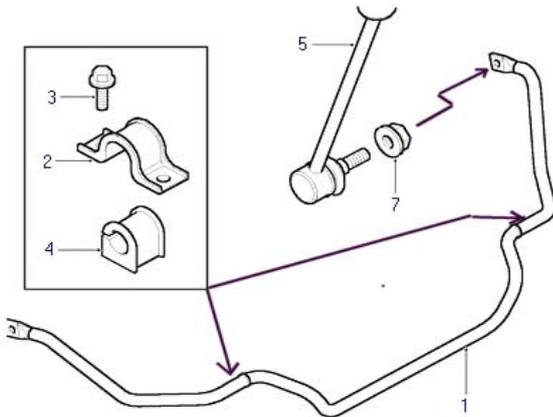


## Freelander Anti Roll Bar Fitting Instructions.

### Front

1 Loosen the nuts (7) on the Anti Roll Bar (ARB) link assembly and the bolts (3) securing it via the brackets (2), to the chassis/wishbones .See diagram below



2 The Anti Roll Bar should be loose already, but to removing it is a bit more complicated. Access to a 4 post ramp and axle stands will help significantly. Support the chassis/body *and* engine of the vehicle using axle stands so that the front wheels are off the ground and there is minimal weight on the engine. It may help if the wheels are also removed from the vehicle.



3 Slacken the bolts (on both sides of the vehicle) as shown in the picture above. The Sub frame and wishbones should now all be loose and you should be able to remove the anti roll bar. The fitting of the new anti roll bar is the reverse procedure. Ensure all nuts and bolts are tight before driving the vehicle.

## Rear

1 The photographs below show how the rear anti roll bar fits to the car. It may be necessary to slacken/remove the exhaust back box to aid fitment of the anti roll bar.



2 It should be routed under the rear drive shaft but over the rear adjustable suspension link assembly. The ARB then bolts to the front of the rear shock/strut assembly using the brackets supplied. Don't forget to re tighten all nuts and bolts which have been loosened, including the exhaust, before driving the vehicle.

