

[Suspension Lift Kit, MQB Alltrack/Sportwagon link here](#)

**034 MOTORSPORT**

The 034Motorsport Suspension Lift Kit for the VW Alltrack/Sportwagon (MQB) is an essential upgrade to provide that additional clearance and peace of mind for off road exploration.

### Installation Spiciness Rating: HOT



Installation of your 034Motorsport MQB Suspension Lift Kit is a straightforward process that will take approximately 4-5 hours to complete.

### Supplied Parts:

- (2x) Front suspension lift kit
- (2x) Rear suspension lift kit
- (6x) M8x60 bolts
- (6x) M8 Washers

### Tools Needed:

- 18mm Wrench
- 18mm Socket
- 17mm Socket
- 13mm Socket

### [About This Guide](#)

This Install Guide documents the installation process on a Mk7 VW Alltrack. There may be minor differences depending on specific vehicle, market, options, etc.

#### Getting Started

Confirm you have received all the parts included with your purchase by reading the complete guide, if there are missing components, please contact:

[customerservice@034motorsport.com](mailto:customerservice@034motorsport.com)

#### Install Steps

##### **Step 1 (FRONT)**

Open your hood and lift your car to access the front and rear suspension.



##### **Step 2**

Remove all four wheels.



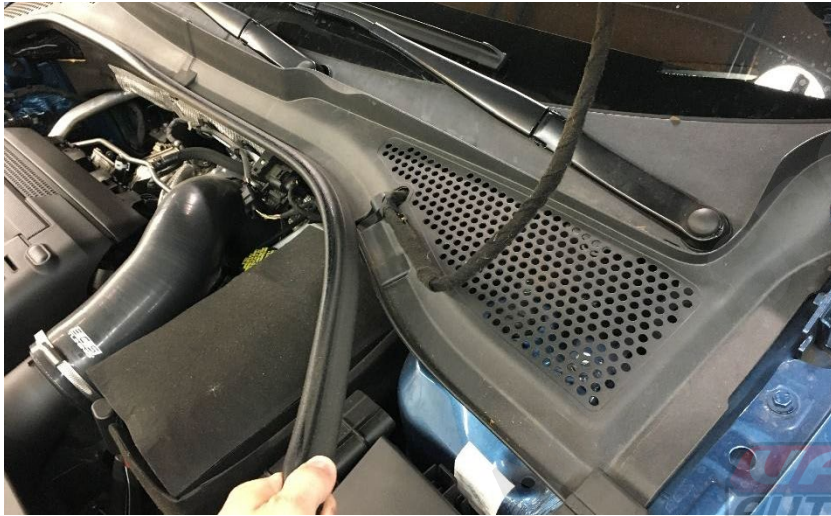
##### **Step 3**

Use an 18mm socket to remove the nut for the upper end link.



#### Step 4

Remove the rubber seal along the rain tray.



#### Step 5

Remove the clips securing the plastic rain tray to the firewall.



#### Step 6

Lift rain tray and use 13mm socket to remove 3 shock mount bolts.



#### Step 7

Use a jack to lower the shock assembly enough to slide the spacer between the shock mount and the shock tower.



**\*The 034 logo faces towards the engine bay.**

#### Step 8

Using a 13mm socket, secure the shock mount to the shock tower with the supplied hardware.



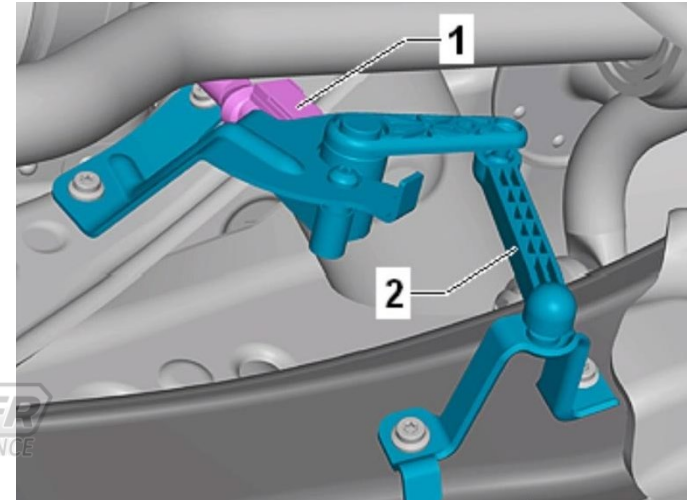
#### Step 9

Reconnect the end link to shock tower.



#### Step 10 (REAR)

Remove headlight level sensor by disconnecting the plastic arm or removing the bolts on the bracket.



#### Step 11

Use jack to support the rear lower control arm.

