



INSTALLATION INSTRUCTIONS

[CARBAHN.COM/INSTRUCTIONS](https://carbahn.com/instructions)

Adjustable Sway Bar Kit | BMW F9X M5/M8

CARBAHN PART #:

CBB12-00-3130



US Based Support

866-558-4314

Sales@CarBahn.com

CarBahn.com

Follow Us: [@CarBahnOfficial](https://twitter.com/CarBahnOfficial)

These instructions assume that the person installing these parts is a *BRAND CERTIFIED MECHANIC* and are *NOT* step by step instructions on how to disassemble and reassemble the car.

Front

1. With the car on the lift, you start by detaching the front sway bar end links following the BMW factory procedures.
2. Once they are removed you can begin removing the front sway bar. The sway bar is secured by two brackets, each held in place with three bolts. The passenger-side bracket also retains the steering rack wiring harness; this harness **MUST** be detached from the bracket to remove the passenger side bracket. Refer to Photos #1, #2, and #3.

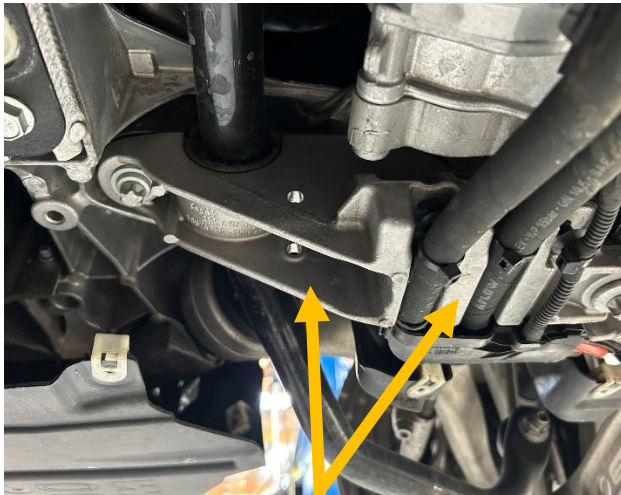


Photo #1

Passenger front bracket & wiring harness

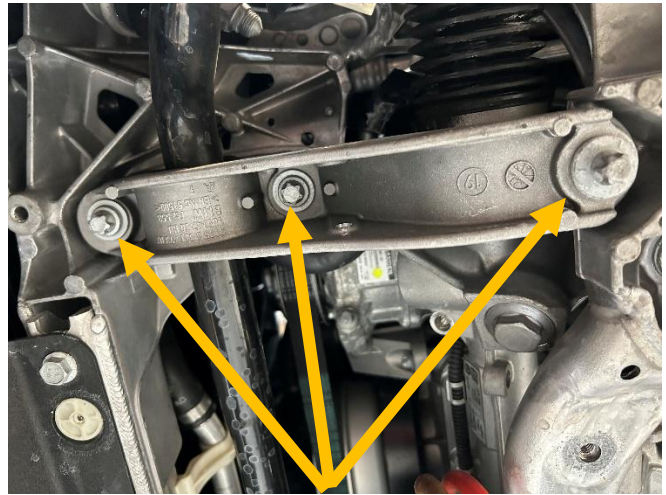


Photo #2

Bolts holding the bracket driver side bracket



Photo #3

Unclipped wiring harness on the passenger side

These instructions assume that the person installing these parts is a *BRAND CERTIFIED MECHANIC* and are *NOT* step by step instructions on how to disassemble and reassemble the car.

- After removing both brackets, proceed to remove the aluminum and plastic mounts from the stock sway. The plastic mount will be reused, take note of their orientation as this will be helpful later.

