

F3X BMW Sway Bar Bundle**034 MOTOR SPORT**

Engineered to further reduce body roll and enhance steering feel, the 034Motorsport Solid Rear 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 Rear Sway Bar is a complex process. We recommend professional installation by an experienced technician.

Supplied Parts:

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

Tools Needed:

- 18mm Socket
- 17mm Socket
- 13mm Socket
- 10mm Socket
- 8mm Socket
- 17mm Wrench
- 16mm Wrench
- 13mm Wrench
- T50 Torx bit
- E20 Bit
- E18 Bit
- Torque Wrench
- (3x) 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

Raise the car.



Step 2

Remove the rear wheels.



Step 3

Using a T50 bit, remove the chassis brace hardware.



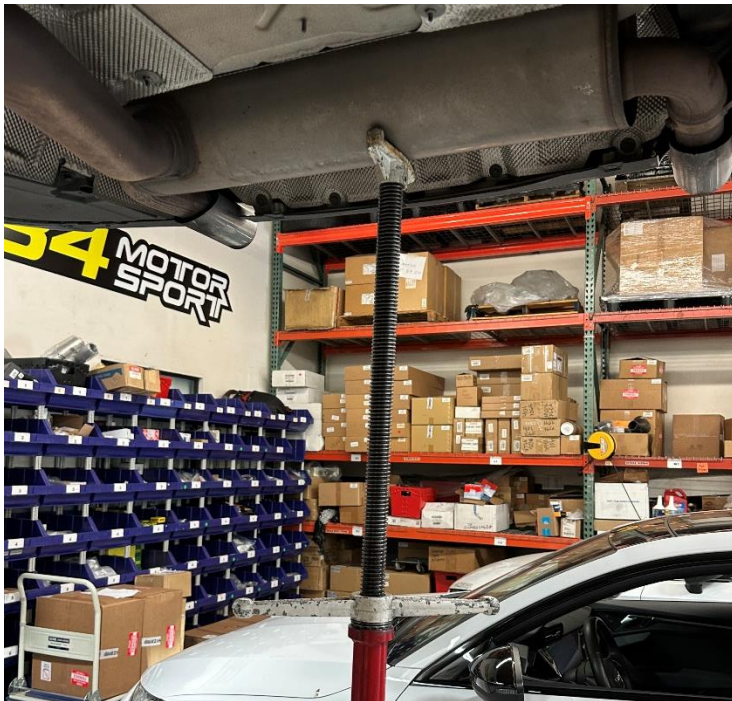
Step 4

Remove the chassis brace.



Step 5

Use a pole jack to support the rear muffler.



Step 6

Using a 13mm socket, remove the downpipe exhaust hanger hardware.



Step 7

Using a 13mm socket, loosen the downpipe exhaust clamp.



Step 8

Using a 13mm socket, remove the rear muffler hanger hardware.



Step 9

Disconnect the exhaust valve plug end.



Step 10

Remove the exhaust.



Step 11

Using a 10mm socket, remove the rear heat-shielding hardware.

**Step 12**

Using a 13mm socket, remove the rear heat-shielding hardware.

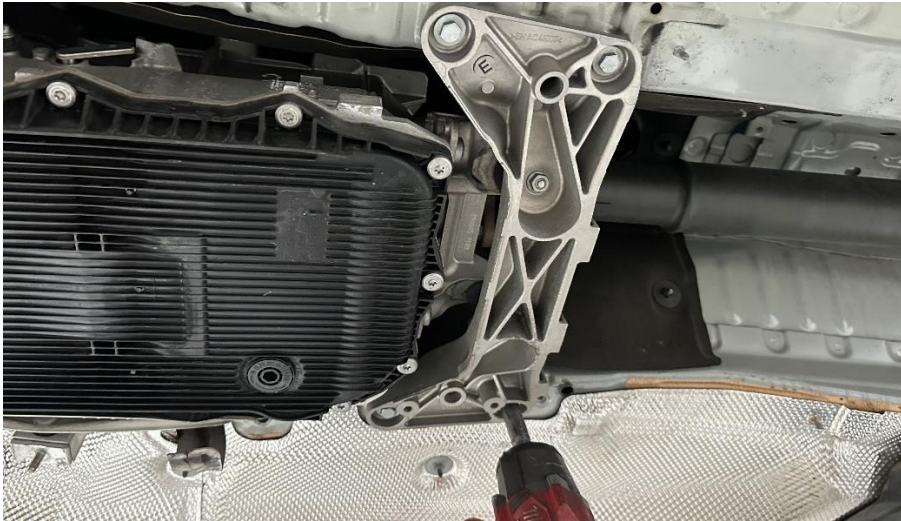
**Step 13**

Set up another pole jack under the transmission.



