



[Spherical MQB Rear Trailing Arm Kit, MkVII Volkswagen Golf/GTI/R & 8V/8S Audi A3/S3 & TT/TTS](#)



Supplied Parts:

- 034Motorsport Spherical MQB Rear Trailing Arm Upgrade (Driver Side)
- 034Motorsport Spherical MQB Rear Trailing Arm Upgrade (Passenger Side)
- Billet Aluminum Bearing Spacers (4)

Tools Needed:

- Hands (2) (*Opposable thumbs are required!*)
- 14mm Triple Square
- 13mm, 16mm, & 18mm Socket
- Hammer
- Punch
- 18mm Wrench
- Pliers
- Torque Wrench

034Motorsport's Spherical Rear Trailing Arm Upgrade for the MQB Audi A3/S3 & Mk7 Volkswagen Golf/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.

Step 1 – Raise the vehicle securely on jack stands or a lift, in order to gain access to the rear suspension. Make sure you have all tools necessary for installation of the MQB Spherical MQB Rear Trailing Arm Kit.

Step 2 - Using a hammer and punch, push the pin securing the brake line bracket toward the outer edge of the car.



Step 3 - With pliers, remove the pin the rest of the way from the hardware retaining the plastic brake line bracket to the trailing arm. The pin should be free, and look as the image below. Do not lose this pin, as it will be needed for installation.



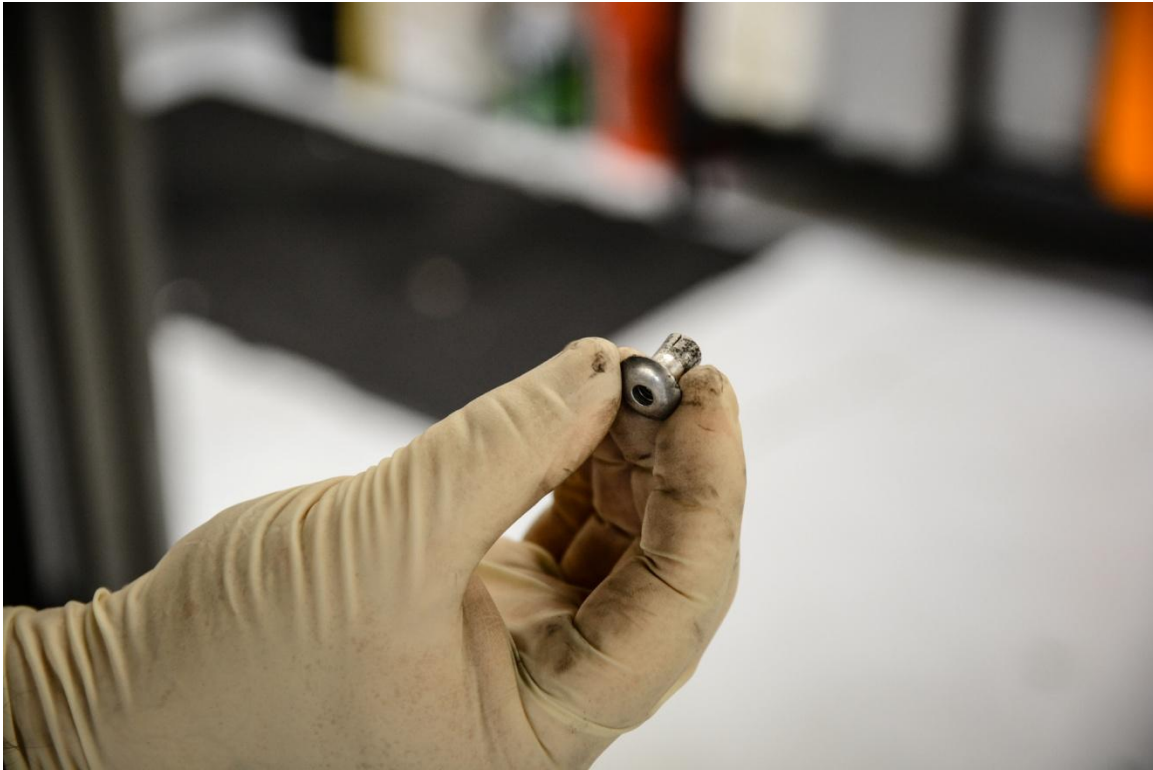
Step 4 - Using needle nose pliers from the outer edge of the car, squeeze the 4 lobes of the retainer together so it will fit through the hole in the trailing arm .



