

F3X BMW Rear Subframe Insert Kit**034 MOTORSPORT**

034Motorsport's new rear subframe inserts fill the small voids in the factory subframe mounts as well as limiting vertical movement, this insert set eliminates the associated slop to ensure that you experience a more refined, connected driving experience, especially when driving at the limit. These billet aluminum parts will not pack and wear over time and offer a lasting performance improvement.

Installation Spiciness Rating: MEDIUM

Installation of your 034Motorsport Rear Subframe Insert kit is a straightforward process that will take approximately 1 hour to complete.

Supplied Parts:

- (2x) "Front" lower inserts
- (2x) "Front" upper inserts
- (2x) "Rear" lower inserts
- (2x) "Rear" upper inserts

Tools Needed:

- T27 Torx Bit
- E18 Socket
- E16 Socket
- 13mm Socket
- 8mm Socket
- Torque Wrench
- Flat-Head Screwdriver
- Pole Jack

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

About This Guide

This Install Guide documents the installation process on a F30 BMW 340i. There may be minor differences depending on specific vehicle, market, options, etc.

“Front” and “Rear” are used in relation to the rear subframe of the vehicle.

Install Steps

Step 1

Raise the car using ramps or a scissor lift to access the rear subframe.



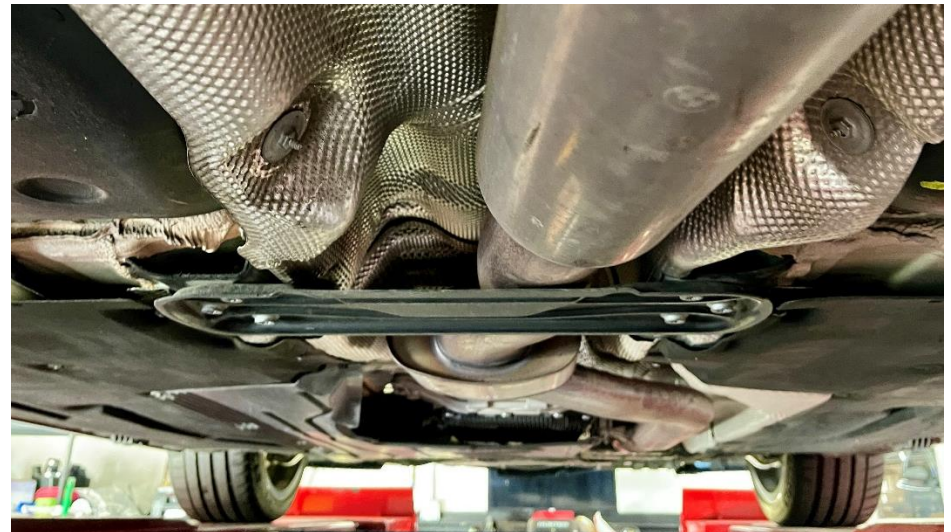
Step 2

Using a 13mm socket, remove the nuts from the rearmost exhaust hangers.



Step 3

Let the exhaust rest on the driveshaft tunnel brace.



Step 4

Using an E18 socket, remove the bolt from the rear subframe mount. Set aside the large domed washer.



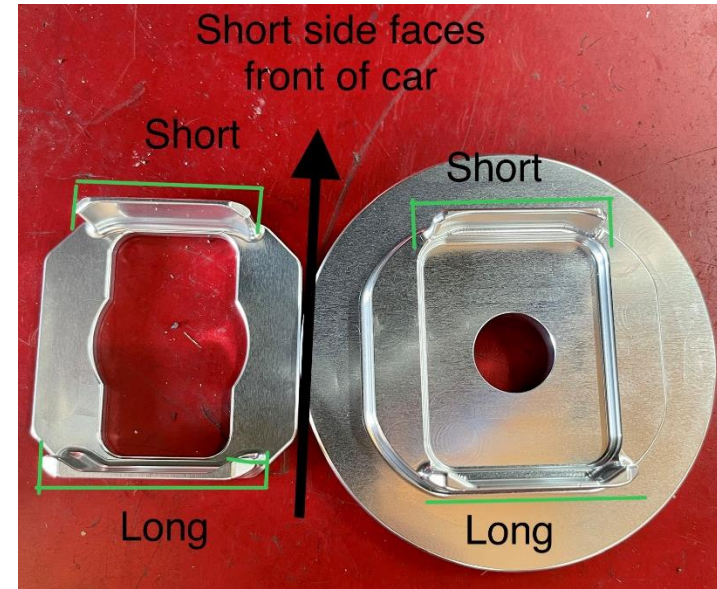
Step 5

Grease the "rear" inserts for installation.



Step 6

Make sure to have the correct orientation for installation.



