

[Adjustable MQB Solid Front Sway Bar Upgrade, MkVII](#)
[Volkswagen Golf/GTI/R, 8V Audi A3/S3/RS3 & TT/TTS/TTRS](#)

**034 MOTOR SPORT**

Engineered to further reduce body roll and enhance steering feel, the 034Motorsport Solid Front Sway Bar is the perfect upgrade for those seeking to positively affect turn-in feel and virtually eliminate lean under hard cornering.

Note: We highly recommend installing the [034Motorsport MQB Solid Adjustable Rear Sway Bar](#) before upgrading the front. Fitting an upgraded front sway bar to a car with a factory rear sway bar will increase understeer and inhibit handling performance.

Installation Spiciness Rating



(Spicy)

Installation of your 034Motorsport Adjustable MQB Solid Front Sway Bar is a complex process. We recommend professional installation by an experienced Audi/Volkswagen specialist.

Supplied Parts:

- 034Motorsport MQB Adjustable Front Sway Bar
- Polyurethane Sway Bar Bushings (2)
- Billet Aluminum Sway Bar Brackets (2)
- Sway Bar Bracket Installation Hardware
- Grease Packet

Tools Needed:

- **Sockets** – 10mm 6-Point, 13mm 6-Point, 16mm 6-Point, 18mm 6-Point, M6 triple square
- **Bits** - T25 Torx, 6mm Allen
- Small Flathead Screwdriver or Punch
- Torque Wrench, Extensions

About This Guide

This Install Guide documents the installation process on a 2017 Audi S3. The actual installation process for your vehicle may vary by model, due to factory options, or because of existing aftermarket modifications already installed.

Getting Started

- Ensure you have all parts and tools required for installation by reading the complete Install Guide.
- Raise your vehicle securely using a lift.
- Remove the front wheels to gain access to necessary components.

Step 1

Remove the plastic wind deflector shown below. It is secured with two T25 Torx screws and two plastic clips. Push in the center of the clips to allow for removal. Retain all parts for reinstallation.



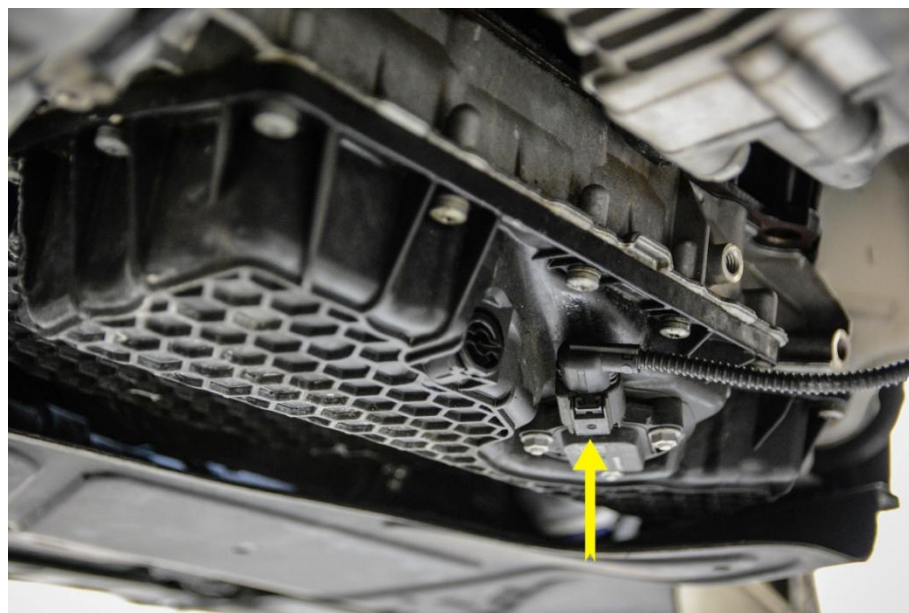
Step 2

Using a 13mm 6-Point Socket, remove the two bolts securing the downpipe hanger to the rear of the front subframe. Leave the hanger attached to the factory downpipe.



Step 3

Using your two opposable thumbs, remove the oil level sensor connector from the bottom of the oil pan.



Step 4

Detach the plastic clip for the oil level sensor lead from the top of the front subframe.



