

Replacing the rear Anti Roll Bar bushes

This is a guide to help you remove and replace the rear Anti Roll Bar (ARB) bushes

Disclaimer: This guide is to assist you only; you follow it at your own risk. I am not responsible for anything undesirable that may happen during or after doing this procedure!

It's very important that you chock the front wheels as only the rear brakes are locked with the handbrake, which will be lifted off the ground. I also left the car in gear.

I completed this in about 1 hour, which includes jacking up the car. The tools I used were.

12mm socket
WD40

First jack the rear of the car up and put it on axel stands, you don't have to remove the wheels to change the ARB bushes, but doing so may make the job a little eaiser. Make sure you chock the front wheels.

The red arrow in the picture below indicates the location of the rear near side ARB bush, which is eaisly accessible when the car is on axel stands, from under the rear bumper.

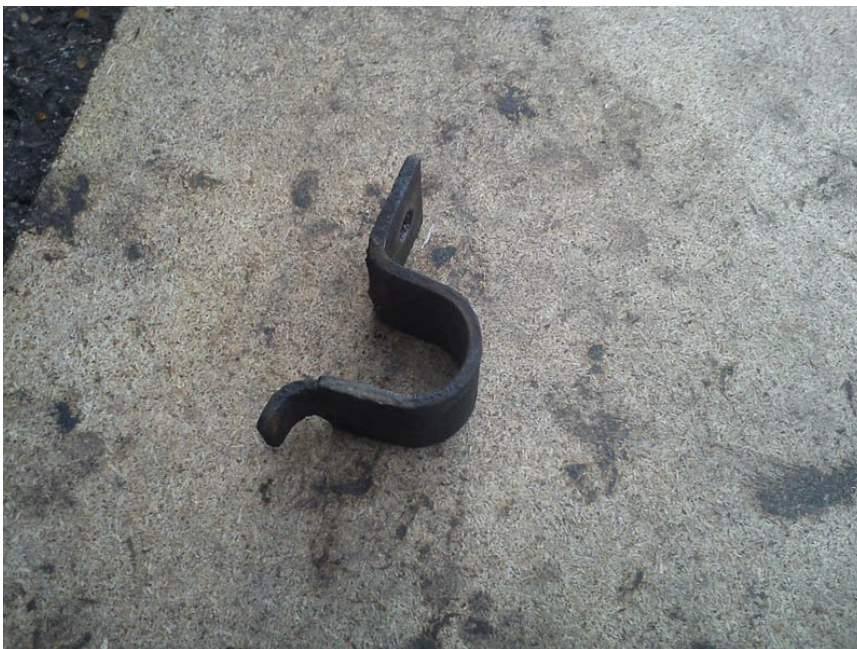


Here's a closer picture of the bush and the clip holding it in place, which is secured by a 12mm bolt, indicated by the red arrow.



To start, spray the bolt and nut with WD40 to try and help release them, as they'll almost certainly be rusted up. You might find it best to leave them to soak for 10-15 minutes before starting.

Next you need to undo the 12mm nut, once you have the nut removed, you can pop the clip off that goes around the rubber ARB bush, which is shown below.



The top of the clip, is secured with a lug sliding in to a hole and then held in place with the 12mm bolt at the bottom. Removing the bush is very simple as it has a split at its base, allowing it to be pushed over the ARB.

We can see this in the picture below..



The above picture is actually of the off side ARB bush, which is mounted the other way round to the near side. You can see the hole the clip's lug fits in to. Getting the lug in to this hole can be a bit tricky, but if your drop links have not siezed, there should be a fair bit of movement to allow you to manouvere it in.

Once you have the lug in place, secure the 12mm bolt and you're done.