



[Billet Aluminum MQB Dogbone Mount Insert, MkVII Volkswagen Golf/GTI/R & 8V Audi A3/S3](#)



**Supplied Parts:**

- 034Motorsport Billet Aluminum MQB Dogbone Mount Insert

**Tools Needed:**

- Hands (2) (*Opposable thumbs are optional*)
- 21mm Socket
- Torque Wrench

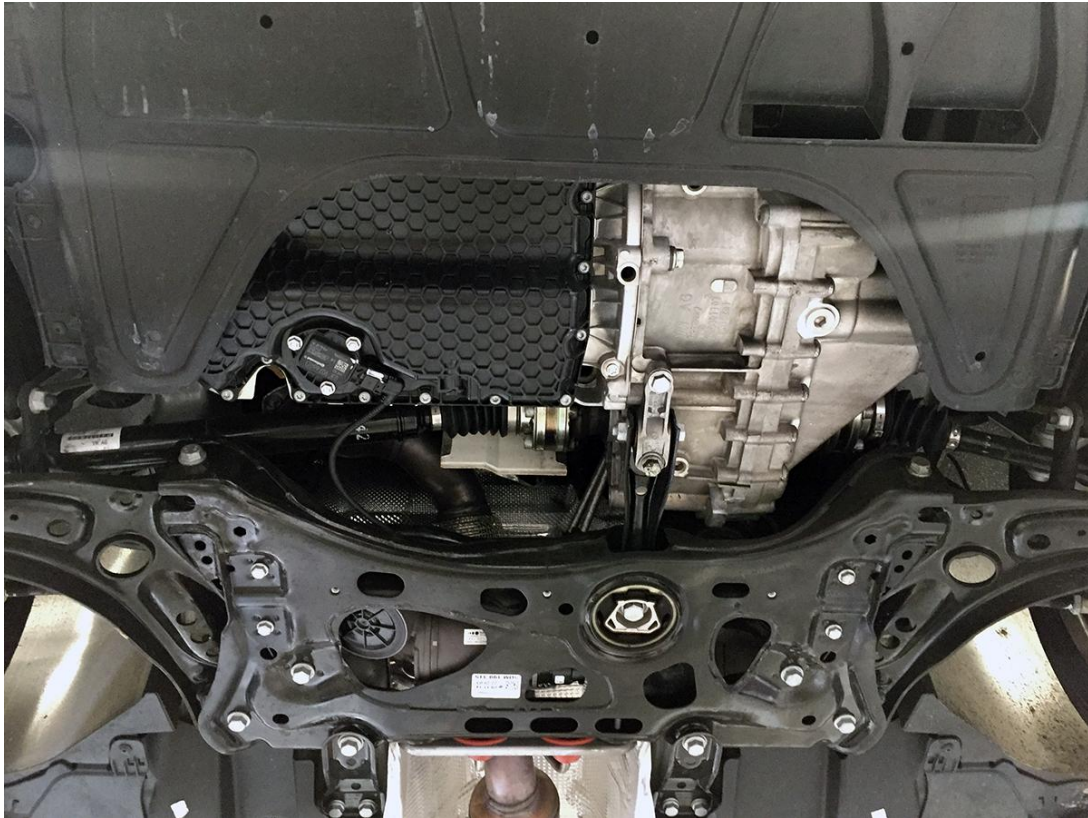
034Motorsport is proud to offer our Billet Aluminum MQB Dogbone Mount Insert Upgrade for the MkVII Volkswagen Golf/GTI/R & 8V Audi A3/S3!

This precision-machined billet aluminum insert is designed to fill the large voids in the factory dogbone mount, and limit transmission and engine movement without sacrificing ride quality or introducing any perceivable additional noise, vibration, or harshness into the cabin. By filling the void in the factory mount, this insert eliminates the associated slop and ensures that you're experiencing crisper shifts and a more direct, connected driving experience.

Engineered to work in unison with the factory rubber mount, this insert was designed using CAD software and thoroughly tested and refined to provide noticeable slop reduction without introducing excessive noise or vibration into the cabin, which is common with lesser designs. Unlike polyurethane insert options on the market, this billet aluminum part will not pack and wear over time, and guarantees long-lasting performance.

Installation of this part is a straightforward process that will take approximately 30-45 minutes to complete.

**Step 1** – Raise the vehicle securely on jackstands, ramps, or a lift, in order to gain access to dogbone mount bushing in the front subframe. Make sure you have all tools necessary for installation of the MQB Dogbone Mount Insert.



**Step 2** – Locate the factory dogbone mount, and notice the 21mm bolt securing the two halves to the factory torque arm, circled in red below.



**Step 3** – Using the 21mm socket, remove the factory bolt.



**Step 4** – Remove the bolt completely in order to install the 034Motorsport MQB Audi/Volkswagen Dogbone Mount Insert.



**Step 5** – With the factory bolt removed, you can install the Billet Aluminum Dogbone Mount Insert into the voids. It should be positioned with the 034 logo towards the front of the car.



**Step 6** – Reinstall the factory dogbone mount bolt. Torque to 130 Nm.



**Step 7** – Marvel at your work. Remove the vehicle from the ramps, lift, or jackstands used in Step 1. Enjoy crisper, faster shifting, improved throttle response, and harder launches!

