

Rear Sway Bar End Link, Dynamic+, BMW F3x



These end links were engineered with performance, and more importantly, strength and longevity, in mind. Manufactured from billet aluminum, 304 stainless and zinc plated steel, for strength and long-lasting reliability.

Installation Spiciness Rating: MILD



Installation of your 034Motorsport Rear End Link Kit is a straightforward process that will take approximately one hour to complete.

Supplied Parts:

- (2x) Billet end link tubes
- (2x) Right-hand thread Dynamic+ spherical Heim joints with jam nuts and hardware
- (2x) Left-hand thread Dynamic+ spherical Heim joints with jam nuts and hardware
- (4x) Anti-seize packets

Tools Needed:

- (2x) 17mm wrenches
- 17mm socket
- T30 socket and driver
- 5mm Allen key
- Torque wrench

About This Guide

This Install Guide documents the installation process on a BMW F3x. There may be minor differences depending on specific vehicle, market, options, etc.

Getting Started

Confirm you have received all the parts included with your purchase by reading the complete guide, if there are missing components, please contact:

customerservice@034motorsport.com

Assembly Steps

Step A

Generously apply anti-seize to the spherical Hiem joint threads.



Step B

Thread the jam nut onto the link end, be sure that the anti-seize spreads evenly along the threads.



Step C

Install the right-hand threaded joint into the hexagonal side of the end link tube. The left-hand threaded joint goes into the cylindrical side of the end link tube.



Install Steps

Step 1

Raise the vehicle securely on jack stands, or a lift, and remove the rear wheels to gain access to the rear suspension.



Step 2

Using a T30 torx bit and 17mm wrench, remove the two 17mm nuts attaching the OE end link to the knuckle and sway bar.

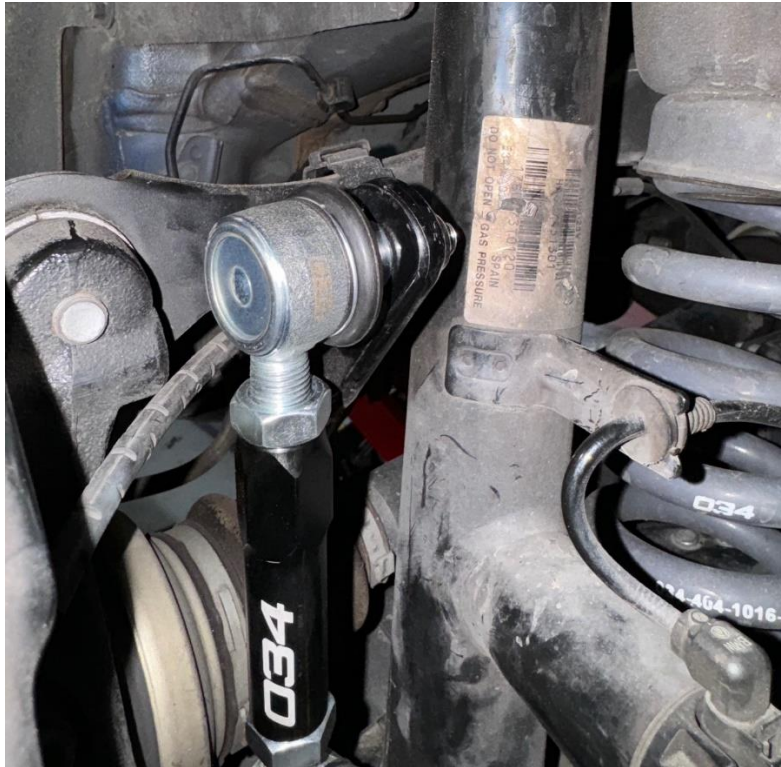


Step 3

Use the length of the OE end link to set the initial length of the 034 adjustable rear end links. Do not tighten the jam nuts yet.

Step 4

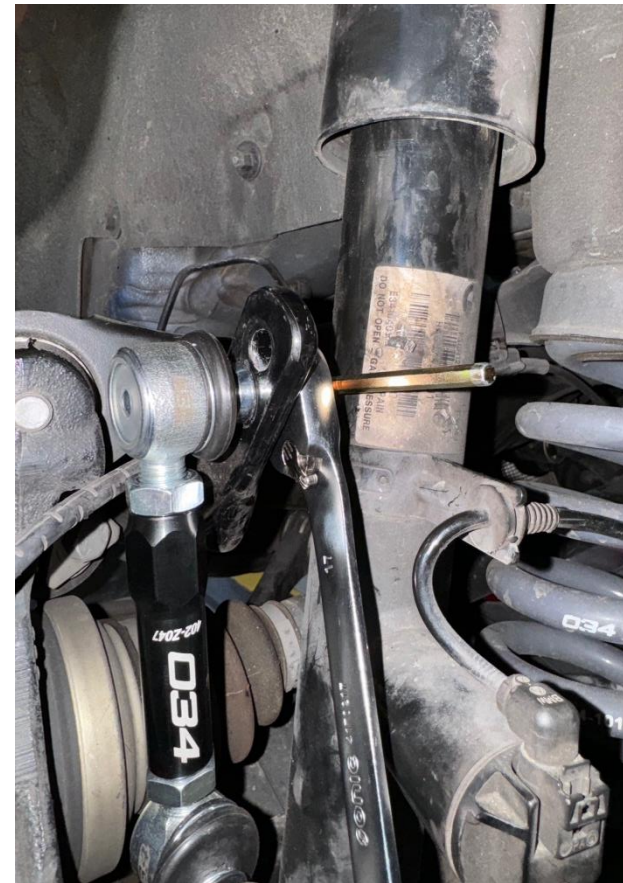
If you have an OE sway bar, insert 034 end link into factory location. If you have a 034 or aftermarket sway bar, install the end links into the desired stiffness option. Make sure that the joints are centered and aren't binding. Use the new hardware to secure the end link into place. No torquing yet.

**Step 5**

Repeat steps 2 through 4 for the other side.

Step 6

Tighten upper and lower M10 bolts to 60 Nm or 44 ft/lbs.



Step 7

Tighten both jam nuts with (2) 19mm wrenches.

**Step 8**

Reinstall wheel, torque studs to 122 Nm or 90 ft/lbs.



Step 9

Enjoy the added performance and feedback provided by your 034Motorsport End Links!

