F3X BMW Sway Bar Bundle

Engineered to further reduce body roll and enhance steering feel, the 034Motorsport Solid Front Sway Bar is the perfect upgrade for those seeking to positively affect turn-in feel and virtually eliminate lean under hard cornering.

Installation Spiciness Rating: SPICY

Installation of your Adjustable Solid Front Sway Bar is a complex process. We recommend professional installation by an experienced technician.

Supplied Parts:

- 034Motorsport Adjustable Front Sway Bar
- (2x) Polyurethane Sway Bar Bushings
- (2x) Billet Aluminum Sway Bar Brackets
- Grease Packet

Tools Needed:

- 21mm Socket
- 18mm Socket
- 16mm Socket
- 10mm Socket
- 8mm Socket
- T30 Torx bit
- E14 Bit
- E12 Bit
- E10 Bit
- Pickle Fork
- Torque Wrench
- Engine Hoist
- Transmission/Pole Jack

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

About This Guide

This Install Guide documents the installation process on an F30 BMW 340i. There may be minor differences depending on specific vehicle, market, options, etc.

Install Steps

Step 1

Open the trunk to access the battery.

Step 2

Remove the right side panel.

Step 3

Using a 10mm socket, remove the negative battery terminal.

Step 4

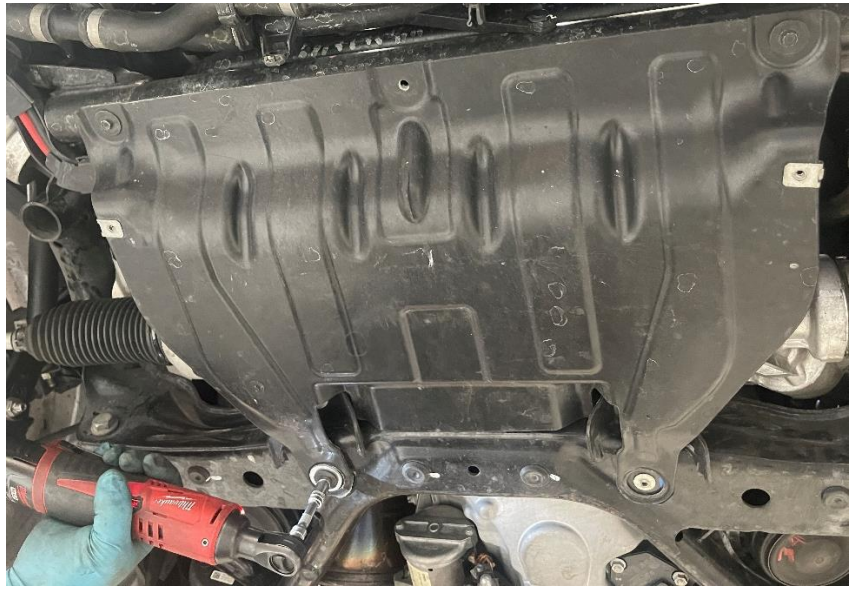
Open your hood and set up the engine hoist.

Step 5

Raise the car and remove the front wheels.

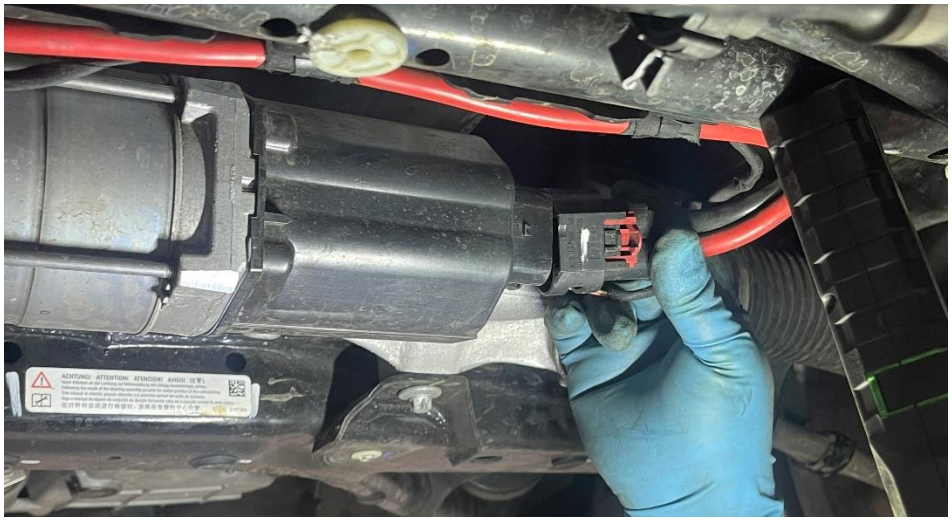
Step 6

Using an 8mm socket, remove the hardware from the under panels.