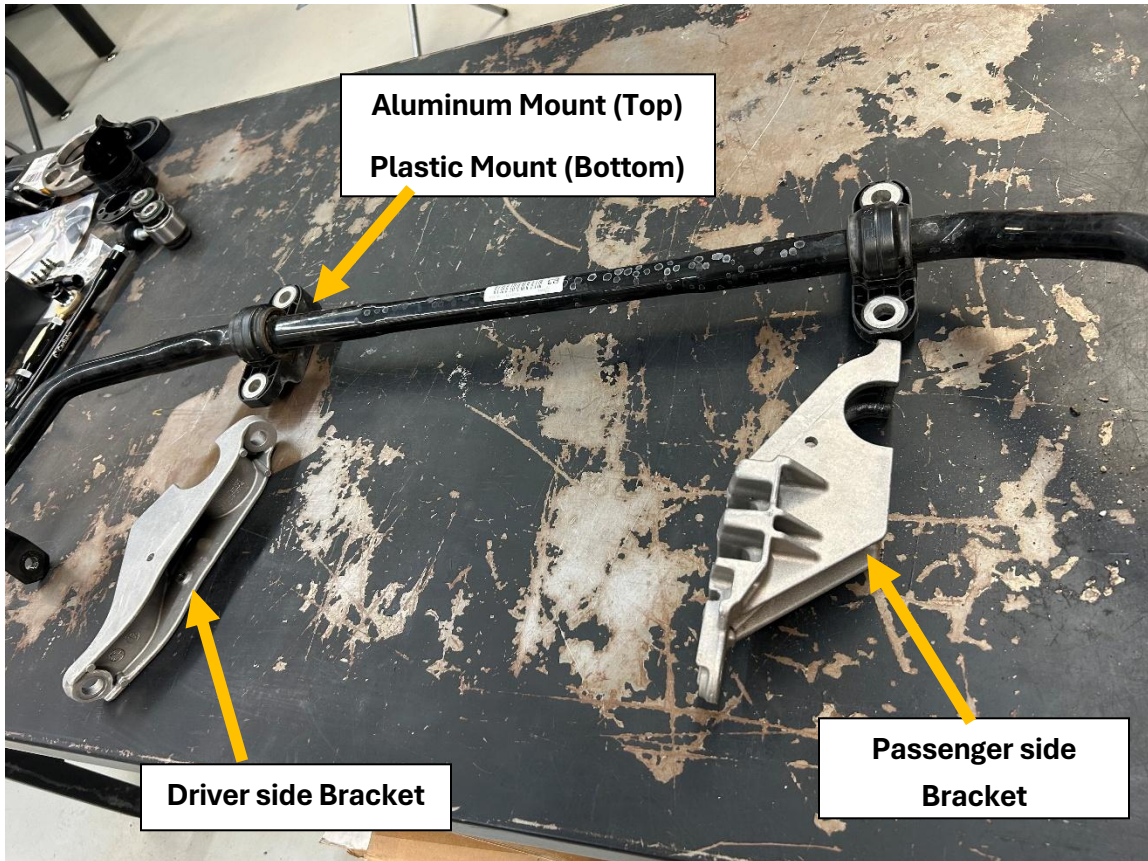


Photo #4
Stock Front Sway Bar Components

- Apply some of the provided grease to the new front sway bar bushings and install them onto the CarBahn Front Sway Bar (identified by its three adjustment holes). Refer to Photos #5 and #6.



Photo #5

CarBahn Front Sway Bar & CarBahn Front Bushing



Photo #6

CarBahn Front Bushing

These instructions assume that the person installing these parts is a *BRAND CERTIFIED MECHANIC* and are *NOT* step by step instructions on how to disassemble and reassemble the car.

5. Install the new front sway bar and bushings into the plastic mounts. Ensure the mounts are oriented correctly. Apply grease (as shown) to aid installation and help prevent noise. Fit will be tight. Refer to Photo #7, #8 and #9.



Photo #7
Grease Application
(Perform on all edges of both plastic mounts)



Photo #8
Bushing and Mount 1



Photo #9
Bushing and Mount 2

6. Reinstall the brackets with the new front sway bar. Installation may require two people to align and secure all components properly.

Per BMW service guidelines, the six sway bar bracket bolts are considered single use. Replacement is recommended but left to the installer's discretion.

Part Numbers:

2x Middle Bolts: 31 30 6 865 951

4x Outer Bolts: 07 12 9 908 628

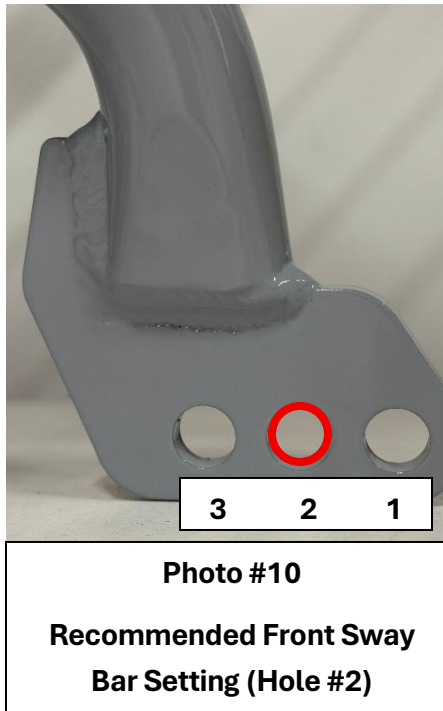
7. Torque all bolts to factory specifications 100 Nm + 45 degrees. And reclip the wiring harness on the passenger bracket.