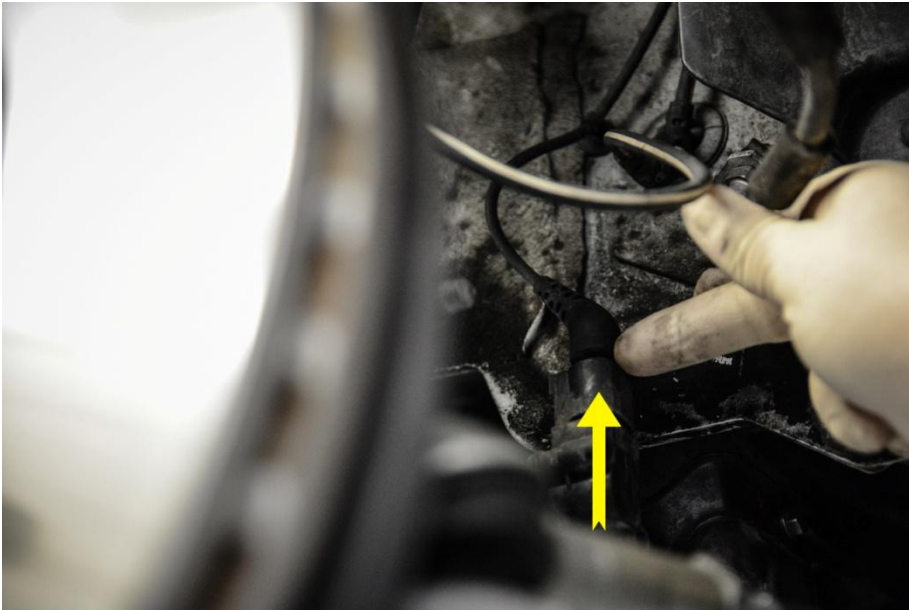
Step 5

Using a 16mm 6-Point Socket, remove the lower nut securing the front sway bar end links to the front sway bar on each side of the car. If the threaded shaft turns, you can hold it with a 6mm triple square bit.



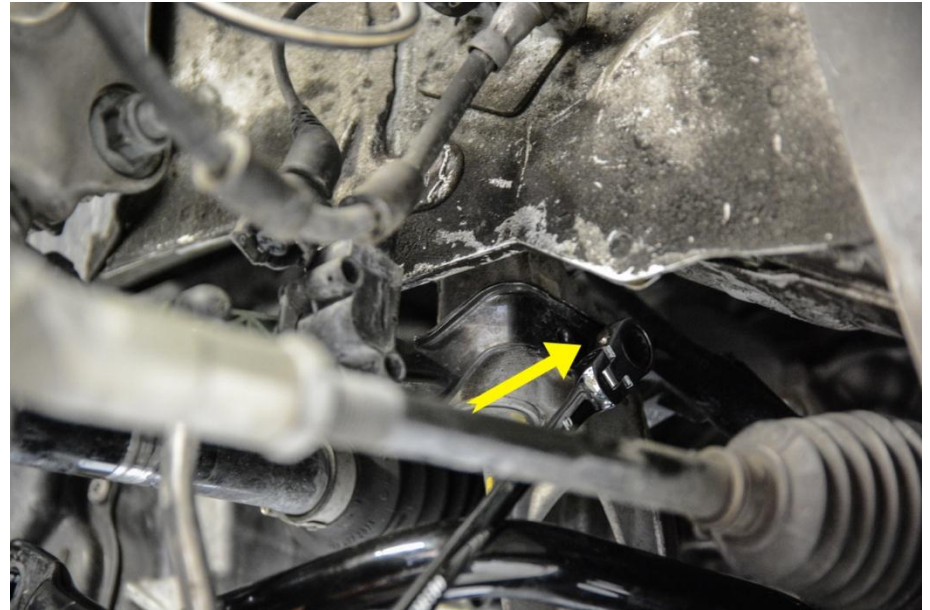
Step 6

Disconnect the suspension level sensor connector.