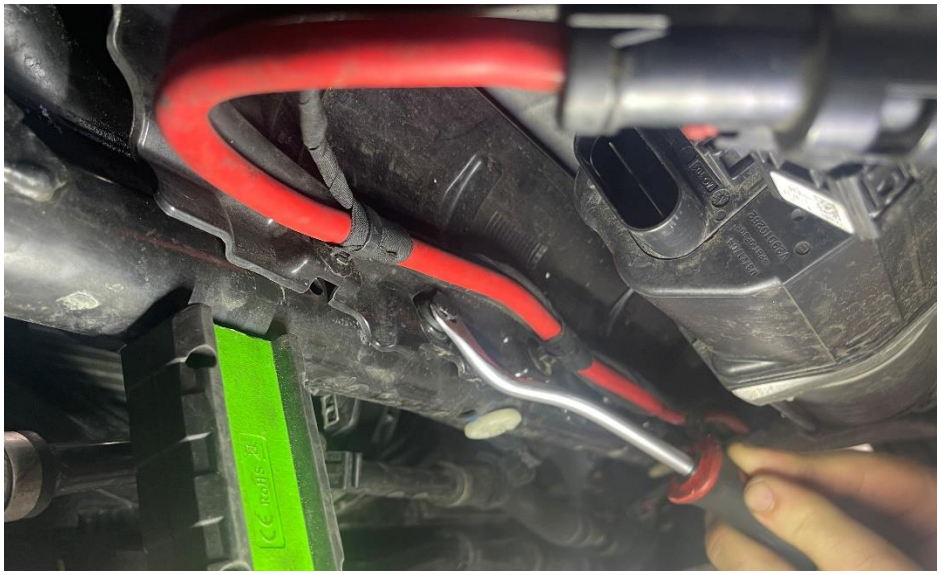
Step 7

Disconnect the (3x) plug ends from the steering rack.



Step 8

Using a pickle fork, remove the body clips securing the power steering harness to the subframe.



Step 9

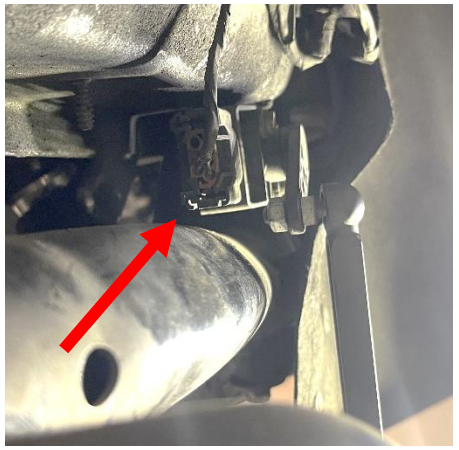
Using a pickle fork, separate the guide on the harness loom from the subframe.

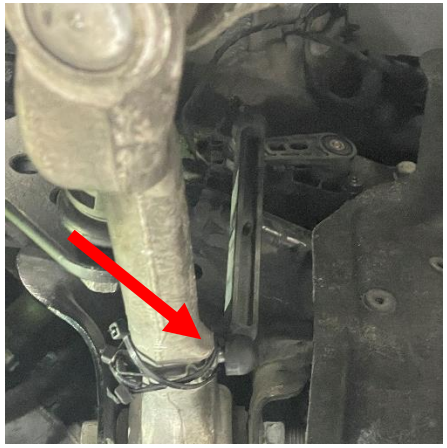
Step 10

Using an E10 bit, remove the hardware from the steering column.

Step 11

Disconnect the suspension level sensor connector and separate the rod from the ball mount on the lower control arm.





