



[Adjustable Solid Rear Sway Bar Upgrade, MkV/MkVI Volkswagen Golf/GTI & 8J/8P Audi A3/TT FWD](#)



**Supplied Parts:**

- 034Motorsport Adjustable MkV/MkVI (FWD) Solid Rear Sway Bar Upgrade
- 034Motorsport Billet Aluminum Sway Bar Mount Brackets with Integrated Zerk Fitting (2)
- Polyurethane Sway Bar Bushings with Grease Port (2)
- Grade 12.9 M8x45 Bolts (4)
- M8 Washers (4)
- Grade 10.9 M10x65 Bolts (2)
- M10 Nylock Nuts (2)
- Lithium Grease

**Tools Needed:**

- Hands (2) (*Opposable thumbs are required!*)
- 6mm & 10mm Triple Squares
- 6mm Allen
- 15mm & 16mm Wrench/Socket
- Torque Wrench
- Blue Loctite

034Motorsport's 2-Way Adjustable Solid Rear Sway Bar for the 8J/8P Audi TT/A3 FWD & Mk5/Mk6 Volkswagen Golf/GTI is designed to improve handling by decreasing body roll and combating understeer.

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

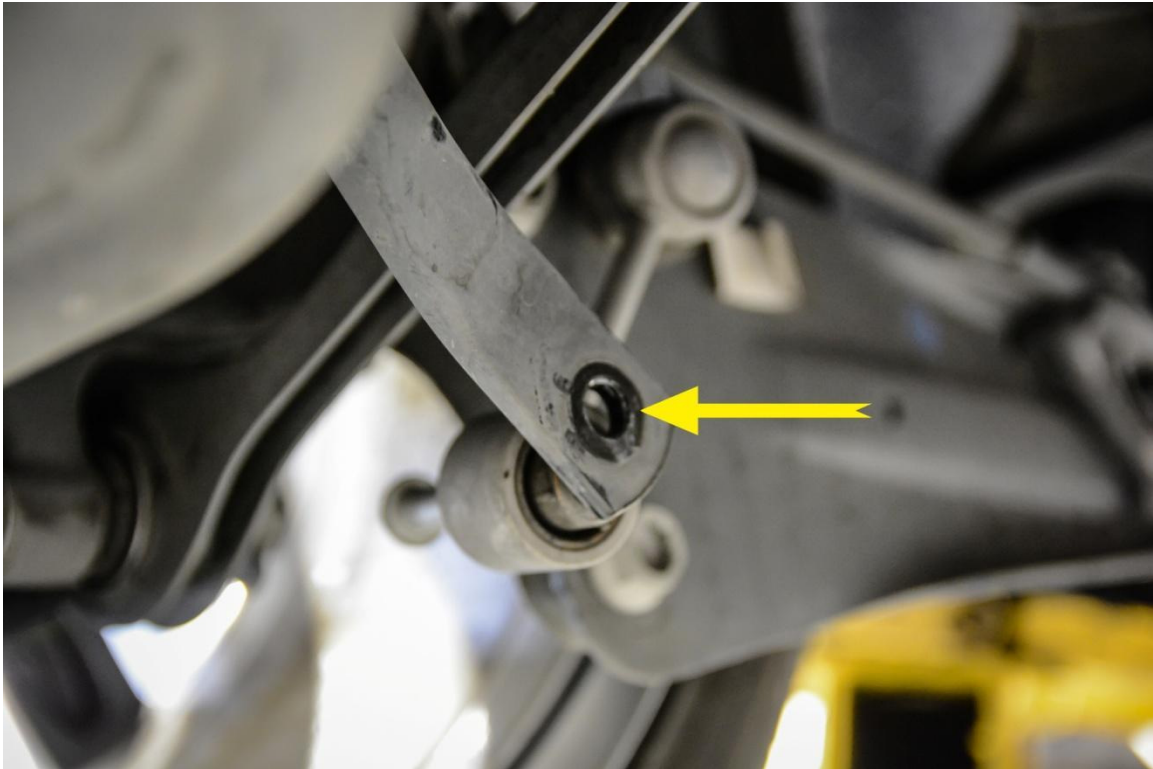
**Step 1** – Raise the vehicle securely on jackstands or a lift, in order to gain access to the rear suspension. Make sure you have all tools necessary for installation of the Mk5/ Mk6 (FWD) Solid Rear Sway Bar.