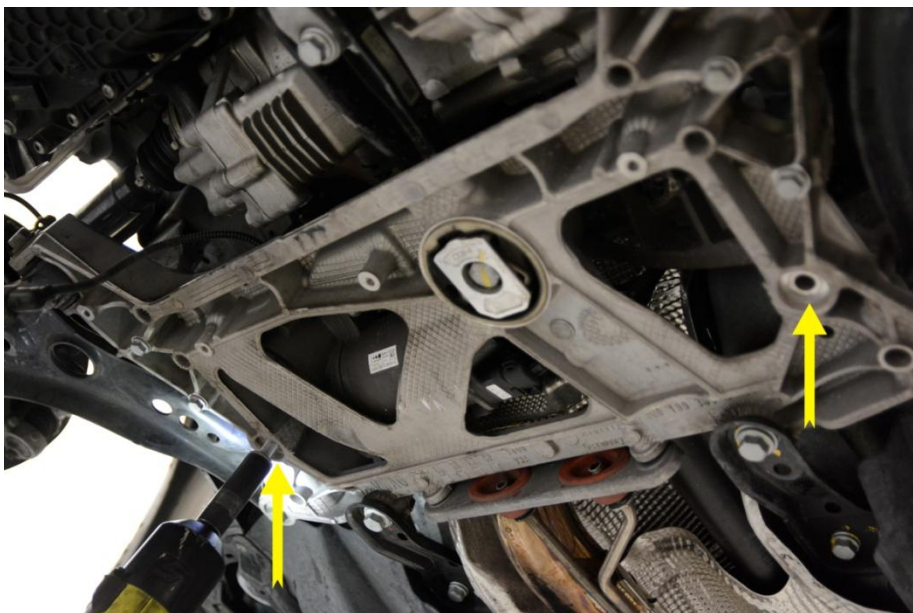
Step 7

Using a 10mm 6-Point Socket or Wrench, remove the bolt securing the level sensor bracket to the front subframe.



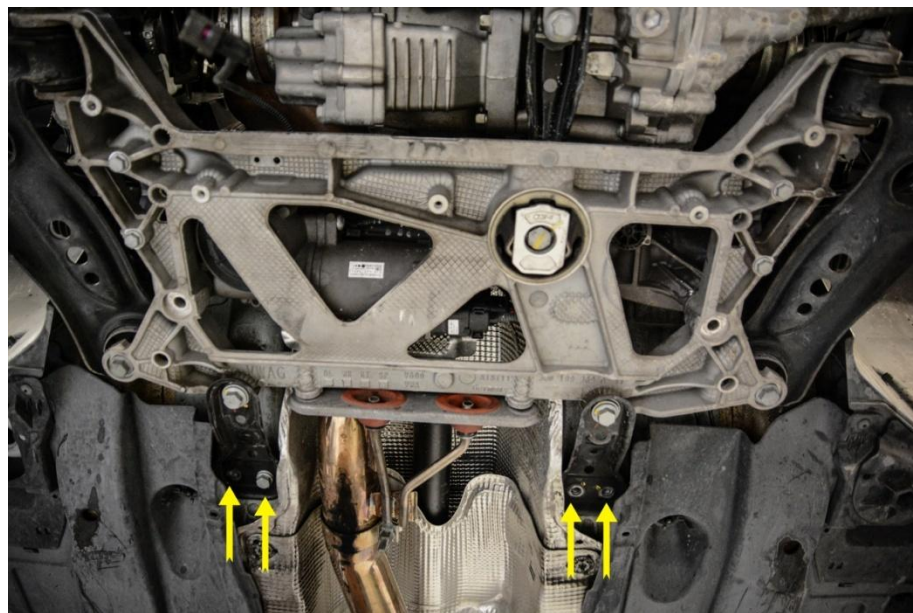
Step 8

Using an 18mm 6-Point Socket, remove the 2 bolts securing the steering rack to the front subframe.



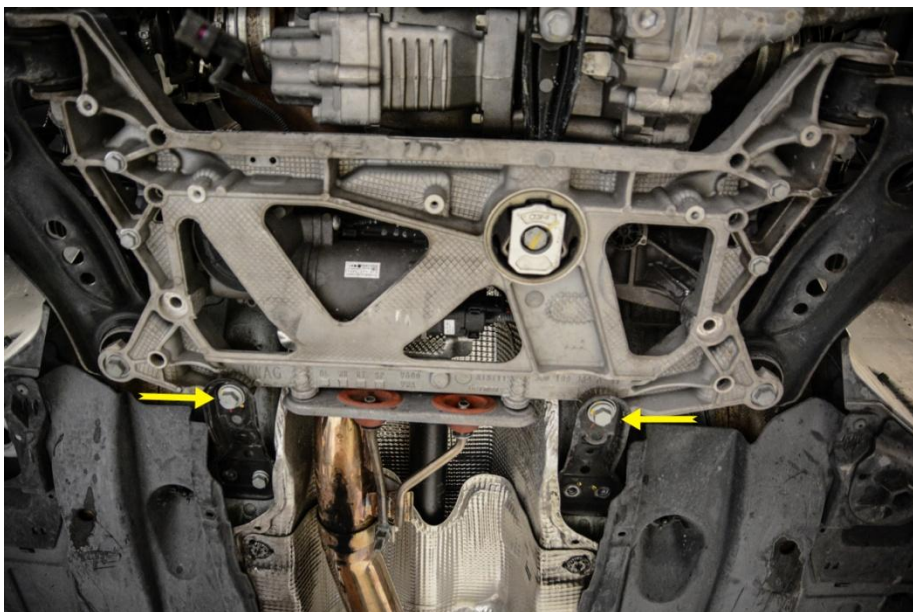
Step 9

Using a 16mm 6-Point Socket, remove the 4 bolts from the brackets bracing the front subframe to the chassis.