Step 14

Using a 13mm socket, remove the transmission brace hardware.

**Step 15**

Using a 13mm wrench, remove the transmission bracket hardware.

**Step 16**

Remove the transmission bracket.

**Step 17**

Using a 13mm socket, remove the rear, side windage tray hardware.



Step 18

Using an E18 bit, remove the rear subframe hardware.

**Step 19**

Using a 17mm wrench, remove the rear subframe bracket hardware.

**Step 20**

Using a 10mm socket, remove the rear ride-height sensor hardware.

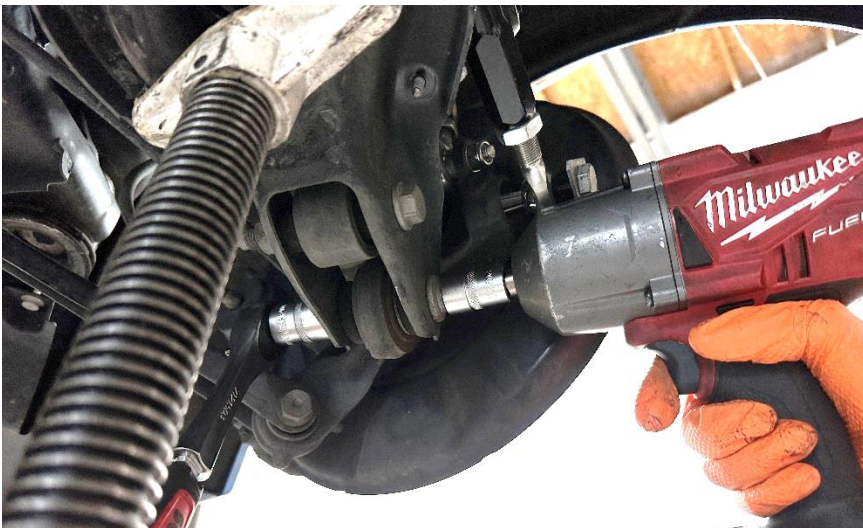


Step 21

Set up a third pole jack to support the rear knuckle.

**Step 22**

Using an E20 and 18mm socket, remove the hardware securing the rear control arm to the rear knuckle.

**Step 23**

Using (2x) 18mm sockets, remove the hardware securing the rear control arm to the rear shock.

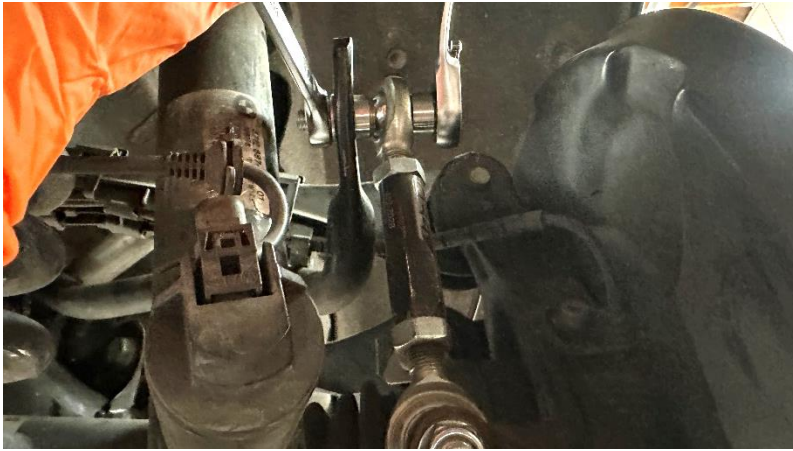
**Step 24**

Using a 13mm socket, remove the driveshaft bearing bracket hardware.



Step 25

Using a 17mm and 18mm wrench, remove the rear end link hardware. We are running 034 Motorsport End Links; hardware size may vary.

**Step 26**

Slowly lower the pole jack supporting the rear diff/subframe to access the rear sway bar. Be aware of the pivot angle on the driveshaft!

**Step 27**

Using a 13mm socket, remove the sway bar bracket hardware. We already had a prototype on the car; hardware size may vary.

**Step 28**

Carefully remove the rear sway bar.

Step 29

Install the 034 rear sway bar.



Step 30

Using a 17mm and 18mm wrench, reinstall the rear end link hardware.