Step 12

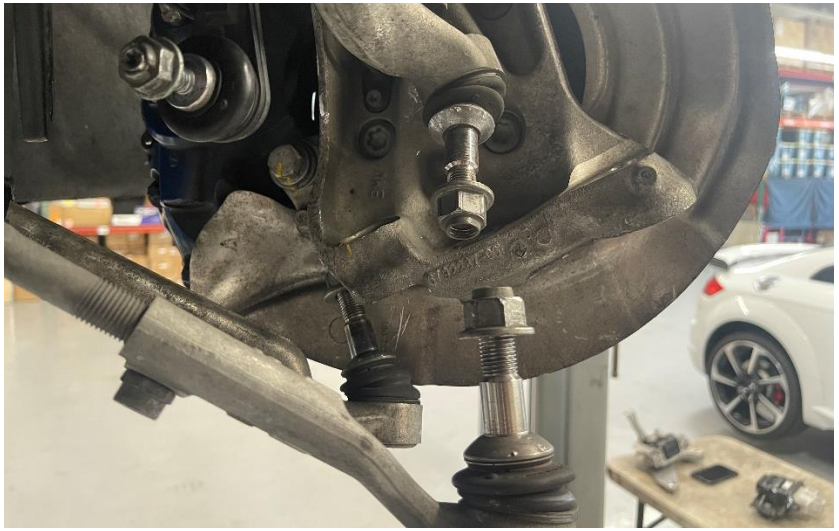
Using an 16mm socket, remove the end link hardware.

Step 13

Using a 13mm socket, remove the hardware from the bumper support bracket.

Step 14

Using a 21mm socket, remove the nuts from the lower control arm ball joints and tie rod ends.



Step 15

Using an 18mm socket, loosen the hardware on the bushing end of the lower control arms.

Step 16

Using a transmission jack, support the front subframe.

Step 17

Using an E14 bit and an 18mm socket, remove the hardware securing the subframe to the chassis.

Step 18

Using a T30 Torx bit, remove the hardware securing the wheel liner to the subframe.

Step 19

Using an E12 bit, remove the hardware securing the motor mounts to the subframe.

Step 20

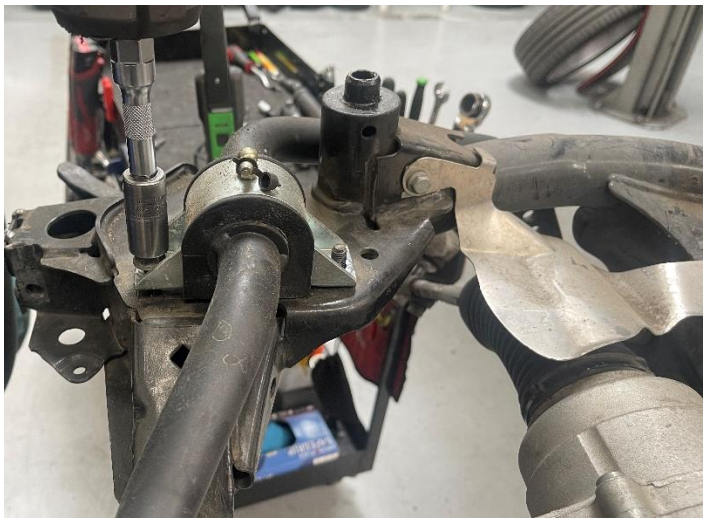
Using a pickle fork, remove the clips securing the coolant hoses to the subframe.

Step 21

Now the front subframe should be completely free from the chassis. Carefully lower the subframe while keeping an eye on the steering rack, coolant hoses, and various harnesses.

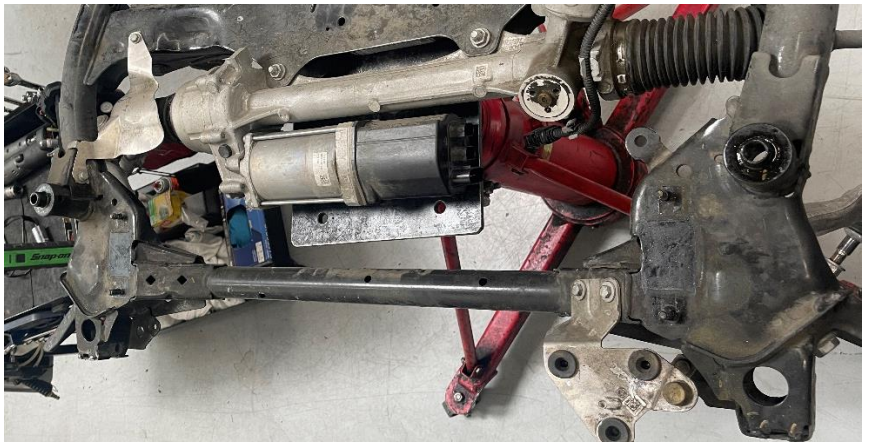
Step 22

Using a 14mm socket, remove the hardware securing the sway bar to the subframe.