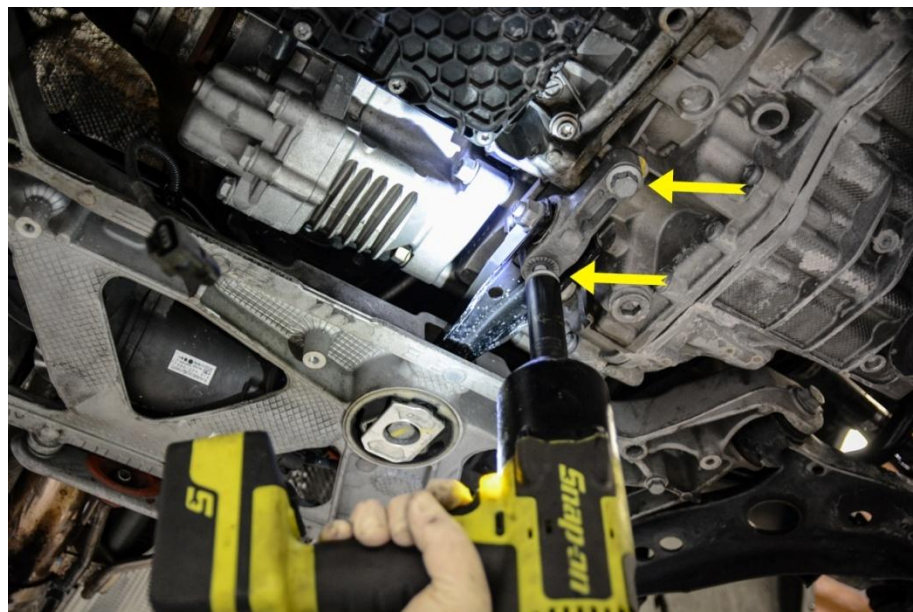
Step 10

Using an 18mm 6-Point Socket, remove the 2 bolts securing the front subframe bracket to the chassis.



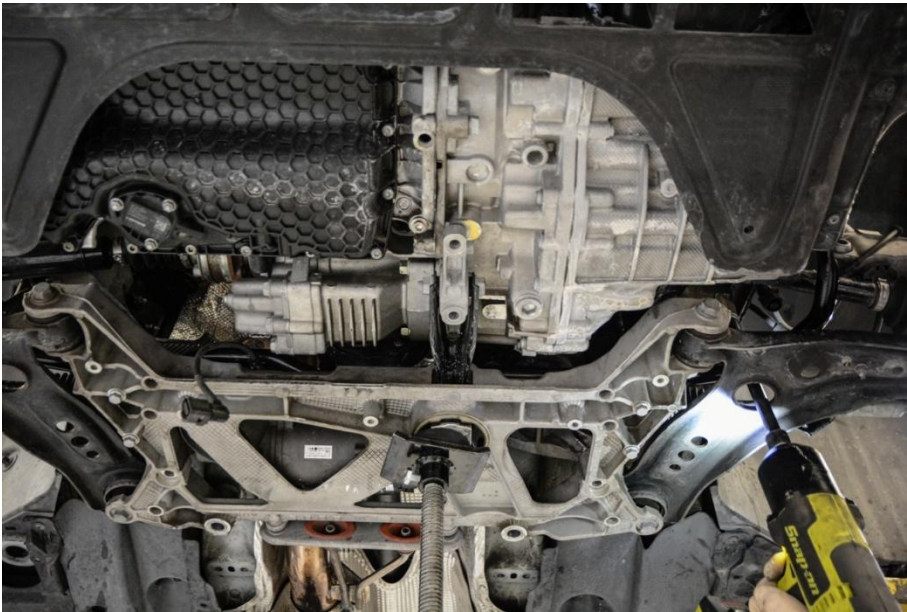
Step 11

Using a 16mm 6-Point Socket, remove the 2 bolts securing the dogbone to the bottom of the transmission.



Step 12

Using a pole jack or floor jack, support the front subframe against the vehicle. Use caution!



Step 13

Using an 18mm 6-Point Socket and extension, remove the bolt on each side of the vehicle securing the front subframe to the chassis (2 bolts total). **Hint:** Position the extension through the stamped hole in the control arm for easy access.



