



## ADJUSTABLE ANTI-ROLL BAR INSTALLATION INSTRUCTIONS

PART NUMBER D120-0600

DESCRIPTION: Front 32mm; 4-hole adjustable

APPLICATION: 2016-18 F87 M2

2019 F87 M2 Competition

2015-19 F80 M3

2015-19 F82/F83 M4

---

### PARTS LIST

Qty	Part #	Description
1	D122-0600	Anti-roll bar
1	D133-0600	Hardware kit

---

Congratulations for being selective enough to use a Dinan anti-roll bar. We have spent many hours developing this anti-roll bar to assure that you will receive maximum performance and durability with minimum difficulty in installation. Please take the time to read these instructions and call us if you have any difficulties during the installation.

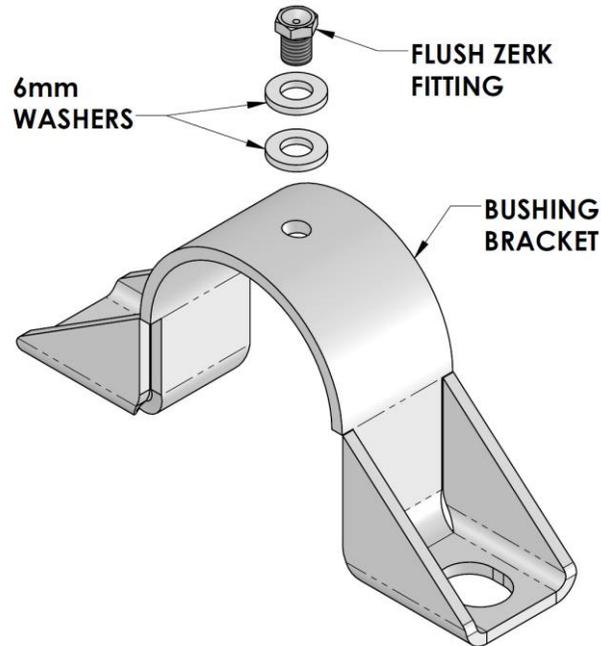
---

### NOTES:

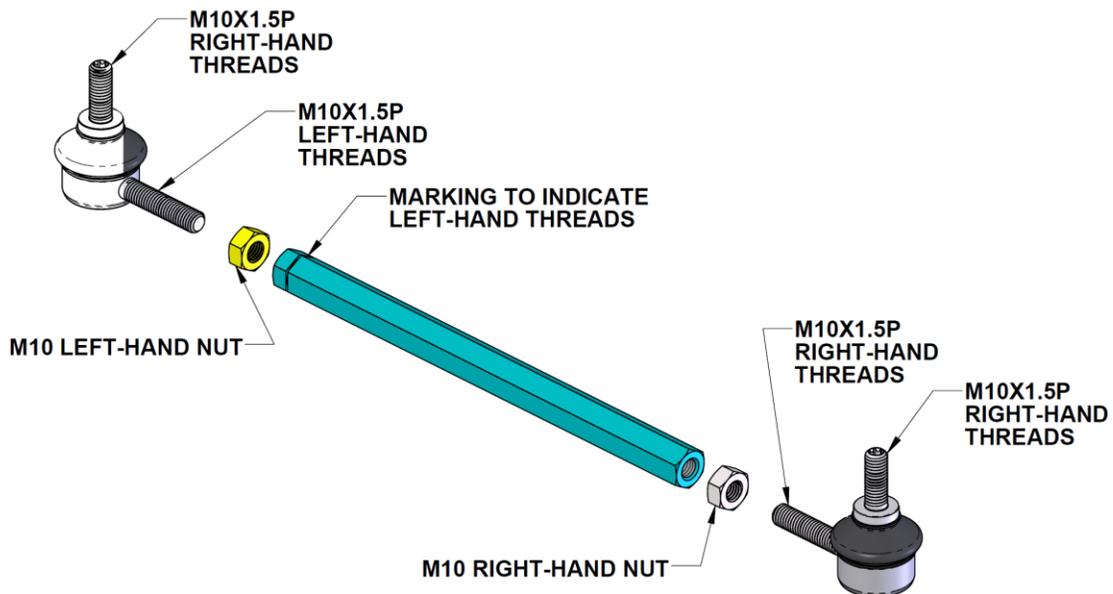
- a) We highly recommend that you first read and fully understand these instructions before beginning the installation.
  - b) Some mechanical skill is required to install this kit. If you feel that you do not have the requisite skill or tools, please arrange for a qualified repair facility to perform the installation.
  - c) Do not work on vehicles supported by a jack only. Use secure jack stands!
- 