Step 5 - From underneath the car, the brake line bracket should look as below. With pliers (and a flathead screwdriver if needed) remove the metal retainer out of the trailing arm and plastic bracket.



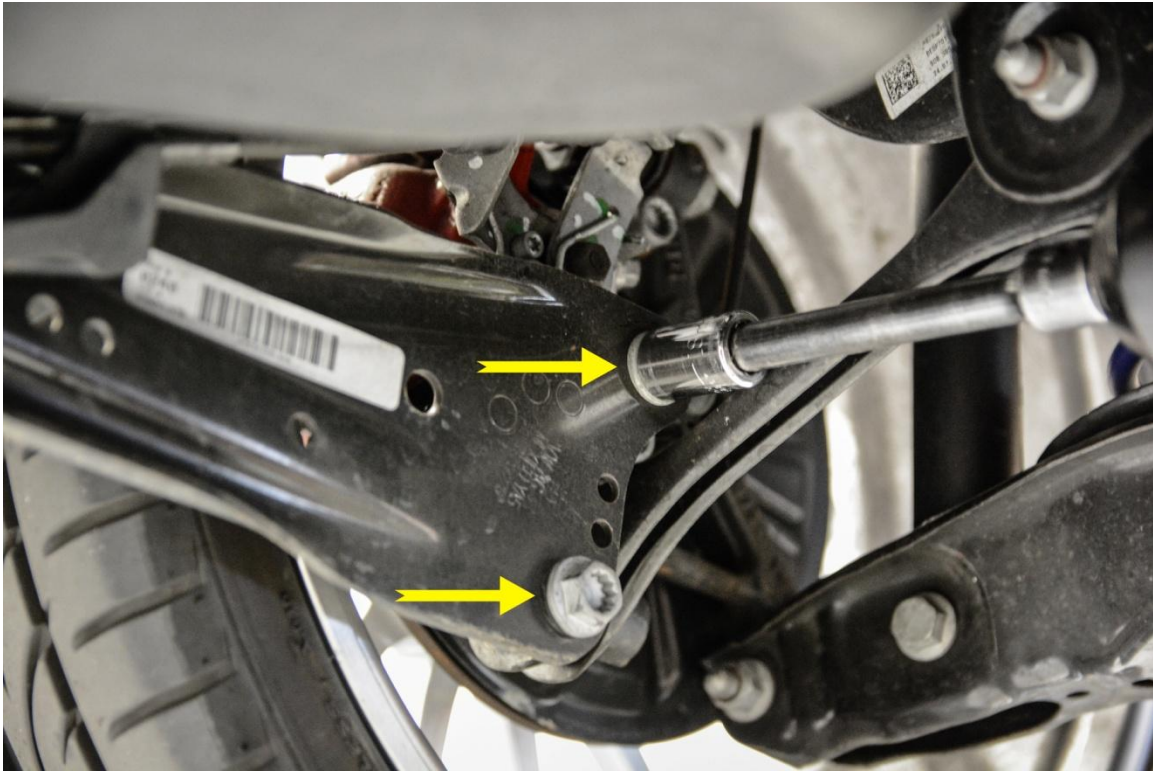
Step 6 – The metal retainer should be free from the car, and look as the picture below. Put this to the side, but keep track of this piece as it will be needed for installation.



Step 7 – Now the plastic brake line bracket should be free from the trailing arm.