Step 14

Now the front subframe should be completely free from the chassis. Carefully lower the subframe while keeping an eye on the steering rack and oil level sensor lead.



Step 15

Using a 13mm 6-Point Socket, remove the 4 mounting bolts securing the factory front sway bar to the front subframe.



Step 16

Pull the factory sway bar out from the back of the subframe and remove from the vehicle.



Step 17

Ensure you have all pieces to install 034Motorsport Adjustable MQB Front Sway Bar Upgrade. **Note:** Some mounting brackets may differ in look, but are equally as effective.



Step 18

Pre-install the mounting brackets to the sway bar bushings. Orient the brackets so the zerk fittings on the bracket face the front of the car once the bar is installed.



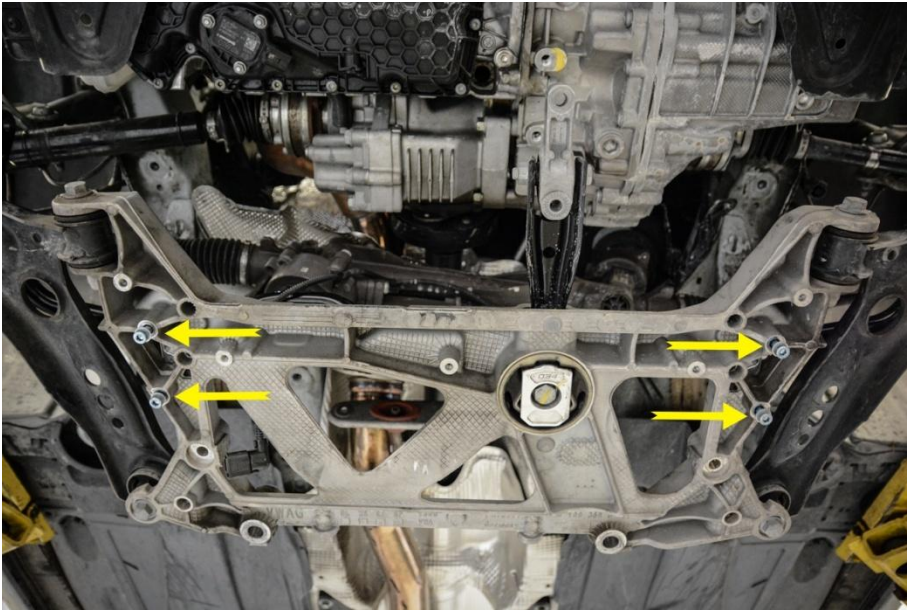
Step 19

Align the holes of the mounting bracket with the holes in the front subframe, and use the 4 supplied allen bolts to mount the brackets to the subframe.



Step 20

Using a 6mm Allen, tighten the 4 sway bar bracket mounting bolts to the front subframe. Torque to 40 Nm.



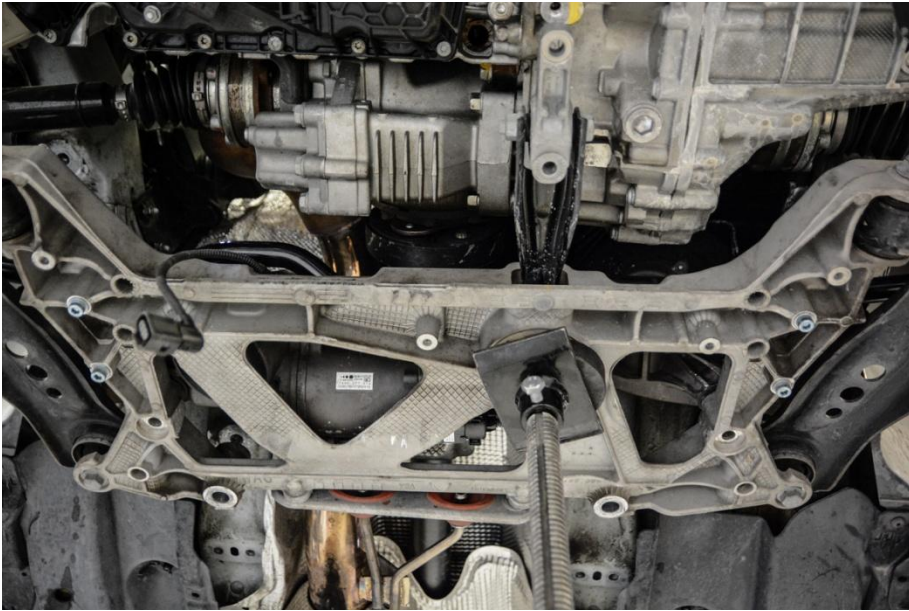
Step 21

Route the oil level sensor lead underneath the front sway bar in preparation for re-attaching the front subframe.