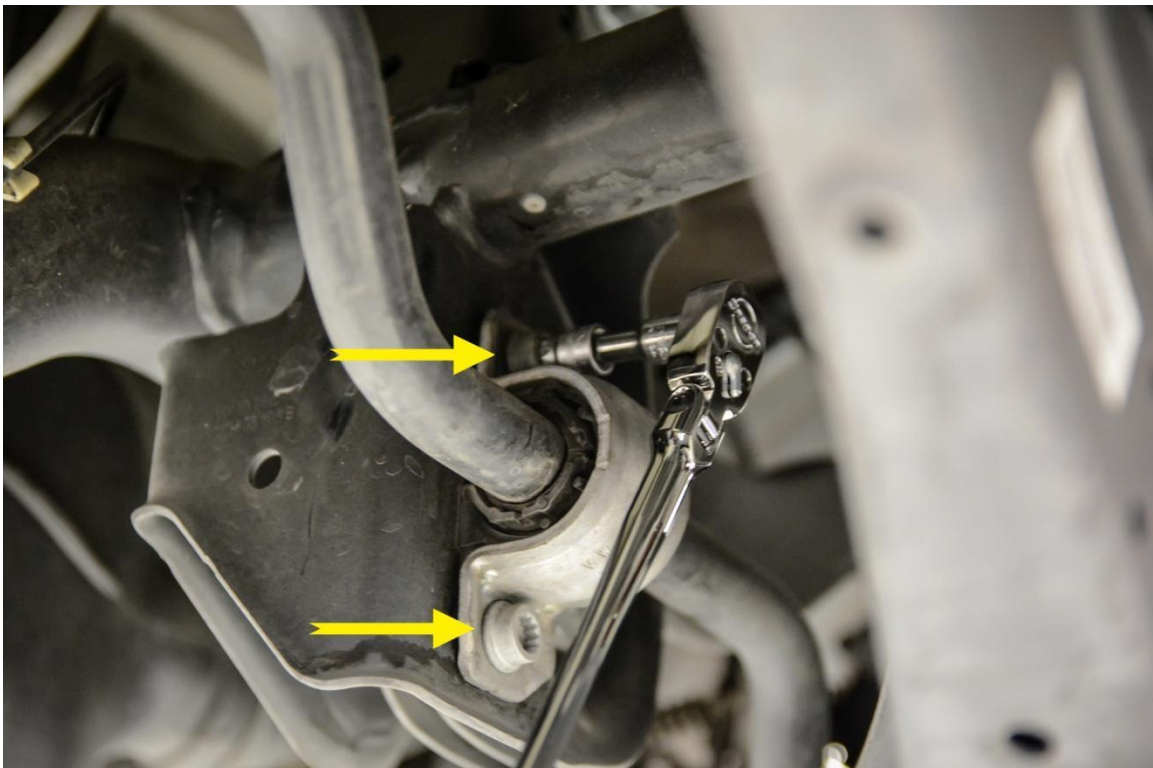
**Step 2** – Using a 16mm wrench and 6mm triple square, remove the nut securing each of the rear sway bar end links to the rear sway bar.



**Step 3** – Once the nut is free from each of the sway bar end links, rotate the sway bar so that it is free from each end link.



