



[034Motorsport MkV/MkVI Volkswagen & 8J/8P Audi Spherical Rear Trailing Arm Upgrade Kit](#)



Supplied Parts:

- 034Motorsport Spherical Rear Trailing Arm Upgrade Pair
- Billet Aluminum Bearing Spacers (4)

Tools Needed:

- Hands (2)(*Opposable thumbs are optional*)
- T30Torx Driver
- 6mm Triple Square
- 16mm & 18mm Sockets
- Torque Wrench

034Motorsport's Spherical Rear Trailing Arm Upgrade for the 8J/8P Audi A3/S3/RS3/TT/TTS/TTRS & MkV/MkVI Volkswagen Golf/Jetta/GTI/R is designed to improve handling by completely eliminating slop from rubber bushing flex.

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

Please Note – These instructions highlight the installation on one side of the car. The procedure is the same for both the left and right side rear trailing arms!

Step 1 – Raise your vehicle securely using a lift or jackstands.

Step 2 – If your car has the optional plastic covers for the rear trailing arms, remove the 2 round clips holding them on. Once the clips are removed, you can remove the covers by sliding the covers forward, and pulling them off of the arms.



Step 3 – Remove 16mm nut holding rear sway bar end links to trailing arm.





Step 4 – Remove 16mm nuts holding the rear sway bar end link to the sway bar. A 6mm triple square can be used to prevent the threaded inner from turning. Remove the end link.



Step 5 – Remove the two 18mm bolts holding trailing arm to upright.



Step 6 – Remove the four 16mm bolts holding the trailing arm housing to the chassis.



Step 7–Remove the T30 Torx screw securing the parking brake cable clip.



Step 8 – Remove the rear trailing arm assembly from the vehicle.



Step 9 – Remove 18mm bolt holding housing to trailing arm, and remove housing.



Step 10 – Trailing arm and housing should be separated now. Discard old trailing arm, and identify correct replacement from 034Motorsport Spherical Rear Trailing Arm Pair.



Step 11 – Install supplied spacers into spherical trailing arm bearing.



Step 12 – Install new 034Motorsport arm into housing, and install 18mm bolt. Torque to 90Nm + 45 degrees.
DO NOT OVERTIGHTEN! Overtightening can cause the spherical to bind!



Step 13 – Begin to reinstall arm and housing assembly into the vehicle. Use one bolt at each end to line up. You may have to push up on the upright and/or compress the suspension slightly to align all holes.



Step 14 – Tighten 4 16mm bolts holding housing to chassis to **50 Nm + 45 degrees**.



Step 15 – Tighten 2 18mm bolts holding arm to upright to **90 Nm**.



Step 16 – Reinstall parking brake cable retaining clip with T30 screw torqued to **8 Nm**.



Step 17 – Reinstall end links. Torque end link hardware to **45 Nm**.



Step 18 – Reinstall optional plastic trailing arm covers.



Step 19 – We strongly recommend having the rear suspension aligned to factory specifications immediately after installing the 034Motorsport Rear Trailing Arm Spherical Bearing Upgrade Kit.