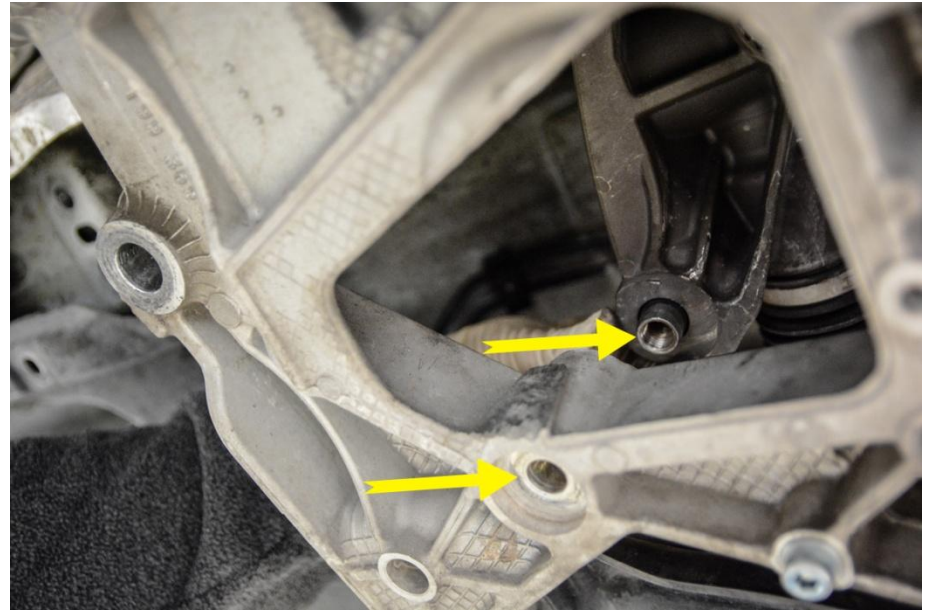
Step 22

Carefully start raising the front subframe up to the vehicle.



Step 23

While raising the subframe, align and press the bosses on the steering rack into the mounting holes on the subframe.



Step 24

Using an 18mm 6-Point Socket, loosely install the bolts securing the front subframe to the chassis on both sides of the vehicle.



Step 25

Use an 18mm 6-Point Socket to install the 2 larger bolts securing the subframe mounting brace to the subframe. Torque to 70 Nm + 180 Degrees.



Step 26

Using a 16mm 6-Point Socket, install the 4 bolts securing the subframe brace to the chassis.

Torque to 20 Nm + 90 Degrees.



Step 27

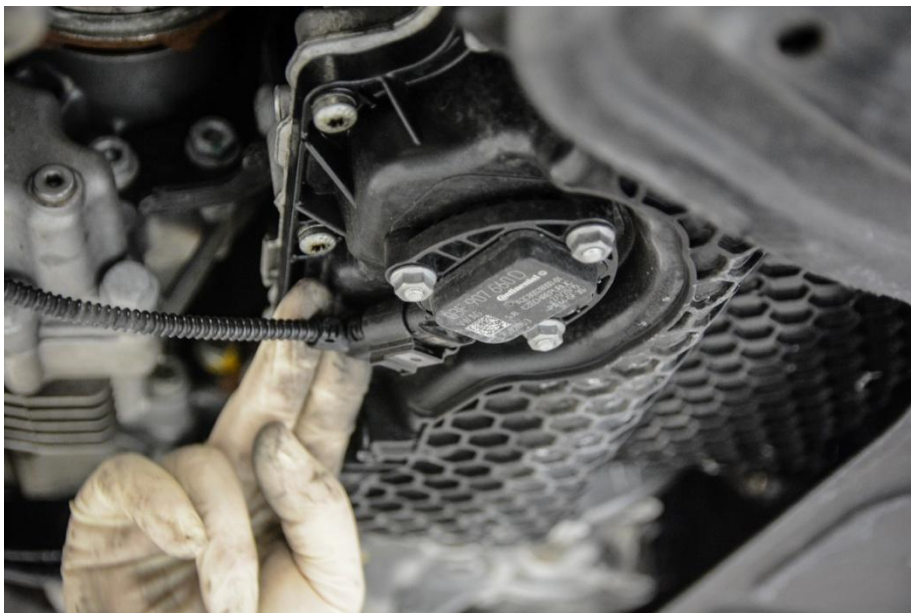
Using an 18mm 6-Point Socket, install the 2 bolts securing the steering rack to the front subframe.