These instructions assume that the person installing these parts is a *BRAND CERTIFIED MECHANIC* and are *NOT step by step instructions on how to disassemble and reassemble the car.*

8. Proceed to reinstall the end links back on the sway bar. Refer to photo #10 for recommended sway bar Setting.

Hole 1 = Full Soft

Hole 3 = Full Stiff



Rear

9. Moving on the rear of the car, proceed with disconnecting end links using BMW factory procedures.
10. With end links removed follow BMW Procedures to remove the rear sway bar.
11. Apply some of the provided grease to the new rear sway bar bushings and install them onto the CarBahn Rear Sway Bar (Identified by its two adjustment holes).

These instructions assume that the person installing these parts is a *BRAND CERTIFIED MECHANIC* and are *NOT step by step instructions on how to disassemble and reassemble the car.*

12. Proceed to fit the new rear sway bar brackets onto the bushing and bar, making sure the zerk fittings are facing the front of the car. Make sure the rear bar ends point down when installed on the car. Refer to photo #11.

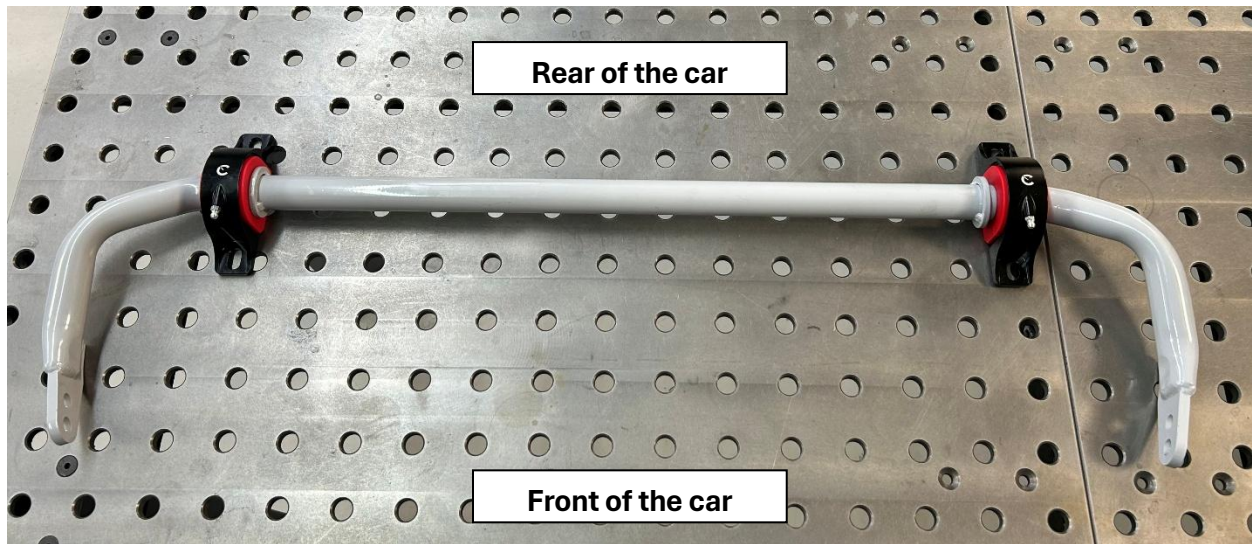


Photo #11

New Front Sway Bar with bushings and brackets

13. Proceed with installing the rear bar and its components back in the car following BMW factory procedures. Torque bolts to factory specifications, 56 Nm.

**Per BMW service guidelines, the six sway bar bracket bolts are considered single use.
Replacement is recommended but left to the installer's discretion.**

Part Number:

4x Bolts: 33 55 6 776 944

These instructions assume that the person installing these parts is a *BRAND CERTIFIED MECHANIC* and are *NOT step by step instructions on how to disassemble and reassemble the car.*

14. With bar properly secured, proceed to reinstall end links following BMW factory procedures. Refer to photo #12 for recommended sway bar setting.

Hole 1 = Full Soft

Hole 2 = Full Stiff

