



[034Motorsport MkV/MkVI Volkswagen & 8J/8P Audi Spherical Rear Trailing Arm Upgrade Kit](#)



**Supplied Parts:**

- 034Motorsport Spherical Rear Trailing Arm Upgrade Pair
- Billet Aluminum Bearing Spacers (4)

**Tools Needed:**

- Hands (2)(*Opposable thumbs are optional*)
- T30Torx Driver
- 6mm Triple Square
- 16mm & 18mm Sockets
- Torque Wrench

034Motorsport's Spherical Rear Trailing Arm Upgrade for the 8J/8P Audi A3/S3/RS3/TT/TTS/TTRS & MkV/MkVI Volkswagen Golf/Jetta/GTI/R is designed to improve handling by completely eliminating slop from rubber bushing flex.

Installation of this upgrade is a straightforward process that will take approximately two hours to complete

**Please Note** – These instructions highlight the installation on one side of the car. The procedure is the same for both the left and right side rear trailing arms!

**Step 1** – Raise your vehicle securely using a lift or jackstands.

**Step 2** – If your car has the optional plastic covers for the rear trailing arms, remove the 2 round clips holding them on. Once the clips are removed, you can remove the covers by sliding the covers forward, and pulling them off of the arms.



**Step 3** – Remove 16mm nut holding rear sway bar end links to trailing arm.





**Step 4** – Remove 16mm nuts holding the rear sway bar end link to the sway bar. A 6mm triple square can be used to prevent the threaded inner from turning. Remove the end link.



**Step 5** – Remove the two 18mm bolts holding trailing arm to upright.



**Step 6** – Remove the four 16mm bolts holding the trailing arm housing to the chassis.



**Step 7**–Remove the T30 Torx screw securing the parking brake cable clip.



**Step 8** – Remove the rear trailing arm assembly from the vehicle.



**Step 9** – Remove 18mm bolt holding housing to trailing arm, and remove housing.



**Step 10** – Trailing arm and housing should be separated now. Discard old trailing arm, and identify correct replacement from 034Motorsport Spherical Rear Trailing Arm Pair.



**Step 11** – Install supplied spacers into spherical trailing arm bearing.



**Step 12** – Install new 034Motorsport arm into housing, and install 18mm bolt. Torque to 90Nm + 45 degrees.  
**DO NOT OVERTIGHTEN!** Overtightening can cause the spherical to bind!





**Step 13** – Begin to reinstall arm and housing assembly into the vehicle. Use one bolt at each end to line up. You may have to push up on the upright and/or compress the suspension slightly to align all holes.



**Step 14** – Tighten 4 16mm bolts holding housing to chassis to **50 Nm + 45 degrees**.



**Step 15** – Tighten 2 18mm bolts holding arm to upright to **90 Nm**.



**Step 16** – Reinstall parking brake cable retaining clip with T30 screw torqued to **8 Nm**.



**Step 17** – Reinstall end links. Torque end link hardware to **45 Nm**.



**Step 18** – Reinstall optional plastic trailing arm covers.



**Step 19** – We strongly recommend having the rear suspension aligned to factory specifications immediately after installing the 034Motorsport Rear Trailing Arm Spherical Bearing Upgrade Kit.