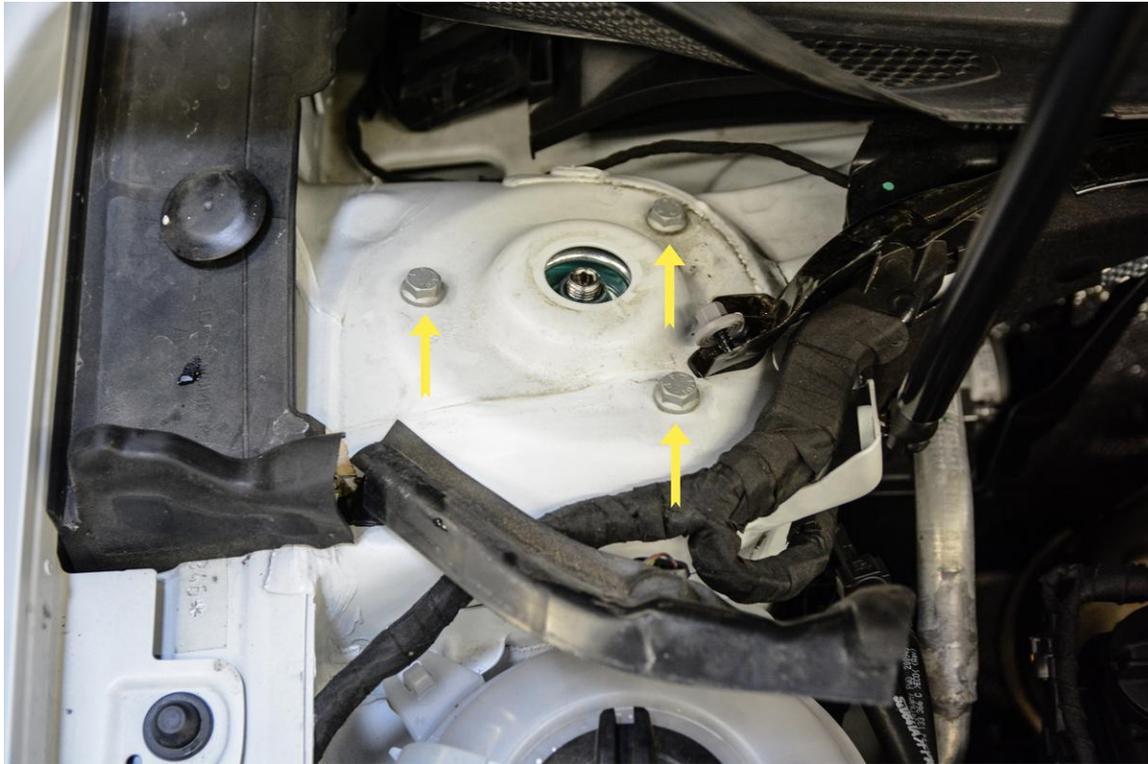
Step 10B – Once lower strut bolt and nut are removed, use a Spreader Socket to separate the strut housing from the lower knuckle. Spreader Socket shown inserted into lower knuckle below.



Step 10C – Once lower strut bolt and nut are removed, use a Spreader Socket to separate the strut housing from the lower knuckle. Spreader Socket shown inserted into lower knuckle below.



Step 11 - Once the lower portion of the strut assembly is free from the knuckle, use a 13mm Socket to remove the 3 strut mount bolts.



Step 12 - Now the complete strut assembly should be free from the car. Use spring compressors to remove any spring tension from the upper spring hat. Once spring pressure is eliminated from the upper spring perch, you can safely remove the strut mount. Use a 21mm (or 13/16" Standard) Spark Plug Socket and 7mm Allen to remove the upper strut nut.



Step 13 - Remove soft, factory strut mounts and throw away in the garbage.



Step 14 - Install new 034Motorsport Street Density Strut Mount and, if desired, new Strut Bearings. Locate tab on strut mount and align with recess in upper spring perch.



Step 15 - Once all mounting tabs are aligned, install upper strut nut **using a 21mm (or 13/16" Standard) Spark Plug Socket and 7mm Allen**. Torque upper strut nut to 60 Nm. **Important:** For proper installation, the upper strut mount tabs must align with the tab on lower strut body.



Step 16 - Once upper strut nut is torqued, remove spring compressors and marvel at your work. You're ready to reinstall!!