1. Jack up the front of the vehicle and place jack stands securely under the vehicle.
2. Note the orientation of the stock anti-roll bar. The Dinan bar will be oriented the same way.
3. Remove the stock anti-roll bar, bushings, and brackets per BMW recommended procedure.

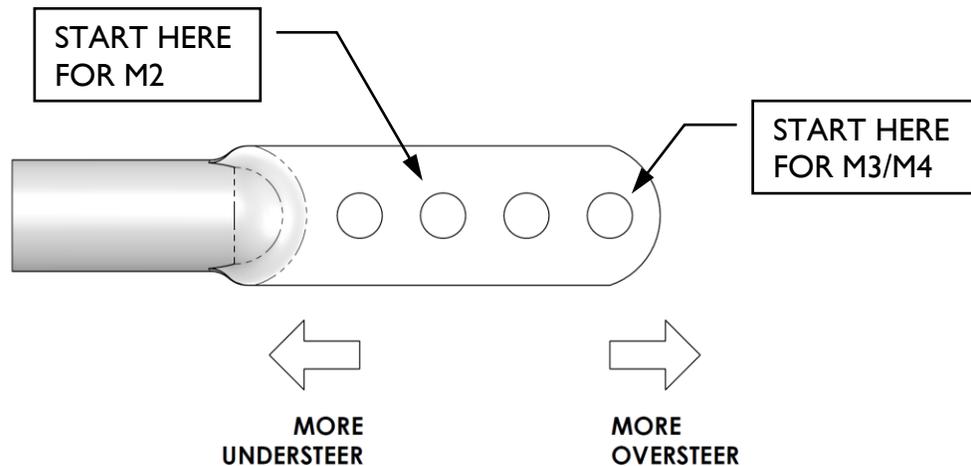
- The default grease fittings included with the brackets may be too tall and could interfere with the undertray. Remove these fittings and discard. Install the low profile fittings and washers as shown. It is important to use two washers under each flush fitting to prevent the threads from inserting too far into the bushing, and causing squeaks.



- Install Dinan anti-roll bar using the supplied bushings and brackets. Lubricate the bushings with the supplied urethane grease (or an equivalent high-pressure, waterproof, grease).
- Assemble the D131-0029 endlinks as shown:



7. See figure below for description of adjustments, and determine which hole you will be using. Dinan recommends starting at the indicated setting, and then adjusting as needed after evaluating the handling.



8. The Dinan endlinks must be adjusted to match the length & orientation of the stock endlinks. For easy adjustment, the Dinan end links are left/right hand threaded. Failure to follow the subsequent steps can result in loss of control, vehicle damage, and injury!
- Make sure steering is pointed straight ahead and suspension is at full droop.
  - Install a stock endlink between the strut and the desired hole on the swaybar.
  - Loosen the jam nuts on the Dinan endlink.
  - Install a Dinan endlink on the other side. Adjust length as needed to allow easy attachment to the desired hole.
  - Rotate the ball joints so that the studs are centered (to allow for maximum movement without binding), and tighten the jam nuts. This must be done while the steering is pointed straight ahead, to prevent binding during steering!
  - Remove the stock endlink and install the second Dinan endlink, taking care to use a coned washer at the strut, align the ball joints as above, and tighten the jam nuts.
9. Reassemble the car per BMW recommended procedure.

We hope you enjoy your new Dinan anti-roll bar!