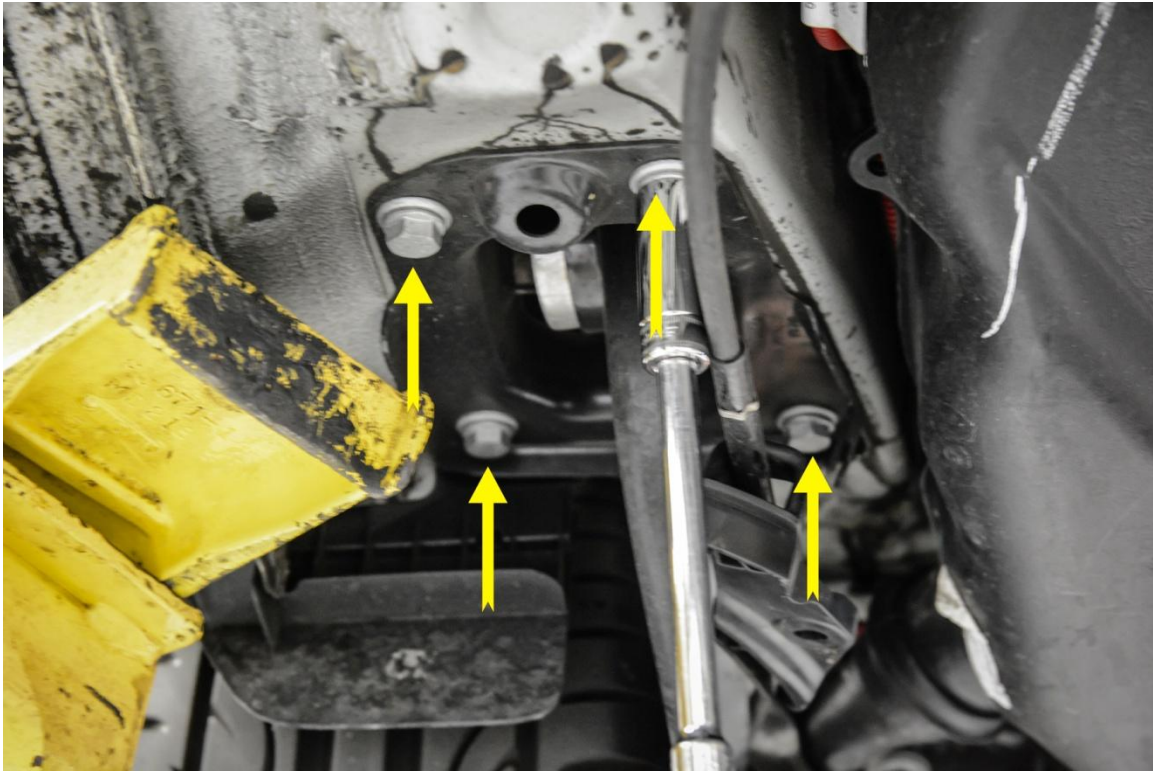
Step 8 – Using an 18mm Socket (or 14mm Triple Square), loosen and remove the two M12x40 bolts securing the trailing arm to the rear hub. Keep these bolts, as they will be needed during installation of the new arms.



Step 9 – The trailing arm should be free from the rear hub now.



Step 10 – Locate the 4 bolts securing the front of the trailing arm to the chassis. Loosen and remove the four M10x35 bolts with a 16mm Socket.



Step 11 – The trailing arm should be completely free from the chassis now. Carefully remove from the car, making sure not to pull on the brake line at all.



Step 12 - Using an 18mm socket, loosen and remove the M12x80 bolt securing the trailing arm to the chassis mounting plate.



Step 13 - Here, all parts should be free from each other. Double check that you have the correct 034Motorsport Spherical Trailing Arm against the shape of the factory arm you've just removed from the car.



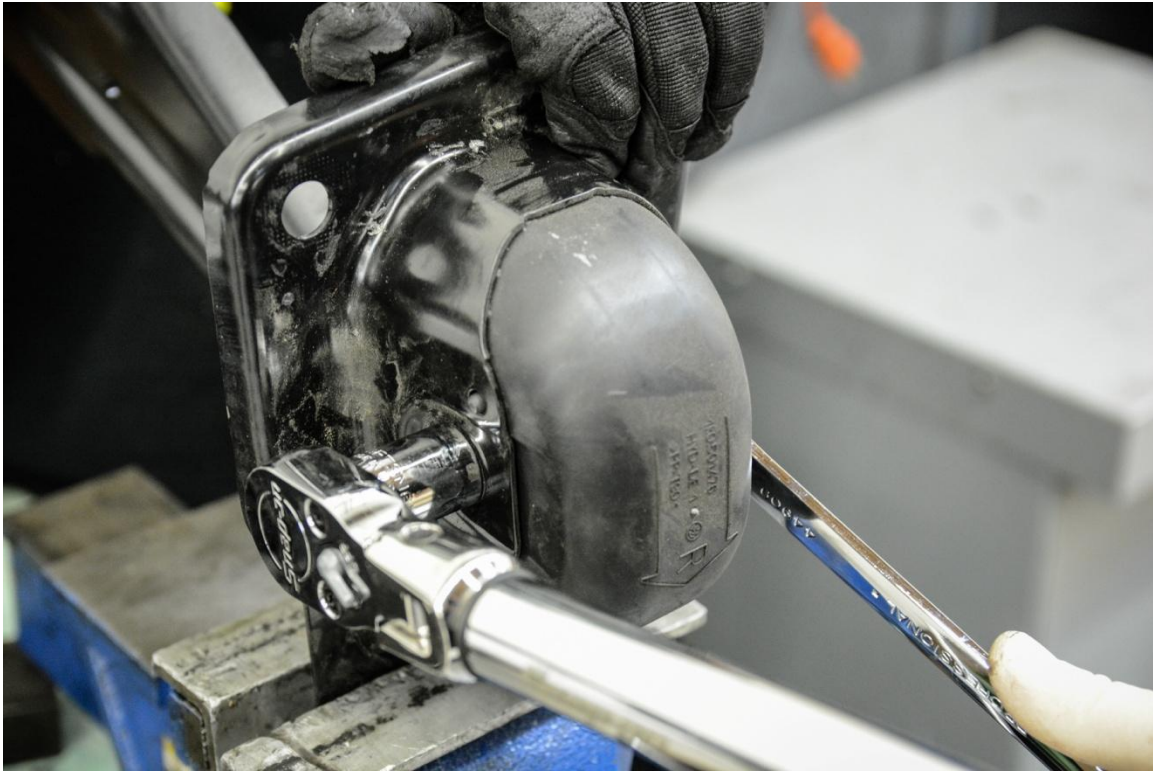
Step 14 - Align the 034Motorsport Spherical Trailing Arm so that the logo faces toward the inside (or center) of the car. (This should be the same side as the welded nut and cable hook on the chassis mounting plate)