**Step 31**

Using a 13mm socket, install the sway bar bracket with the provided hardware. Be sure to use the included spacer plate. Torque to **26Nm**.

**Step 32**

Using a 13mm socket, reinstall the driveshaft bearing bracket hardware. **Torque to 19Nm.**

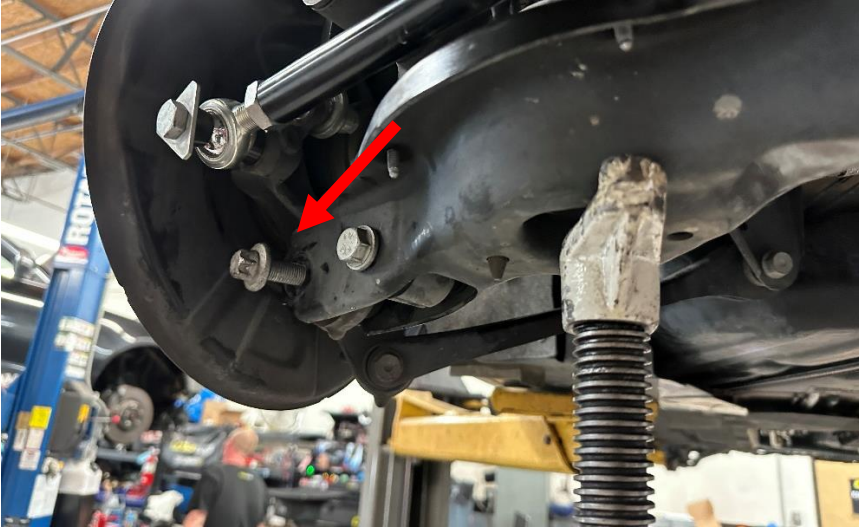
**Step 33**

Using (2x) 18mm sockets, reinstall the hardware securing the rear control arm to the rear shock.



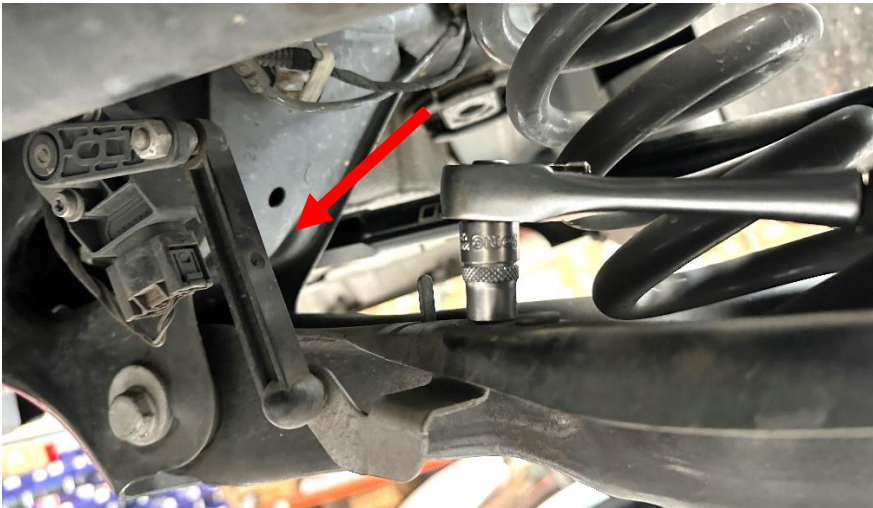
Step 34

Using an E20 and 18mm socket, reinstall the hardware securing the rear control arm to the rear knuckle.



Step 35

Using a 10mm socket, reinstall the rear ride-height sensor hardware.



Step 36

Using a 17mm wrench, reinstall the rear subframe bracket hardware. **Torque to 47Nm + 45°.**



Step 37

Using a 13mm socket, reinstall the rear, side windage tray hardware.



Step 38

Using an E18 bit, reinstall the rear subframe hardware.

Torque to 108Nm.



