



## BLACK FOREST INDUSTRIES B5, VW/Audi MQB (2015+) Torque Arm Insert

**MK7 Golf/GTI (2015+)**  
**Audi A3/S3 (2015+)**  
**All MQB Chassis Vehicles**

### INSTALLATION INSTRUCTIONS

#### Parts Included:

**1 – Performance Torque Arm Insert**

#### Tools Needed:

- 22mm Socket
- Rubber Mallet
- Torque Wrench
- 21mm Socket
- Ratchet
- Silicone Spray (recommended)

Lift the front of the vehicle and support it on jack stands under the stock jack points. **NEVER WORK UNDER A VEHICLE SUPPORTED ONLY BY A JACK!** These instructions feature a 8V Audi A3, but different engines and different models will have slightly varied install procedures. The part install is generally the same, but please consult the manual for your particular vehicle to determine any differences. The Mount will be installed from beneath the car.

**1.** With the car elevated, it should not be necessary to remove the engine under tray. Spray the Torque arm insert liberally with lubricant (silicone) Spray.

**2.** Leaving the stock torque arm bolt in place, push the insert into the torque arm bushing. A rubber mallet/deadblow may be required to seat The insert fully.



**3.** Using the 21 mm Socket, remove the factory M14x45 bolt.



**4.** This image shows the Torque Arm Insert hardware as well as the factory bolt for comparison. when installing the new hardware it should be installed as shown. The spacer washer goes between the factory mount and the large washer.



**5.** Using the 22mm socket, install the torque arm Insert hardware (M14x70 bolt, spacer and 3" washer). We recommend installing the bolt by hand to make sure the bolt threads correctly. Once hand tight, Torque the bolt to 74ft/lbs + 1/4 turn (90degrees)



**6.** You are now ready to enjoy less wheel hop and A more positive shifter feel, with your new Black Forest Industries MQB Torque Arm Insert.