Step 23

Remove the sway bar.



Step 24

Apply grease to the inside of the bushings and attach them to the sway bar, near the collars.

Step 25

Install the new sway bar onto the subframe, reusing the factory hardware. Point the grease fittings towards the rear of the car.

Step 26

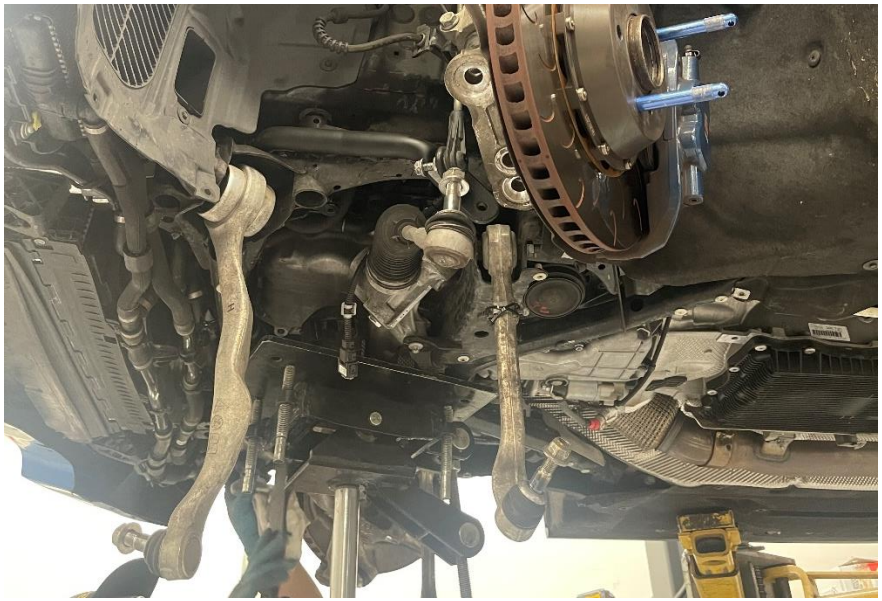
Torque the sway bar bracket hardware to **28Nm.**

Step 27

Add grease to the fittings to ensure proper lubrication.

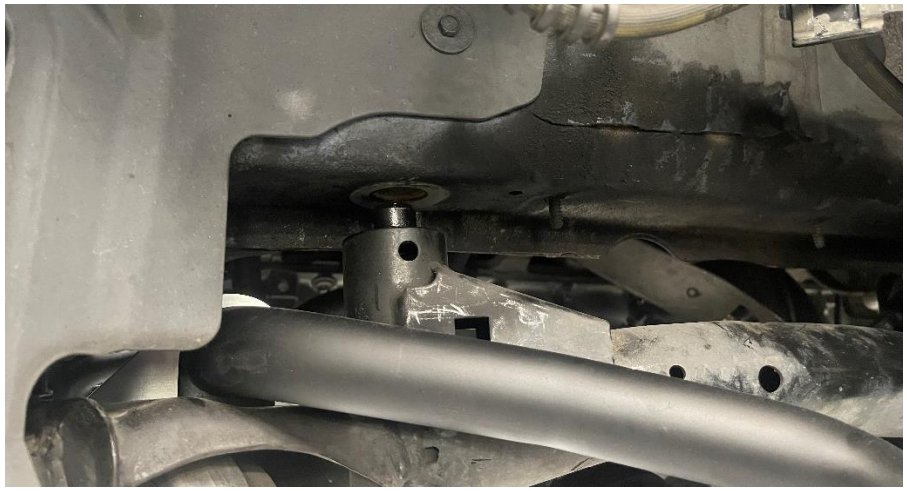
Step 28

Carefully raise the subframe back into position.