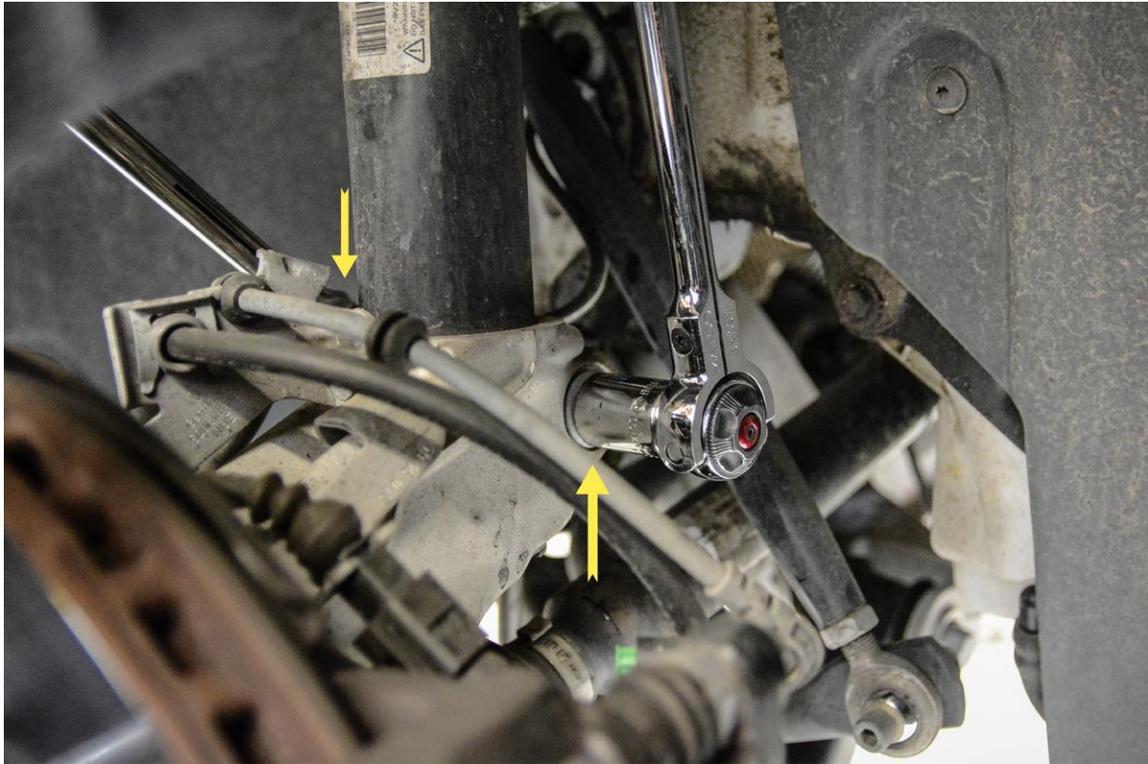
Step 17 - Reinstall the strut assembly and loosely thread the upper 3 strut bolts into strut mount.



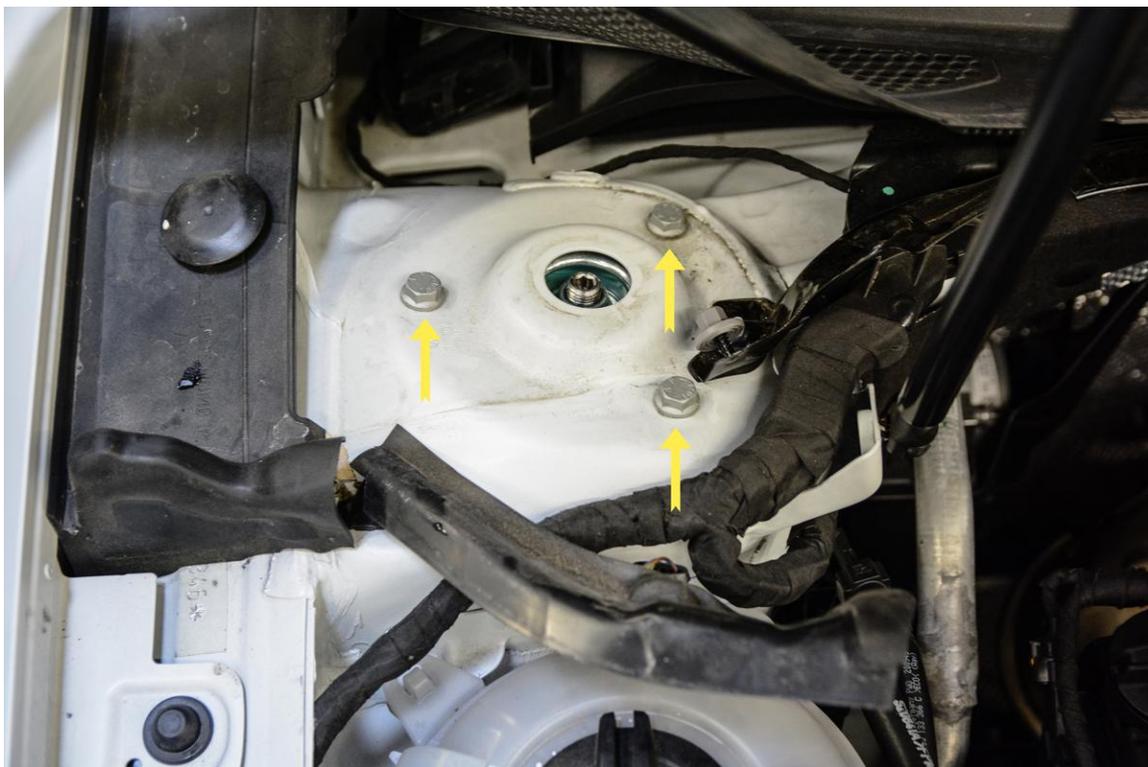
Step 18 - Slide lower strut tube into knuckle. **Tip:** Use a floor jack to apply pressure under lower knuckle and ease installment of strut into knuckle.



Step 19 - Once strut assembly is bottomed out in the knuckle, reinstall bolt and nut using 14mm Triple Square and 18mm Socket respectively. Torque to 70 Nm + 90° turn.



Step 20 - Using 13mm socket, torque upper 3 strut bolts to 15 Nm + 90° turn.



Step 21 - Reinstall dust shield and factory bolt using 10mm Socket. Place weather stripping back on cowl cover.



Step 22 - Reinstall sway bar end link to strut assembly and torque to 65nm. **Note:** For cars with factory dynamic suspension, reconnect plastic clip on bottom of strut.

Step 23 - Install front wheels and safely lower down from lift or jackstands. Torque lug bolts to 122 Nm.

Step 24 - Get out and drive! Enjoy your improved response and handling from 034Motorsport Street Density Strut Mounts!