Torque to 70 NM + 90 Degrees.



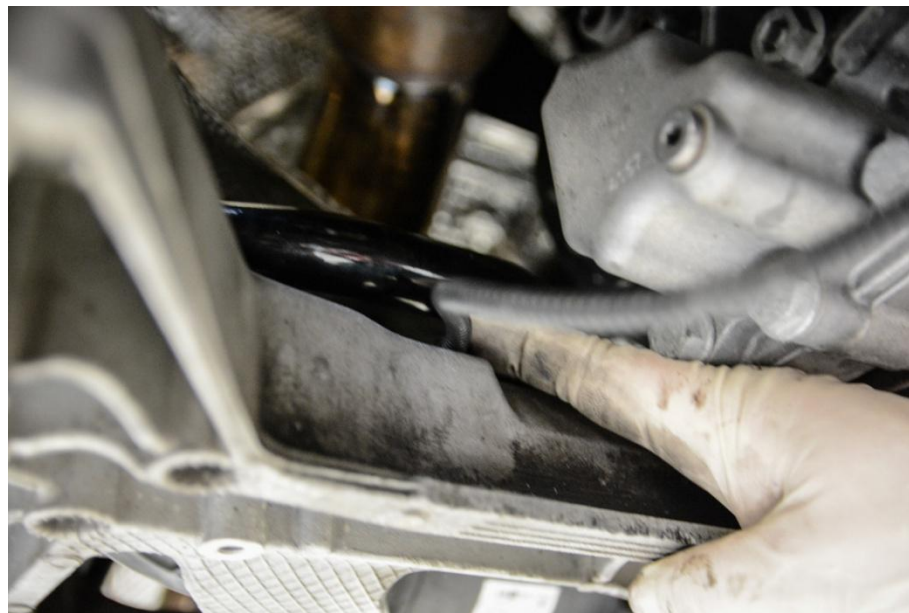
Step 28

Plug in the oil level sensor connector to the sensor on the bottom of the oil pan.



Step 29

Snap the oil level sensor lead into the clip on the top of the subframe.



Step 30

Using a 10mm 6-Point Socket, reattach the suspension level sensor bracket to the front subframe.



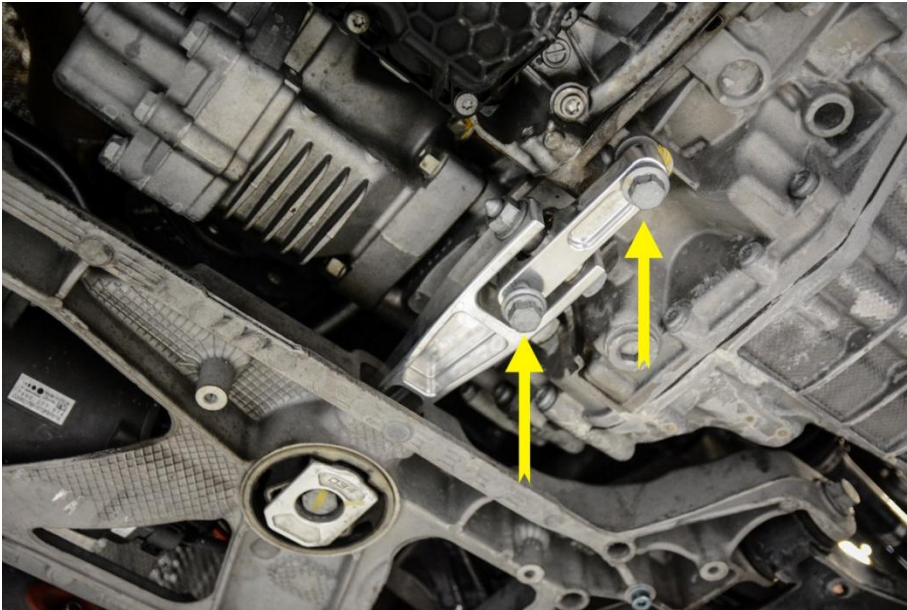
Step 31

Reinstall the connectors back onto the suspension level sensors.