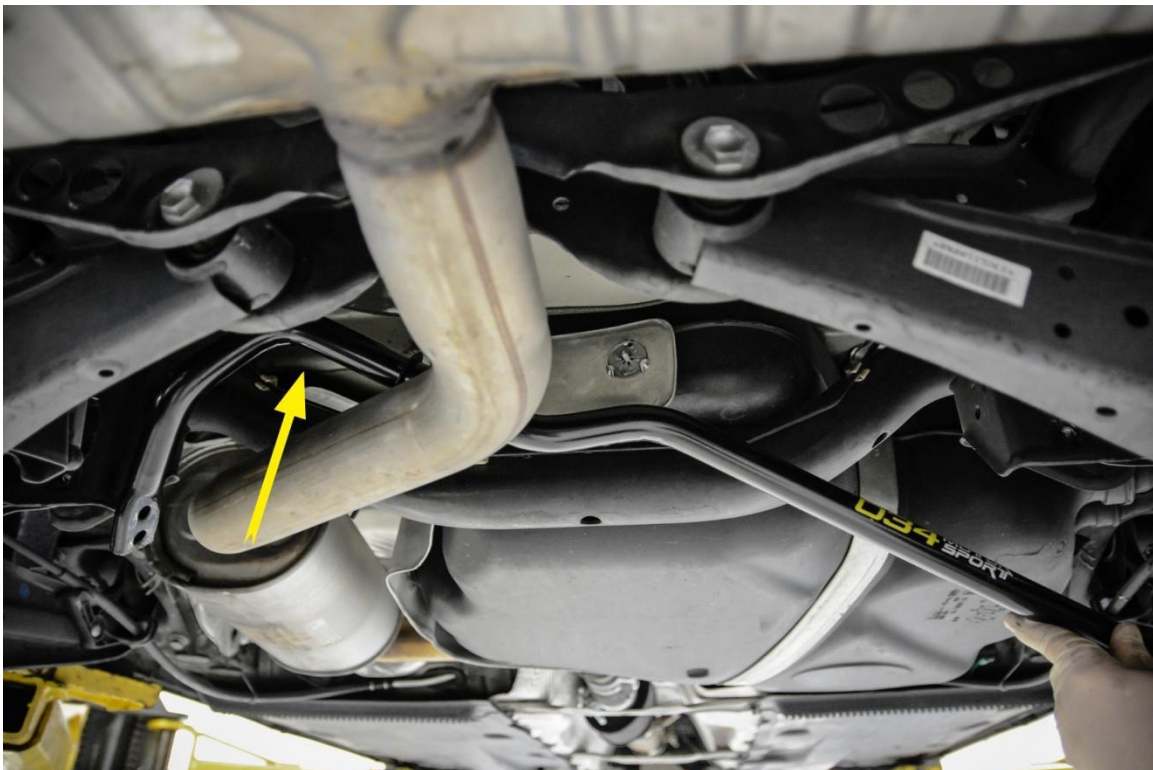
**Step 4** – Using the 10mm Triple Square, remove the two M8 Bolts securing each of the factory rear sway bar mounting brackets to the subframe.



**Step 5** -Remove the factory sway bar from the car, careful to rotate it around the exhaust. install the 034Motorsport Solid Rear Sway Bar.



**Step 6** - Using the same technique, rotate and position the new 034Motorsport Mk5/Mk6 FWD rear sway bar underneath the car. **Careful** not to hit the exhaust when getting the sway bar in position.



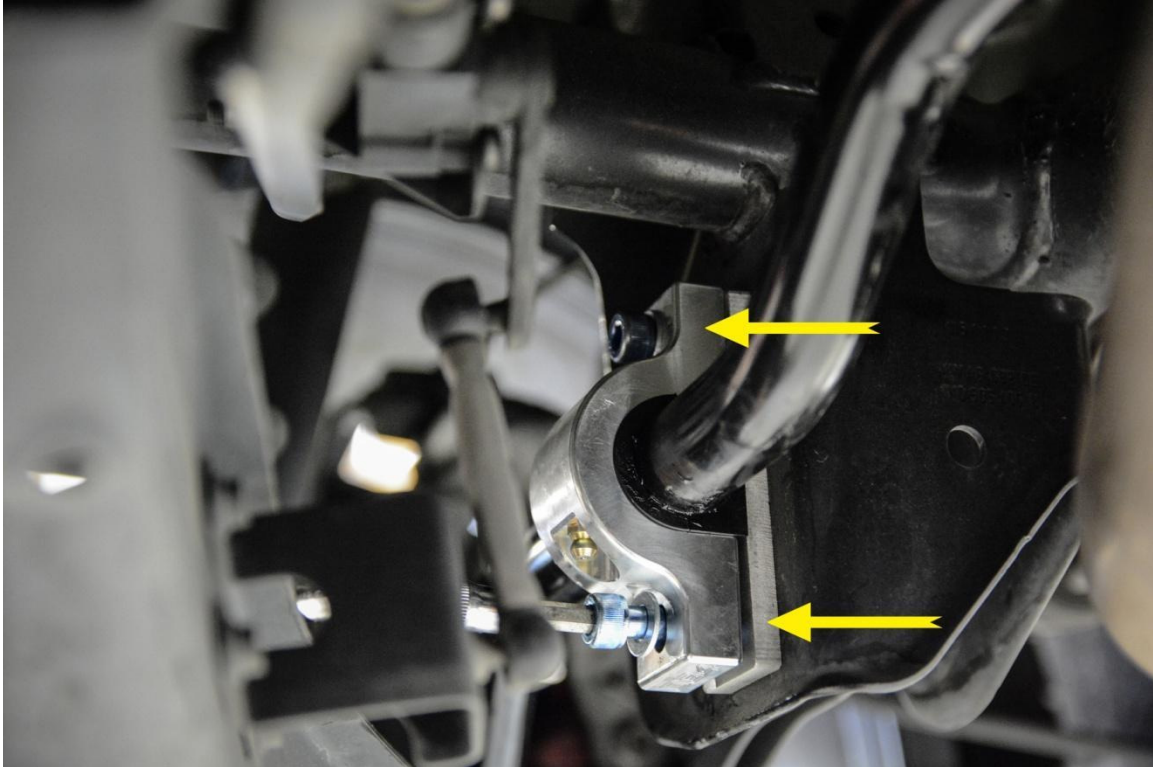
**Step 7** – Grease and install the supplied Polyurethane Sway Bar Bushings onto your 034Motorsport Solid Rear Sway Bar Upgrade as shown below.



