



[Spherical MQB Dogbone Rear Sway Bar End Links, MkVII Volkswagen Golf/GTI/R & 8V Audi A3/S3](#)



**Supplied Parts:**

- 034Motorsport MQB Spherical Rear Sway Bar End Links (2) – **Part Number 402-4020**
- 034Motorsport Stainless Steel Upper End Link Spacers (2) – **Part Number 402-Z010**
- 034Motorsport Stainless Steel Lower End Link Spacers (4) – **Part Number 402-Z011**
- Grade 10.9 M10x50 Bolts (2)
- M10 Nylock Nuts (2)
- M8 Nylock Nuts (2)

**Tools Needed:**

- Hands (2) (*Opposable thumbs are optional*)
- 6mm Triple Square
- 8mm Allen
- 13mm Wrenches
- 15mm Wrench
- 16mm Wrench
- Torque Wrench

034Motorsport MQB Spherical Rear Sway Bar End Links replace the factory rubber bushings and plastic bodies to increase the effectiveness of the rear sway bar, and improve handling feel and performance.

Installation of this upgrade is a straightforward process that will take approximately one hour to complete.

**Step 1** – Raise the vehicle securely on jackstands or a lift, in order to gain access to the rear suspension. Make sure you have all tools necessary for installation of the MQB Spherical Rear Sway Bar End Links. Locate the factory rear end links.



**Step 2** – Using two 13mm wrenches, remove the bolt and nut securing the bottom of the end link to the lower control arm. Using a 16mm wrench and 6mm triple square, remove the nut securing the upper end link to the rear sway bar.



**Step 3** – Assemble each 034Motorsport MQB Audi/Volkswagen Spherical Rear Sway Bar End Link with two large spacers (402-Z011) at the bottom and one small spacer (402-Z010) at the top.



**Step 4** – Install the 034Motorsport End Link into the lower control arm with the two long spacers at the bottom. Secure using the factory bolt and supplied M8 lock nut. Torque to 35 Nm.



**Step 5** – With a 15mm wrench and 8mm allen, secure the top of the end link to the rear sway bar using the supplied M10 bolt, spacer, and M10 lock nut as shown below. With the suspension at full droop, this will max out the available articulation of the end links, and some force may be required to line up the holes on the sway bar and end links. With the suspension compressed at static ride height, the spherical bearings on the end links will be at their center position. Torque to 45 Nm.



**Step 6** – Repeat installation on the other side, verify that all hardware is properly torque, lower the vehicle, and enjoy the upgrade!