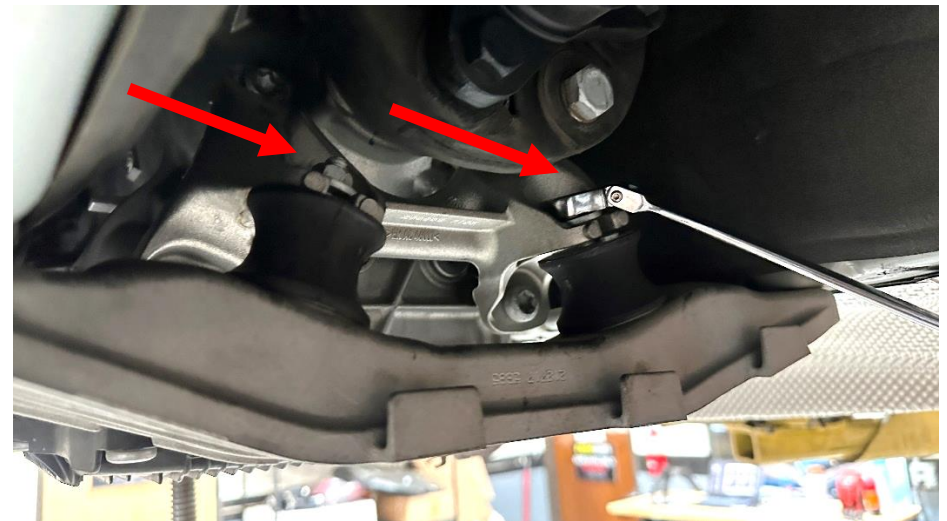
Step 39

Reinstall the transmission bracket.



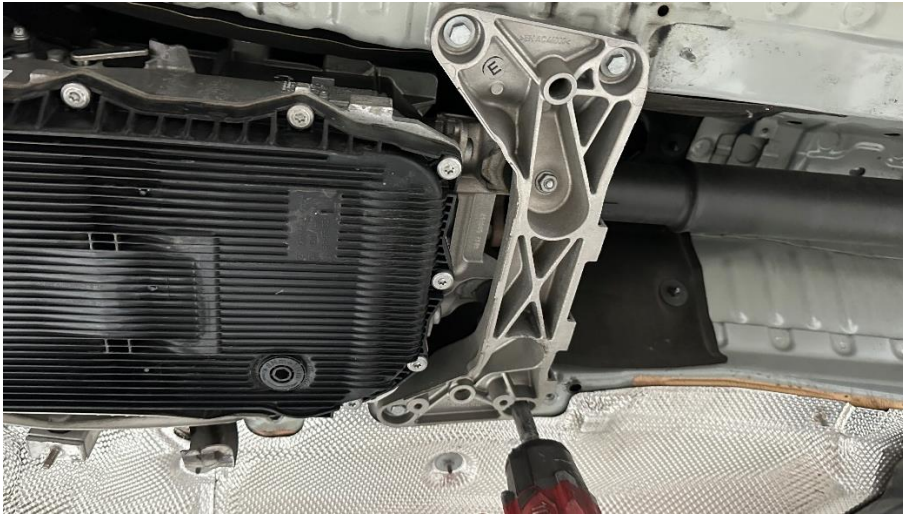
Step 40

Using a 13mm wrench, reinstall the transmission bracket hardware. **Torque to 19Nm.**

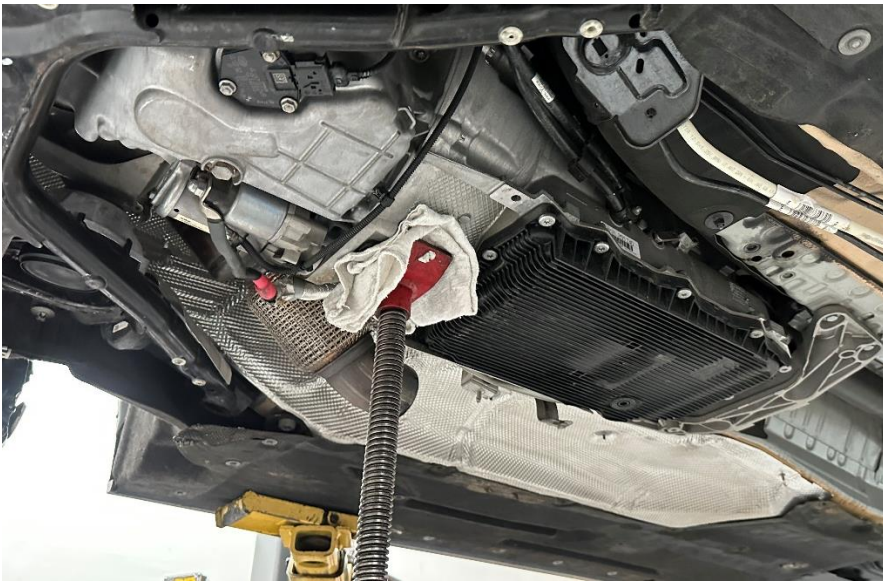


Step 41

Using a 13mm socket, reinstall the transmission brace hardware. **Torque to 19Nm.**

**Step 42**

Remove the pole jack under the transmission.