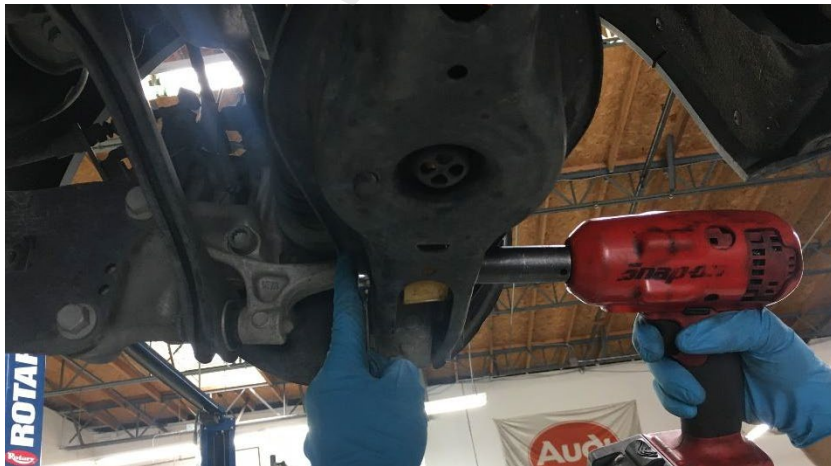


**Step 12**

Using a 13mm socket and wrench, remove the lower sway bar end link hardware.

**Step 13**

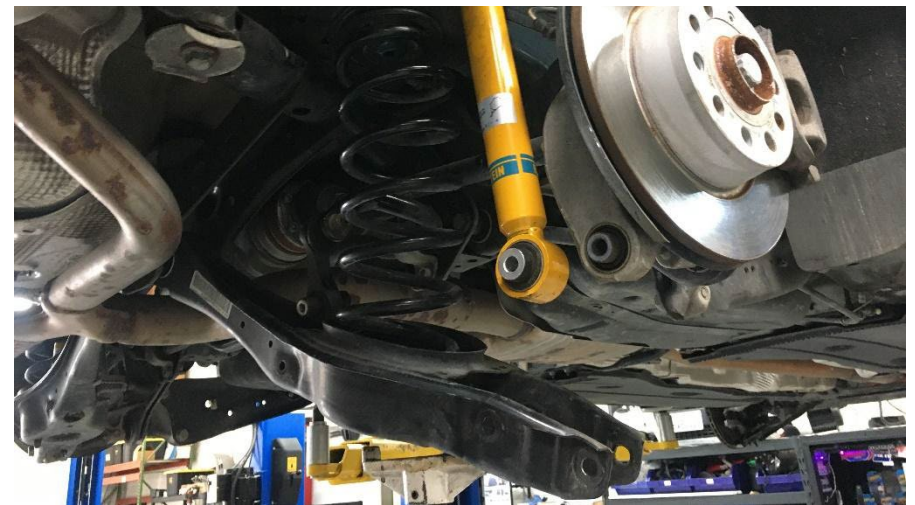
Using an 18mm socket and wrench, remove lower shock hardware.

**Step 14**

Using an 18mm socket and wrench, remove lower knuckle hardware.

**Step 15**

Lower the jack to decompress and remove the spring.



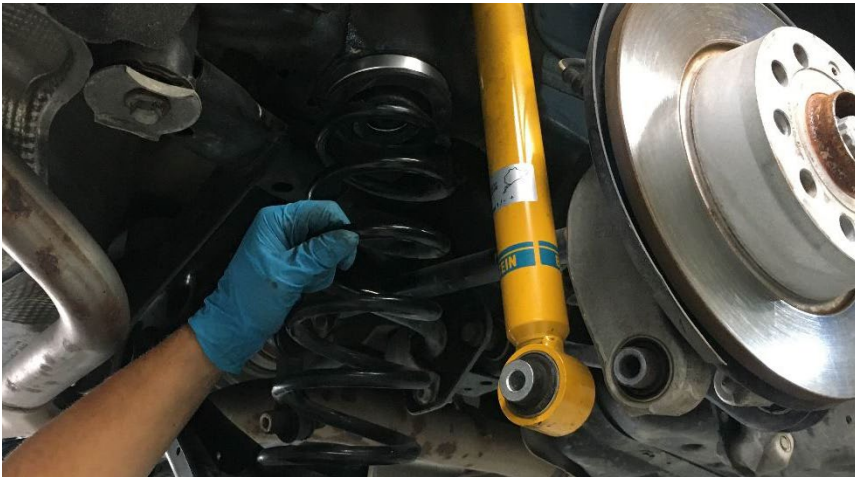
#### Step 16

Install the 034 rear spacer between the body of the car and the factory spring isolator.



#### Step 17

Reinstall the rear spring.



#### Step 18

Use the jack on the lower control arm to compress the spring.



#### Step 19

Using an 18mm socket and wrench, return the lower knuckle hardware.



**Step 20**

Using an 18mm socket and wrench, return the lower shock hardware.

**Step 21**

Using a 13mm socket and wrench, return the sway bar end link hardware.

**Step 22**

Reconnect the headlight level sensor.

**Step 23**

Put the wheels back on and lower the car to ride height.

**Step 24  
(FRONT)**

Torque the front upper shock mount hardware to **15Nm + 90\***.

**Step 25**

Torque the front upper end link hardware to **65Nm**.

**Step 26**

Reinstall the clips and rubber seal for the rain tray.

**Step 27  
(REAR)**

Torque rear lower knuckle hardware to **70Nm + 180\***.

**Step 28**

Torque rear lower shock hardware to **70Nm + 180\***.

**Step 29**

Torque rear sway bar end link hardware to **20Nm + 180\***.

## Step 30

Get an alignment and you are ready to roll.

