

Rear Subframe Mount Inserts for 8J/8P Audi A3/S3/RS3 &
TT/TTS/TTRS Quattro & MkV/MkVI R32 & Golf R

**034 MOTORSPORT**

034Motorsport's Rear Subframe Insert Set for the AWD MkV/MkVI Volkswagen R32 & Golf R, and 8J/8P Audi A3/S3/RS3 & TT/TTS/TTRS Quattro is designed to minimize drivetrain movement and improve overall handling by locking down the rear subframe. By design, the billet 034Motorsport inserts fill the voids of the factory rubber mounts and limit subframe shifting during weight-transferring maneuvers.

Installation Spiciness Rating: MILD



Installation of your 034Motorsport Rear Subframe Insert Set is a straightforward process that will take approximately one hour to complete.

Supplied Parts:

- (4x) 034 Rear Subframe Inserts

Tools Needed:

- 18mm Socket
- Pry Bar
- Torque Wrench
- Silicone Grease

About This Guide

This Install Guide documents the installation process on an 8J Audi TTRS. 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

Install Steps

Step 1

Lift the car to access the rear subframe.

Step 2

Using an 18mm Socket, remove the rear bolt securing the rear subframe to the chassis.



Step 3

Once the subframe bolt is removed, use a small pry bar to separate the factory washer from the rubber bushing.



Step 4

Remove the factory washer and set aside.



Step 5

Apply silicone grease to the insert as pictured below.



Step 6

Align the 034Motorsport Rear Subframe Insert (601-0040) with the voids in the factory subframe bushing. Install subframe bolt using an 18mm Socket. **Note:** We recommend replacing the original subframe bolts with new pieces, as they are stretch bolts that are intended for a one-time use.

**Step 7**

Torque new subframe bolt to **90 Nm + 90°**. If you opt to reuse the stock bolts, torque them to 90 Nm with **Blue Loctite**.

**Step 8**

Repeat steps 2-7 on the remaining three rear subframe mounts to complete the installation.

**Step 9**

Double-check the installation, and verify that everything is torqued to spec.

Step 10

Lower the vehicle from the lift or jackstands.

Step 11

You are done. Enjoy the upgrade.