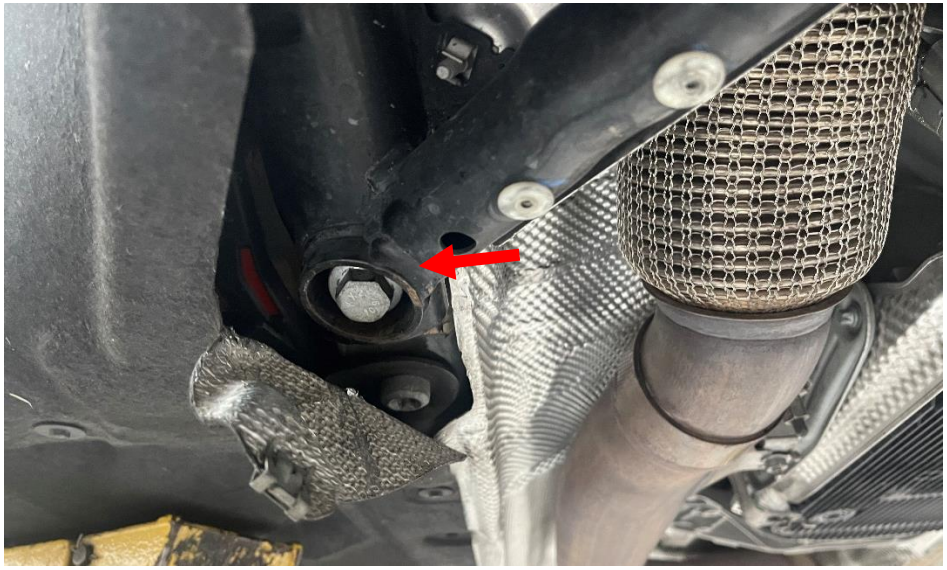
Step 29

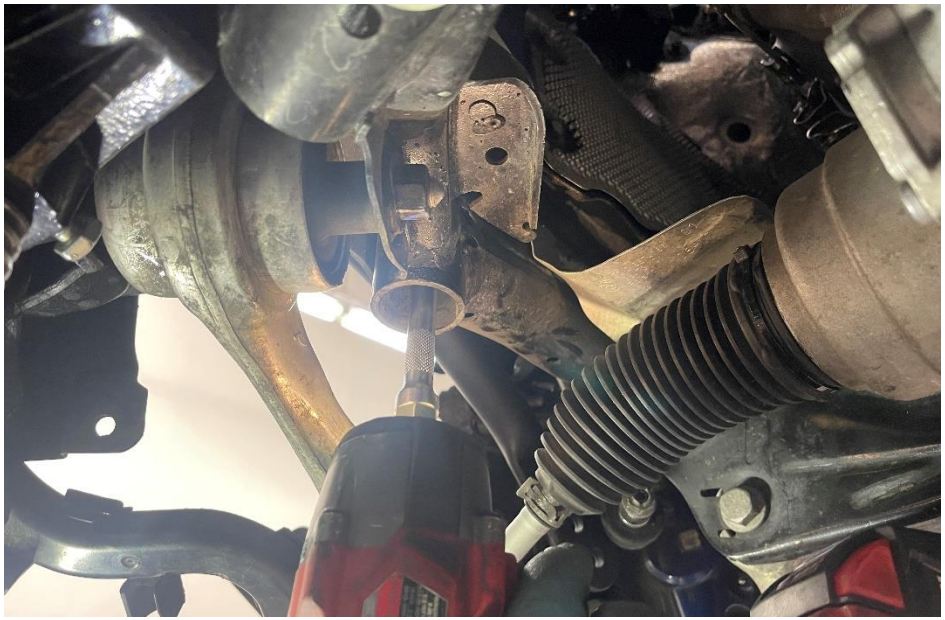
Make sure the subframe is aligned with the chassis, keeping an eye out for any interference.



Step 30

Using an E14 bit and an 18mm socket, reinstall the hardware securing the subframe to the chassis. Torque to **120Nm.**



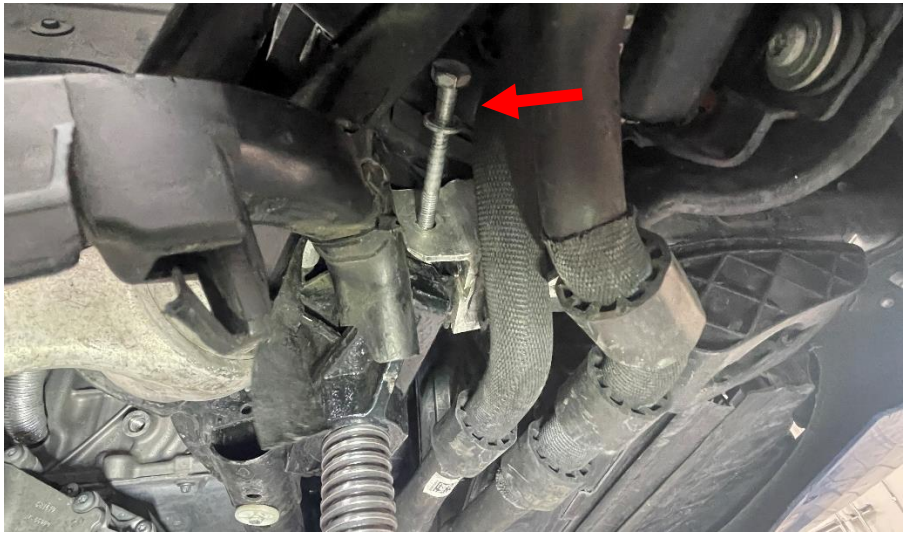


Step 31

Using an E12 bit, reinstall the hardware securing the motor mounts to the subframe. Torque to **28Nm.**