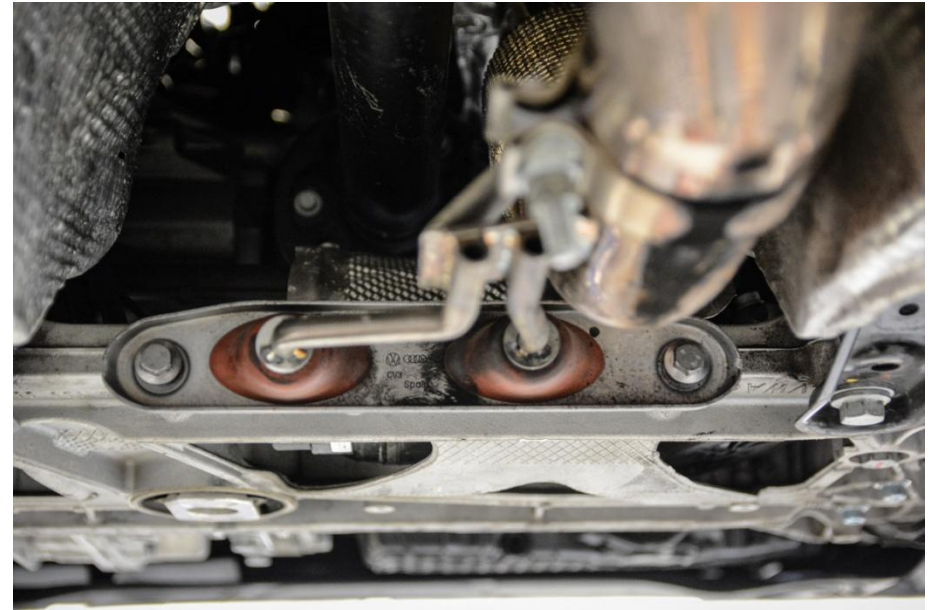
Step 32

Using a 16mm 6-Point Socket, reinstall the 2 bolts securing the dogbone arm to the transmission. Torque to 50 Nm + 90 Degrees.



Step 33

Using a 13mm 6-Point Socket, Reinstall the 2 bolts securing the exhaust hanger to the front subframe.



Step 34

Reinstall the nuts securing the lower front sway bar end links to the 034Motorsport Adjustable MQB Front Sway Bar.

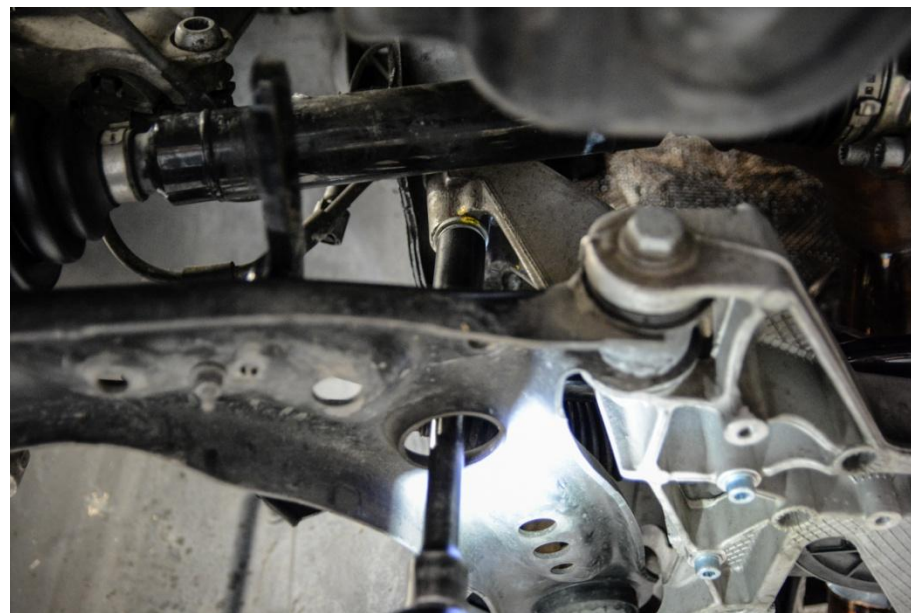
Torque to 65 Nm.



Hint: The outer hole is the "Soft" setting, and the inner hole is the "Stiff" setting.

Step 35

Check that everything is aligned and properly torqued. If so, go ahead and tighten the 2 bolts securing the front subframe to the chassis using an 18mm 6-Point Socket. Torque to 70 Nm + 180 Degrees.



Step 36

Reinstall the plastic wind deflector and secure with two T25 Torx screws and two plastic clips.



Step 37

Ensure all connections are secure, reinstall the wheels, and lower your vehicle from the lift.

Important: A 4-wheel alignment is highly recommended after dropping the front subframe and reinstalling.

Step 38

Enjoy the Upgrade!