

[Suspension Lift Kit, MQB Alltrack/Sportwagon link here](#)

**034 MOTOR SPORT**

The 034Motorsport Suspension Lift Kit for the VW Alltrack/Sportwagon (MQB) is an essential upgrade to provide that additional clearance and peace of mind for off road exploration.

Installation Spiciness Rating: HOT



Installation of your 034Motorsport MQB Suspension Lift Kit is a straightforward process that will take approximately 4-5 hours to complete.

Supplied Parts:

- (2x) Front suspension lift kit
- (2x) Rear suspension lift kit
- (6x) M8x60 bolts
- (6x) M8 Washers

Tools Needed:

- 18mm Wrench
- 18mm Socket
- 17mm Socket
- 13mm Socket

[About This Guide](#)

This Install Guide documents the installation process on a Mk7 VW Alltrack. 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 (FRONT)

Open your hood and lift your car to access the front and rear suspension.



Step 2

Remove all four wheels.



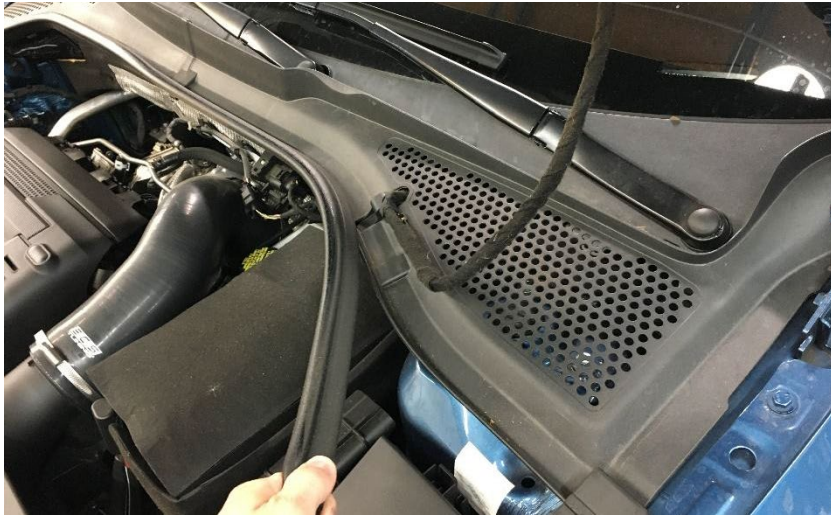
Step 3

Use an 18mm socket to remove the nut for the upper end link.



Step 4

Remove the rubber seal along the rain tray.



Step 5

Remove the clips securing the plastic rain tray to the firewall.



Step 6

Lift rain tray and use 13mm socket to remove 3 shock mount bolts.



Step 7

Use a jack to lower the shock assembly enough to slide the spacer between the shock mount and the shock tower.



***The 034 logo faces towards the engine bay.**

Step 8

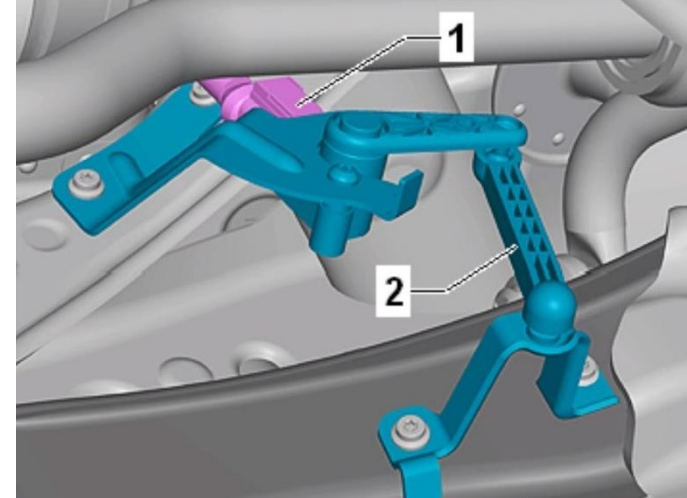
Using a 13mm socket, secure the shock mount to the shock tower with the supplied hardware.

**Step 9**

Reconnect the end link to shock tower.

**Step 10
(REAR)**

Remove headlight level sensor by disconnecting the plastic arm or removing the bolts on the bracket.

**Step 11**

Use jack to support the rear lower control arm.



