

<http://www.mazda3forums.com/index.php?topic=116405.0>

How to: Stock MS3 front sway install onto MZ3... (with pics)

Tools needed:

Breaker bar (makes things easier)

14mm wrench

12mm socket

14mm socket + deep well

17mm socket

21mm socket

5mm allen wrench/socket

ratchet extension

Long straight screwdriver

Step #1, lower your sub frame:

1. Chock your wheels and engage parking brake.
2. Raise the front of your car and place on jack stands. The pinch welds would be the best place to put them so you have plenty of room to work.
3. Remove your wheels.
4. Remove the end links by removing the nut buy using the 14mm wrench and 5mm allen wrench/socket. Use the allen to keep the end link from spinning while you are removing the nut. Repeat on the other side.









5. Slide under your car from the front all the way to the back of the sub frame. Remove the first 6 bolts that attach the sub frame to the car. There is a bracket on each side with one 21mm bolt and two 12mm bolts.



6. Remove the 17mm bolts that hold your motor mount to the engine block.



7. Use the straight screwdriver to remove the orange [exhaust hangers](#). By inserting the screwdriver into the hole of the hanger you can pry them over the studs.



8. Climb back out from under the car and go back into the front wheel wells to remove the last two 17mm bolts. At this point, your sub frame will be only be held up by your struts.



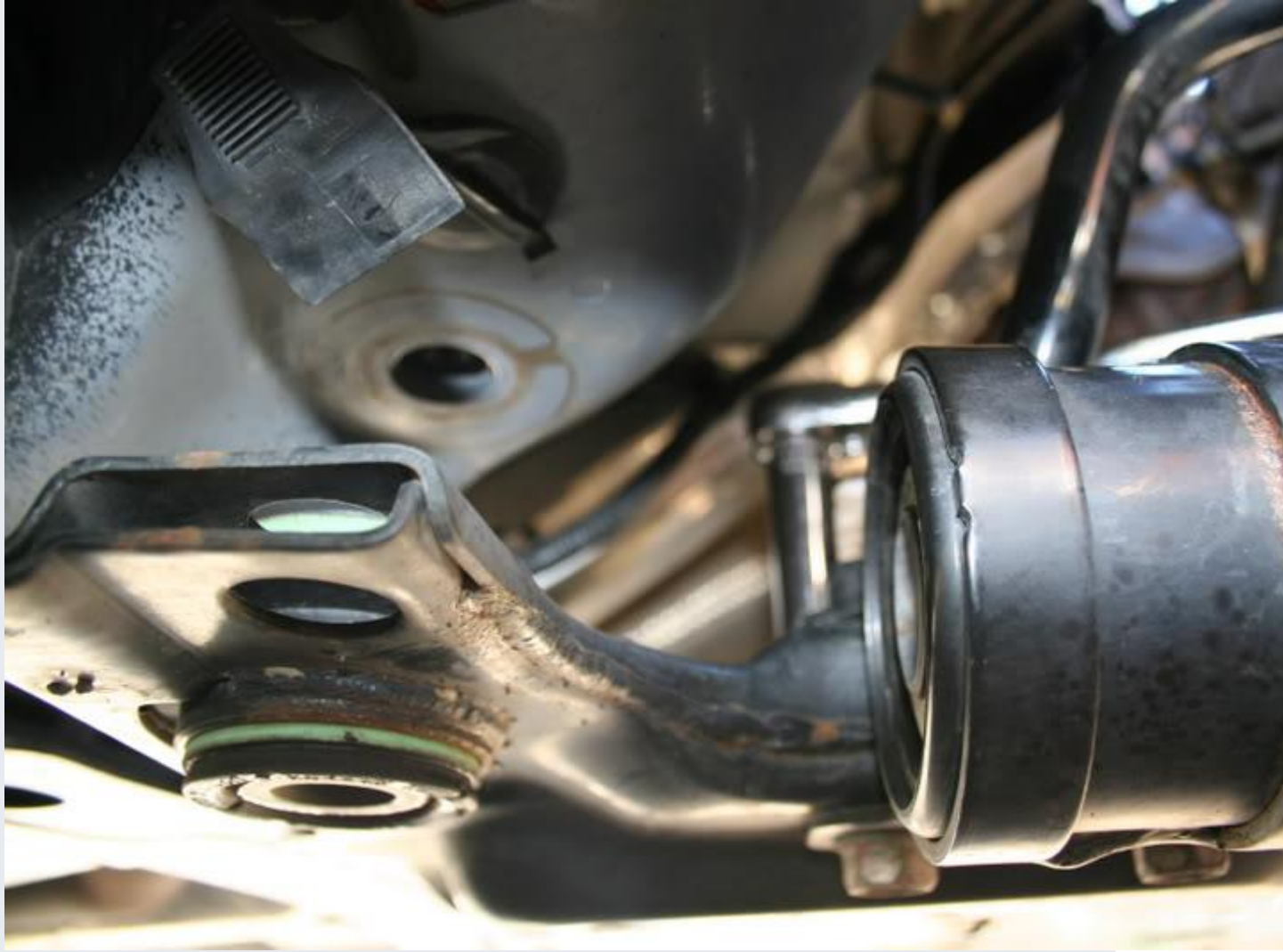
Step #2 removing the sway:

1. Once your sub frame is hanging, it will want to go towards the rear of the car, the wrong way for you to remove the sway. To help keep the sub frame to the front of the car, I used my jack against the floor bracing and the sub frame.



This way, I was able to keep the sub frame forward enough to gain access to the sway mounting bolts.

2. Remove the four 14mm bolts.





3. From the passenger side push the sway towards the back of the car towards the exhaust hangers. Rotate the sway bar down towards the front of the car.
4. Now wiggle it out.

Step #3, MS3 sway install

1. Grease the bushings on the MS3 sway before installing under the car.
2. After removing the old sway, it is a cakewalk to wiggle the new MS3 sway into place.
3. Reinstall the four 14mm bolts.

Step #4, reinstall the sub frame

1. Start by jacking it up under the middle while shaking it back in forth to line up the holes.
2. I started the two 17mm bolts in the wheel well first to help with alignment of the sub frame back into place.
3. Reinstall the four 12mm bolts that hold the brackets in place then the two 21mm bolts.
4. Wiggle the sub frame around to realign it into the same spot before tighten all of the bolts.
5. Reinstall the 17mm bolt on your motor mount.
6. Reinstall the end links.
7. Reinstall wheels.