

[Adjustable Solid Rear Sway Bar, Mk5/6 VW. 8J/8P Audi,  
FWD](#)

**034 MOTOR SPORT**

034Motorsport's 2-Way Adjustable Solid Rear Sway Bar is designed to improve handling by decreasing body roll and combating understeer. Manufactured from a single piece of solid spring steel, this bar is over 150% stiffer than the factory unit, resulting in a much more balanced and agile car, which corners flatter and can be coaxed into oversteer as desired when driving through curves on the street or track.

**Installation Spiciness Rating: MILD**

Installation of your 034Motorsport Rear Sway Bar is a straightforward process that will take approximately two hours to complete.

**Supplied Parts:**

- 034 adjustable solid rear sway bar
- (2x) Billet sway bar brackets with Zerk fittings
- (2x) Poly sway bar bushings with grease port
- (2x) M10x65 bolts
- (2x) M10 nuts
- (4x) M8x45 bolts
- (4x) M8 washers
- Grease packet

**Tools Needed:**

- 16mm wrench
- 15mm wrench
- 10mm triple square
- 6mm triple square
- 6mm Allen bit
- Torque wrench

About This Guide

This Install Guide documents the removal and installation process on a Mk6 VW GTI. 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](mailto:customerservice@034motorsport.com)

## Install Steps

### **Step 1**

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



### **Step 2**

Using a 16mm wrench and 6mm triple square, remove the nut securing each of the rear sway bar end links to the rear sway bar.



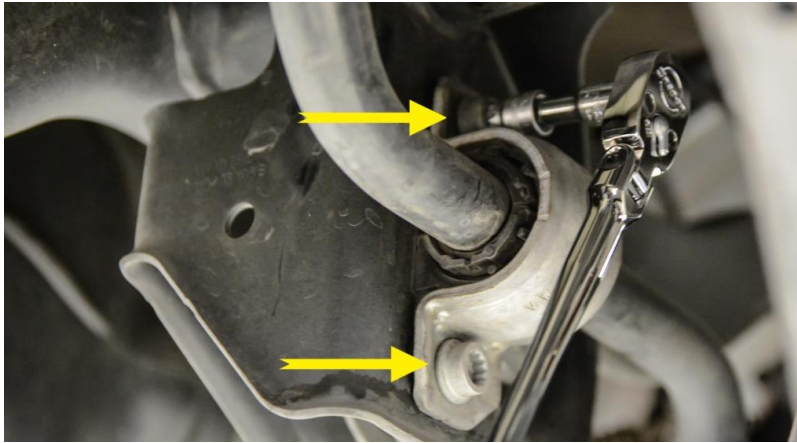
### **Step 3**

Once the nut is free from each of the sway bar end links, rotate the sway bar so that it is free from each end link.



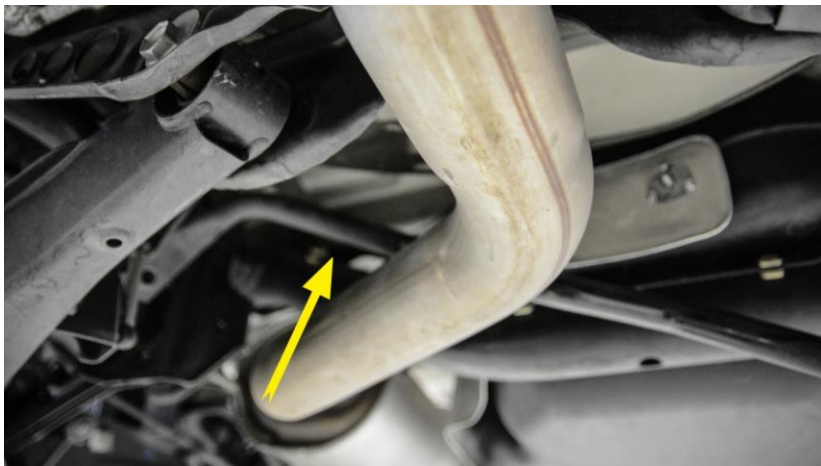
## Step 4

Using the 10mm Triple Square, remove the hardware securing each of the factory rear sway bar mounting brackets to the subframe.



## Step 5

Remove the factory sway bar from the car, careful to rotate it around the exhaust. Install the 034Motorsport Solid Rear Sway Bar.



## Step 6

Using the same technique, rotate and position the new 034Motorsport Mk5/Mk6 FWD rear sway bar underneath the car. **Careful** not to hit the exhaust when getting the sway bar in position.



## Step 7

Grease and install the supplied Polyurethane Sway Bar Bushings onto your 034Motorsport Solid Rear Sway Bar Upgrade as shown below.



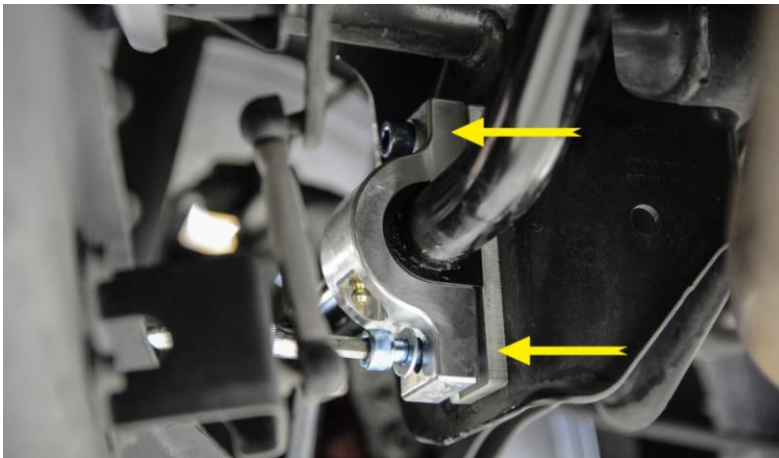
## Step 8

Prepare to install the Billet Aluminum Sway Bar Mounts and apply a small amount of blue loctite to each of the supplied M8 bolts.



## Step 9

With the sway bar properly aligned, install the supplied Billet Aluminum Sway Bar Mounts with the zerk fitting pointing down. Sandwich the supplied rectangular plate between the rear subframe and aluminum Sway Bar Mounts. Secure using the supplied hardware. Torque to **25 Nm**.



## Step 10

With the sway bar in place, install the supplied M10x65 bolts and nylock nuts to the factory rear end links using a 15mm and 16mm wrench. Torque the stock hardware to 35 Nm.



## Step 11

Double-check the installation and verify that everything is torqued to spec. Lower the vehicle and enjoy the improved handling performance!