## ADJUSTABLE ANTI-ROLL BAR INSTALLATION INSTRUCTIONS

PART NUMBER D120-0610

DESCRIPTION: Rear 24mm; 3-hole adjustable

APPLICATION: 2016-18 F87 M2

2019 F87 M2 Competition

2015-19 F80 M3

2015-19 F82/F83 M4

---

### PARTS LIST

Qty	Part #	Description
1	D122-0610	Anti-roll bar
1	D133-0610	Hardware kit

---

Congratulations for being selective enough to use a Dinan anti-roll bar. We have spent many hours developing this anti-roll bar to assure that you will receive maximum performance and durability with minimum difficulty in installation. Please take the time to read these instructions and call us if you have any difficulties during the installation.

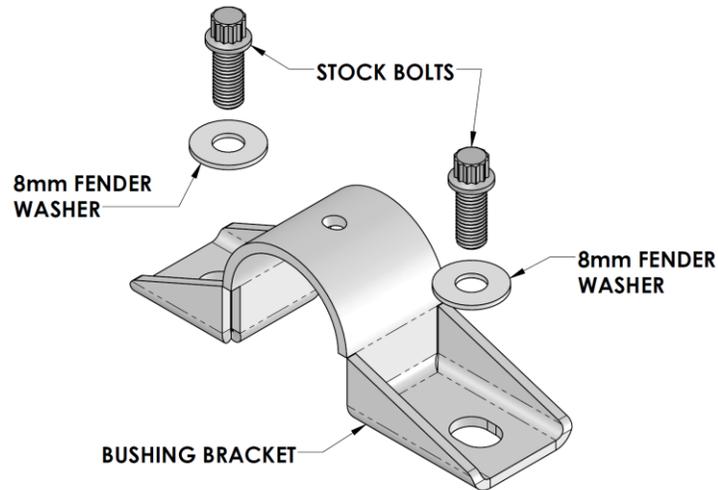
---

### NOTES:

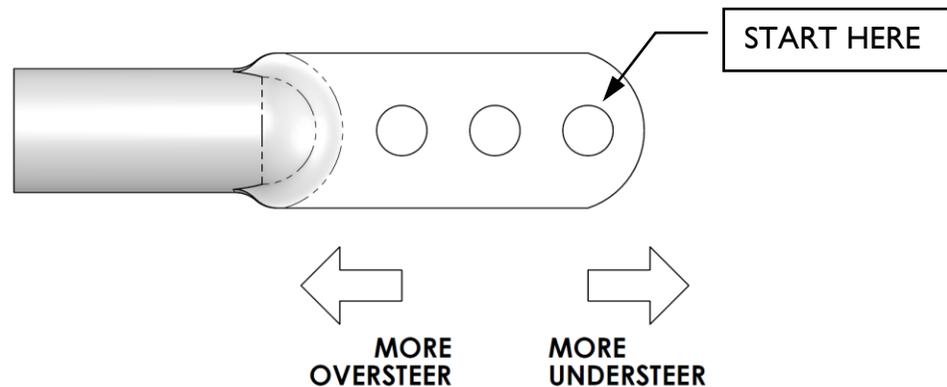
- a) We highly recommend that you first read and fully understand these instructions before beginning the installation.
  - b) Some mechanical skill is required to install this kit. If you feel that you do not have the requisite skill or tools, please arrange for a qualified repair facility to perform the installation.
  - c) Do not work on vehicles supported by a jack only. Use secure jack stands!
- 

1. Jack up the rear of the vehicle and place jack stands securely under the vehicle.
2. Note the orientation of the stock anti-roll bar. The Dinan bar will be oriented the same way.
3. Remove the stock anti-roll bar, bushings, and brackets per BMW recommended procedure.

4. Lubricate the bushings with the supplied urethane grease (or an equivalent high-pressure, waterproof, grease). Install bushings on swaybar near the bends.
5. Install Dinan anti-roll bar & bushings using the supplied brackets. Use the included fender washers under the stock attachment bolts as shown.



6. Reassemble the car per BMW recommended procedure.
7. See figure below for description of adjustments, and determine which hole you will be using. Dinan recommends starting at the indicated setting, and then adjusting as needed after evaluating the handling.



We hope you enjoy your new Dinan anti-roll bar!