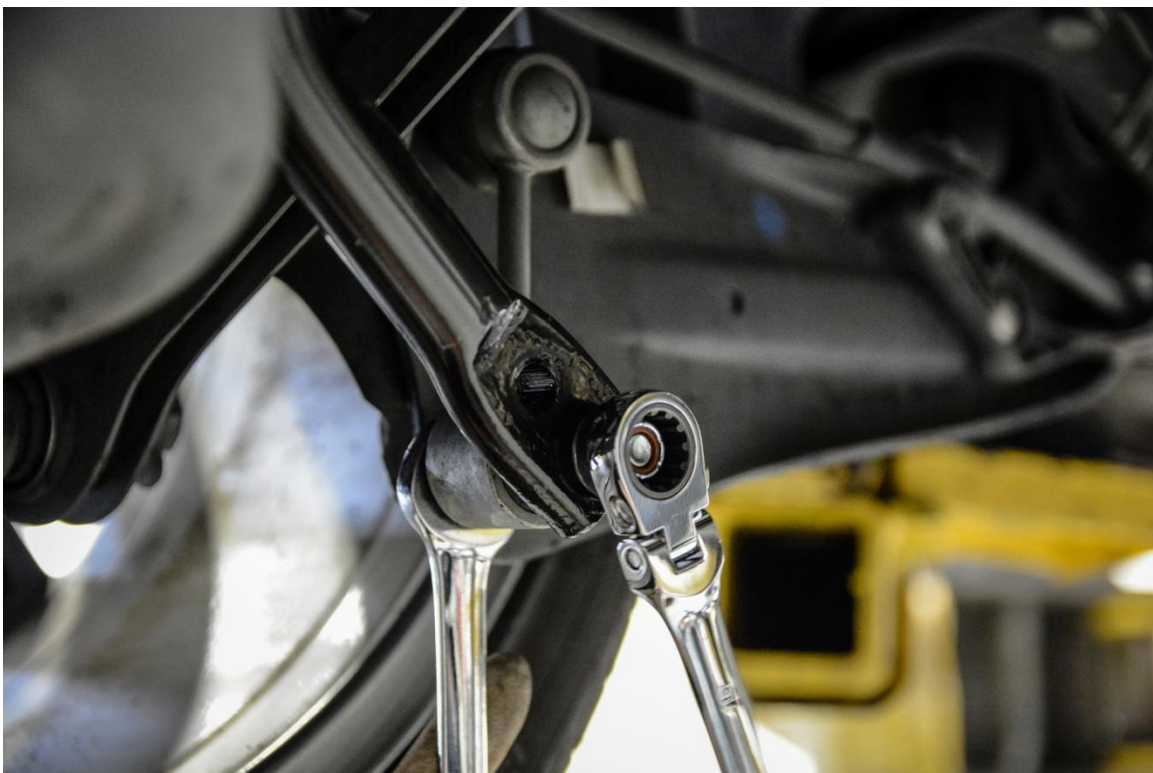
**Step 8** – Prepare to install the Billet Aluminum Sway Bar Mounts, and apply a small amount of blue loctite to each of the supplied M8 bolts.



**Step 9** – With the sway bar properly aligned, install the supplied Billet Aluminum Sway Bar Mounts with the zerk fitting pointing down. Sandwich the supplied rectangular plate between the rear subframe and aluminum Sway Bar Mounts. Secure using the supplied M8 Bolts & Washers. Torque to 25 Nm.



**Step 10** – With the sway bar in place, install the supplied M10x65 bolts and nylock nuts to the factory rear end links using a 15mm and 16mm wrench. Torque the stock hardware to 35 Nm.



**Step 11** – Double-check the installation, and verify that everything is torqued to spec. Lower the vehicle from the lift or jackstands, and enjoy the improved handling performance!