**Step 43**

Using a 10mm socket, reinstall the rear heat-shielding with the hardware removed earlier.

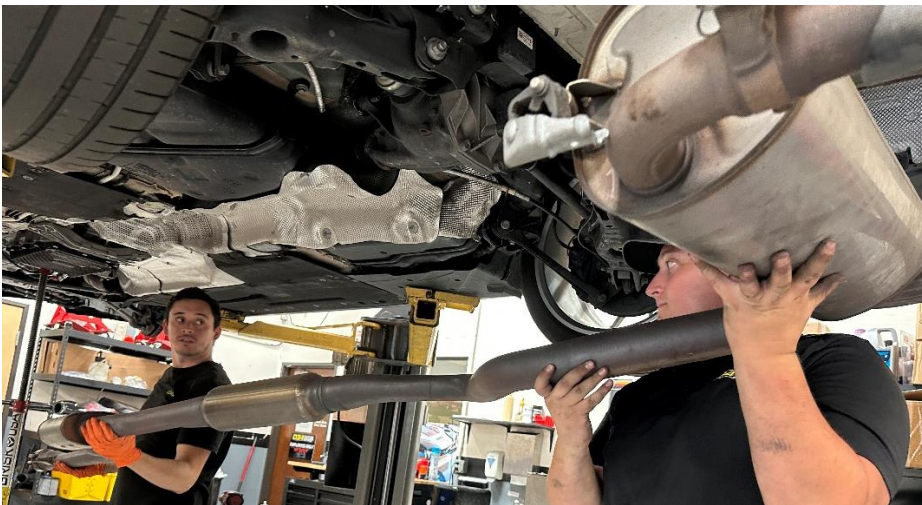


Step 44

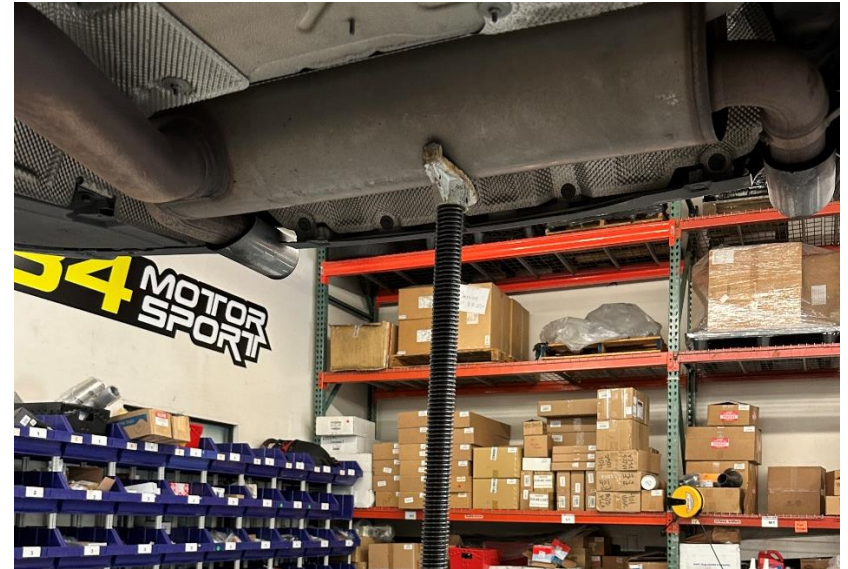
Using a 13mm socket, reinstall the rear heat-shielding hardware.

**Step 45**

Reinstall the exhaust.

**Step 46**

Use a pole jack to support the rear muffler.

**Step 47**

Reinstall the exhaust valve plug end.



Step 48

Using a 13mm socket, reinstall the rear muffler hanger hardware.

**Step 49**

Using a 13mm socket, tighten the downpipe exhaust clamp.

**Step 50**

Using a 13mm socket, reinstall the downpipe exhaust hanger hardware.



Step 51

Using a T50 bit, reinstall the chassis brace.



Step 52

Remove all pole jacks from beneath the car.

Step 53

Reinstall the rear wheels.



Step 54

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

At ride-height Torque Specs:

Rear lower control arm subframe hardware = **165Nm**.

Lower rear shock bolt = **100Nm + 90°**.

Rear end links to **56Nm**.

You're done. Enjoy the Upgrade!

