

BMW RACING PERFORMANCE FRONT STRUT BAR ONE PIECE INSTALLATION INSTRUCTIONS

BMW has manufactured thousands of these cars and they are not all the same. This is called manufacturers tolerance. With age the chassis strut towers migrate/change location after years of use. In some cases, this can cause assembly problems for the front strut installers. The 3-piece adjustable strut bars are easier to install but not as rigid or structurally sound.

Step 1: Put the car on a flat surface, set rear brake and chock rear wheels

Step 2: Remove front strut top nuts, 13 mm. 3 pieces on both sides.

Step 3: Attempt to install bar over studs, sometimes it will slide over with no problems. Because the front towers are inclined in 2 planes of angularity-to achieve caster-camber settings- the studs are at different angles in respect to each other. To make the bar fitting easier-jack up the front chassis so one side of the studs will be flush with shock tower- loosely attach opposite side bar and nuts, then carefully lower car so other side studs will raise up through bar holes into proper location.



Step 4: Finish by removing jack and tightening all stud nuts. I recommend using anti-seize on stud threads.