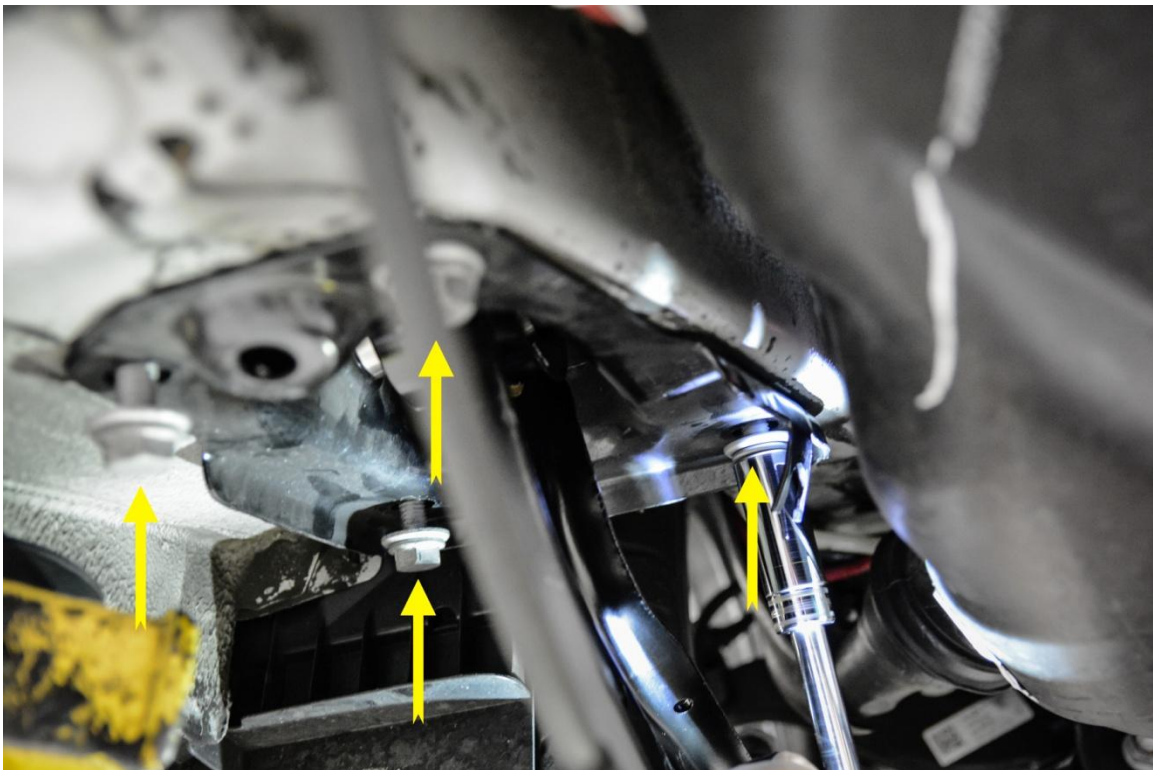
Step 15 -Insert the trailing arm into the chassis mounting plate and secure with the factory M12x80 bolt.



