

Black Forest Industries

Mk5 Dogbone

Torque Arm Insert

Fits:

06 -> Audi A3

06 -> VW GTI

06 -> VW Rabbit

05 -> VW Jetta (Mk5)

06 -> VW Passat

08 -> VW R32

Parts List:

1 – BFI Insert

1 – 3” Washer

1 – 10mm Washer

1 - Replacement Bolt

Tools Required:

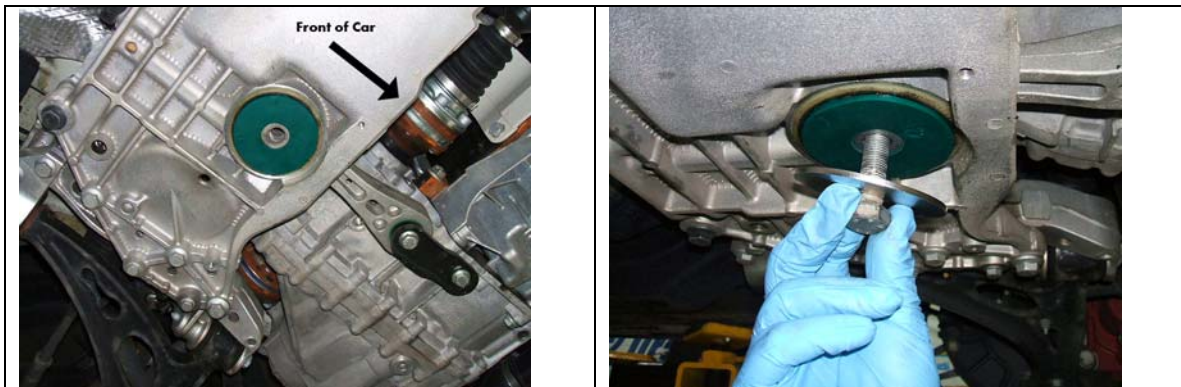
22mm Socket

Torque Wrench

Jack and Jack Stands

Silicone Spray

1. Lift car via jack and support via jack stands – Never Work Under a Vehicle Without it Being Supported with Jack Stands. **NEVER SUPPORT A VEHICLE WITH ONLY A JACK!!**
2. Unbolt the 21mm Hex bolt from the dogbone mount (located in the center of the aluminum subframe)



3. Using silicone spray to lube insert for easier installation. Line up the insert with the gaps in the rubber mount and push in – use a rubber mallet if necessary to ease installation.

4. Install 10mm washer and 3” washer as well as new 22mm hex bolt.

5. Torque the 22mm hex bolt to 74 ft. lbs then give an additional ¼ turn (90 degrees)
6. Lower the car off the jack stands and enjoy!