

ADJUSTABLE MQB SOLID REAR SWAY BAR, FWD**034 MOTORSPORT**

034Motorsport's 2-Way Adjustable Solid Rear Sway Bar for the MQB Audi A3 FWD & Mk7 Volkswagen Golf/GTI 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:

- MQB adjustable solid rear sway bar
- (2x) Billet sway bar brackets with Zerk fittings
- (2x) Poly sway bar bushings with grease port
- (4x) M8x30 bolts
- (4x) M8 washers
- Grease packet

Tools Needed:

- 16mm wrench
- 13mm wrench
- 13mm socket and extension
- 10mm triple square
- 6mm triple square
- 6mm Allen bit
- T25 Torx bit
- Torque wrench

About This Guide

This Install Guide documents the removal and installation process on a Mk7 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

Install Steps

Step 1

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



Step 2

Using the 10mm triple square, remove the two M8 Bolts securing each of the factory rear sway bar mounting brackets to the subframe.



Step 3

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 4

To remove the factory rear sway bar, you will need to lower the rear exhaust section. Using a 13mm socket, unbolt the two exhaust hangers on either side of the rear muffler.

Support the exhaust if necessary.



Step 5

(Optional) In order to give yourself more room to work with, remove the T25 screws attaching the level sensor to the lower control arm.



Step 6

Carefully remove the factory rear sway bar.

Step 7

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



Step 8

With the sway bar in place, reinstall the nuts to the factory rear end links, or install your new MQB Spherical Rear Sway Bar End Links if you purchased those as well.

Torque the stock hardware to **35 Nm**.



Step 9

With the sway bar properly aligned, install the supplied Billet Aluminum Sway Bar Mounts with the Zerk fitting pointing down. Using a 6mm Allen, secure the supplied M8 Bolts & Washers. Torque to **28 Nm**.



Step 10

Verify that the Solid Rear Sway Bar is installed correctly, then (if you unbolted it) reinstall the level sensor bracket and level sensor to the lower control arm using the T25 screws.



Step 11

Reinstall the factory bolts for the exhaust hangers.



Step 12

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