Step 16 – Torque factory bolt to **90 Nm + 90 degree turn**. **Hint:** Use a vice to secure the trailing arm mounting plate for proper torque application.



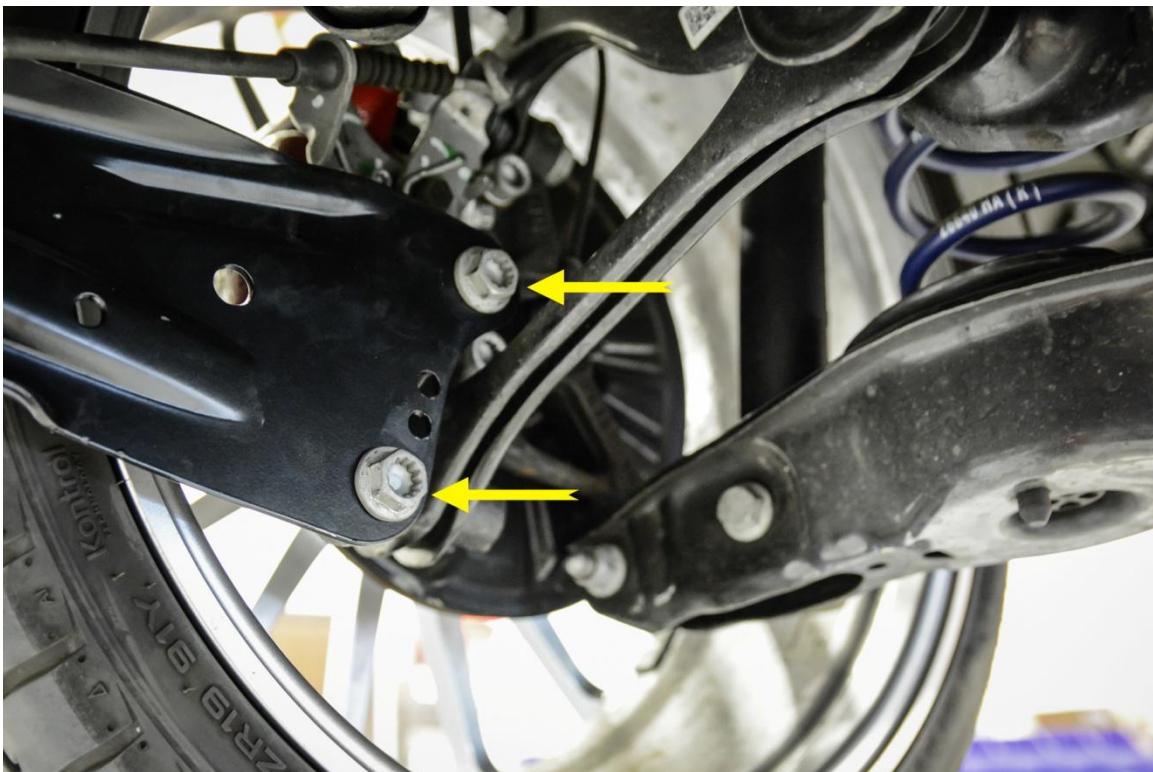
Step 17 – Align the chassis mounting plate with the holes in the chassis. Reinstall the four M10x35 factory bolts using a 16mm Socket.



Step 18 – Torque all four M10x35 chassis mounting bolts to **50 Nm + 45 degree turn**.



Step 19 – Align the rear of the trailing arm with the hub assembly, and reinstall the two M12x40 factory bolts using a 14mm Triple Square or 18mm Socket. Torque to **90 Nm + 45 degree turn**.



Step 20 – Slide the plastic brake line bracket back into place, aligning the center hole with the hole in the trailing arm.



Step 21 – Insert the metal retainer into the plastic bracket and through the hole in the trailing arm. **Hint:** Some light filing may need to be done to the lobes of the retainer in order to reinstall through trailing arm hole.



Step 22 – Using a hammer, ensure metal retainer is fully set through plastic bracket and into metal trailing arm.



Step 23 – With a hammer and punch, tap the securing pin into metal retainer.



Step 24 – Press the pin far enough into retainer so that the head sits flush with head of the retainer.



Step 25 – Double check that all bolts have been properly torqued, and the brake line has been properly reattached to new 034Motorsport Spherical Rear Trailing Arm.

Note: Installation instructions cover the removal and install process of a single rear trailing arm. Follow steps 1 – 25 for both Driver and Passenger side trailing arms.