Step 32

Using a 13mm socket, reinstall the hardware to the bumper support bracket.



Step 33

Using a 21mm socket, reinstall the nuts to the lower control arm ball joints and tie rod ends. Do not torque yet!

Step 34

Using an 16mm socket, reinstall the end link hardware. Select your desired stiffness setting from our three options. Do not torque yet!

Step 35

Using an 18mm socket, tighten the hardware on the bushing end of the lower control arms.

Step 36

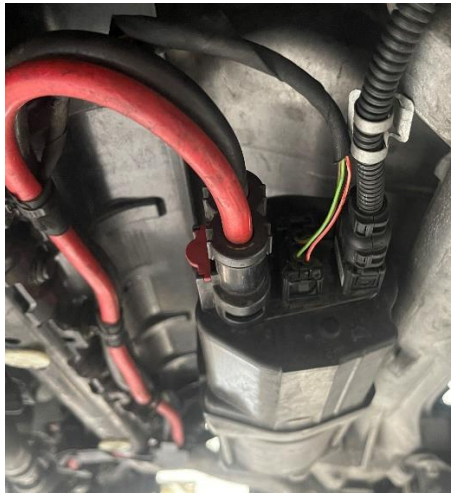
Reattach the ride level sensor and reconnect the plug end.

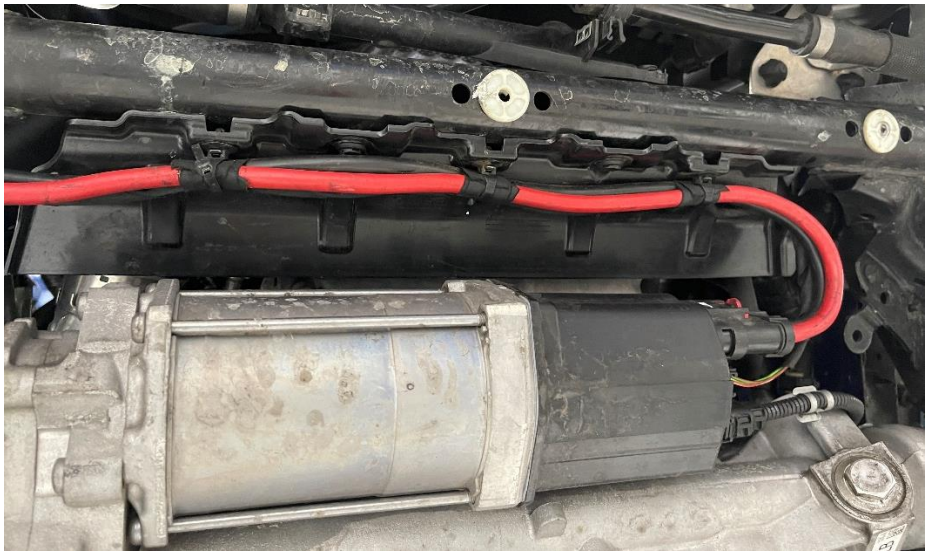
Step 37

Reinstall the wheel liner/subframe hardware.

Step 38

Attach the steering rack harness to the subframe and reconnect the plug ends to the rack.





Step 39

Using an E10 bit, reconnect the steering column to the rack. Torque to **24Nm.**

Step 40

Using an 8mm socket, reinstall the under body covers.

Step 41

Reinstall the front wheels and lower your vehicle.

Step 42

Remove the engine hoist from the car.

Step 43

Reconnect the battery terminal in the trunk.

Step 44

A 4-wheel alignment is needed after dropping and reinstalling the front subframe.

At ride-height **Torque Specs**:

Front lower control arm ball joint nuts to **100Nm + 90°.**

Lower control arm bushing bolt to **100Nm+90°.**

Tie rod end nuts to **175Nm.**

Step 45

You're done. Enjoy the Upgrade!