Step 12

Using a 13mm socket and wrench, remove the lower sway bar end link hardware.

**Step 13**

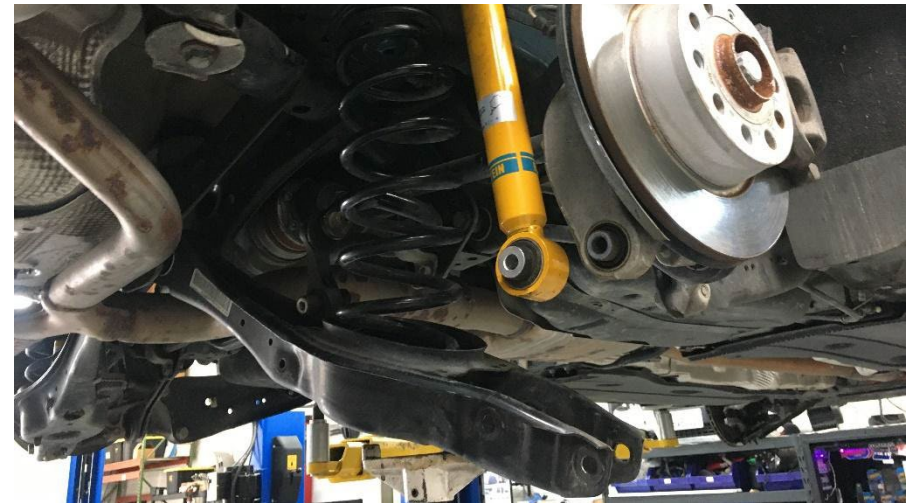
Using an 18mm socket and wrench, remove lower shock hardware.

**Step 14**

Using an 18mm socket and wrench, remove lower knuckle hardware.

**Step 15**

Lower the jack to decompress and remove the spring.



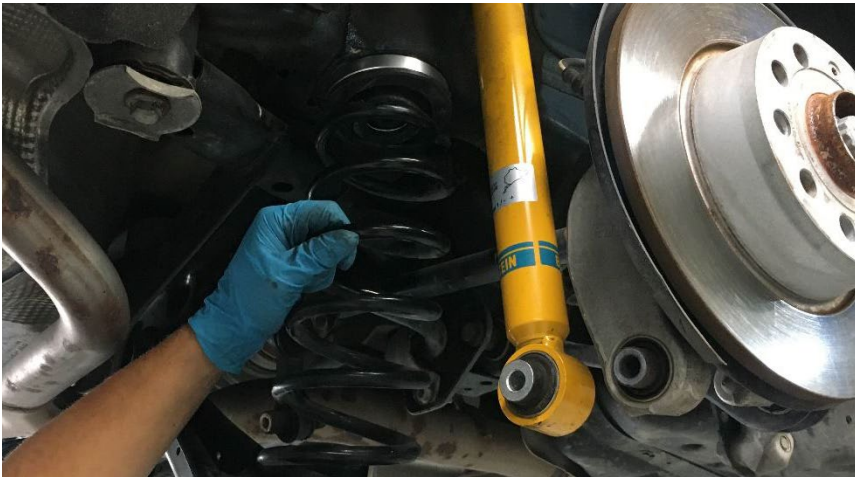
Step 16

Install the 034 rear spacer between the body of the car and the factory spring isolator.



Step 17

Reinstall the rear spring.



Step 18

Use the jack on the lower control arm to compress the spring.



Step 19

Using an 18mm socket and wrench, return the lower knuckle hardware.



Step 20

Using an 18mm socket and wrench, return the lower shock hardware.

**Step 21**

Using a 13mm socket and wrench, return the sway bar end link hardware.

**Step 22**

Reconnect the headlight level sensor.

Step 23

Put the wheels back on and lower the car to ride height.

**Step 24
(FRONT)**

Torque the front upper shock mount hardware to **15Nm + 90***.

Step 25

Torque the front upper end link hardware to **65Nm**.

Step 26

Reinstall the clips and rubber seal for the rain tray.

**Step 27
(REAR)**

Torque rear lower knuckle hardware to **70Nm + 180***.

Step 28

Torque rear lower shock hardware to **70Nm + 180***.

Step 29

Torque rear sway bar end link hardware to **20Nm + 180***.

Step 30

Get an alignment and you are ready to roll.