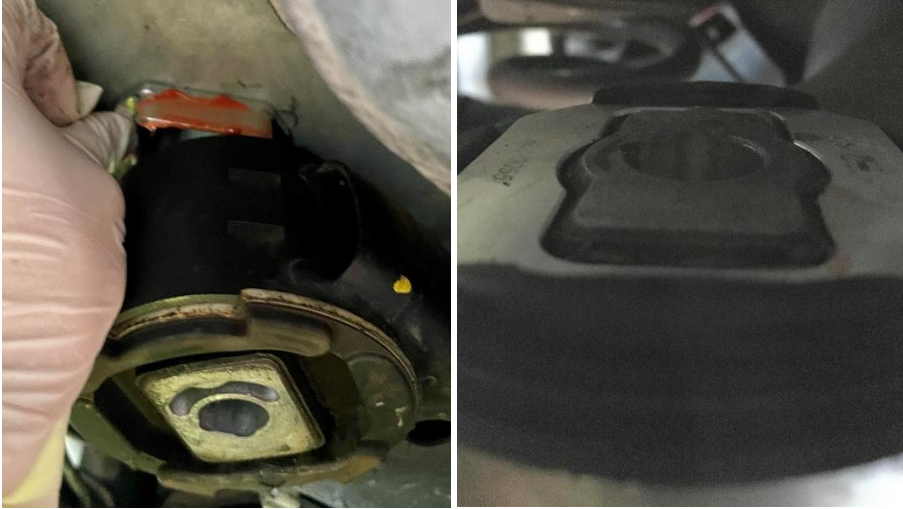
Step 7

Use a pole jack to gently lower the rear of the subframe.



Step 8

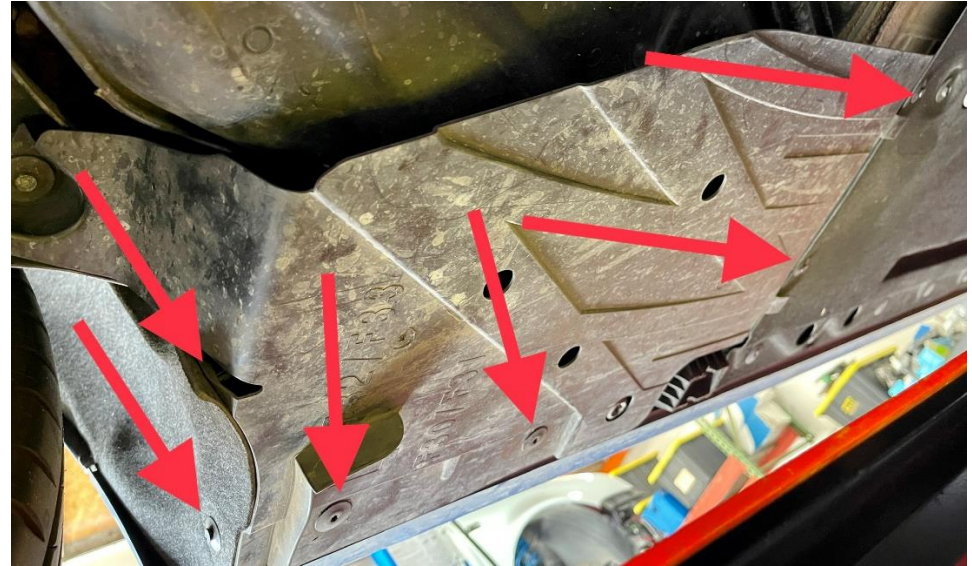
Once the subframe is lowered enough, slide the “rear” upper insert into place. Push down until flush with the mount.

**Step 9**

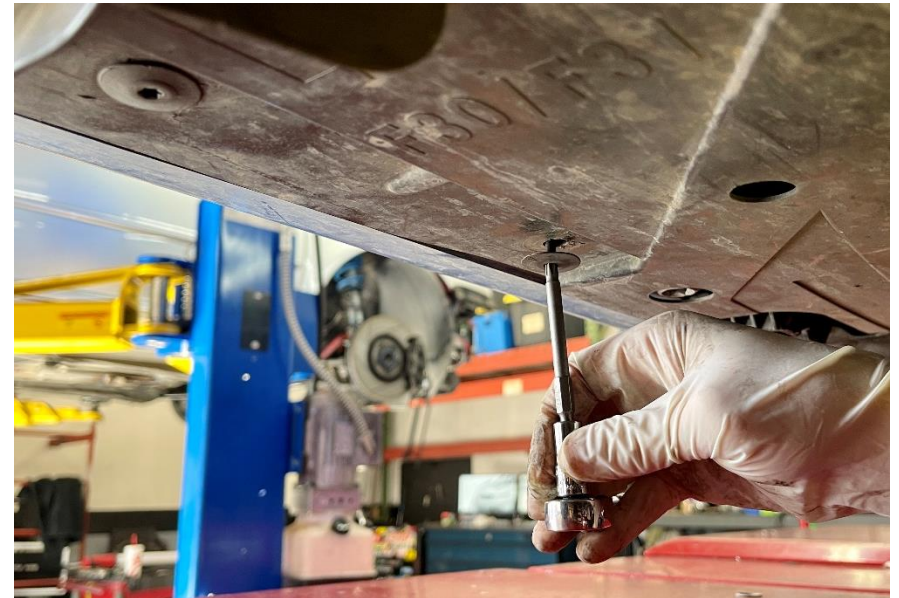
Put the OE bolt thru the hole in the “rear” lower insert. Push insert into the mount, and thread the bolt into the chassis.

**Step 10**

Remove the hardware from the rear underbody trays.



Use a T27 Torx to remove the screws near the side valances.



Step 10 cont.

Use an 8mm socket for the bolt attached to the subframe brace.



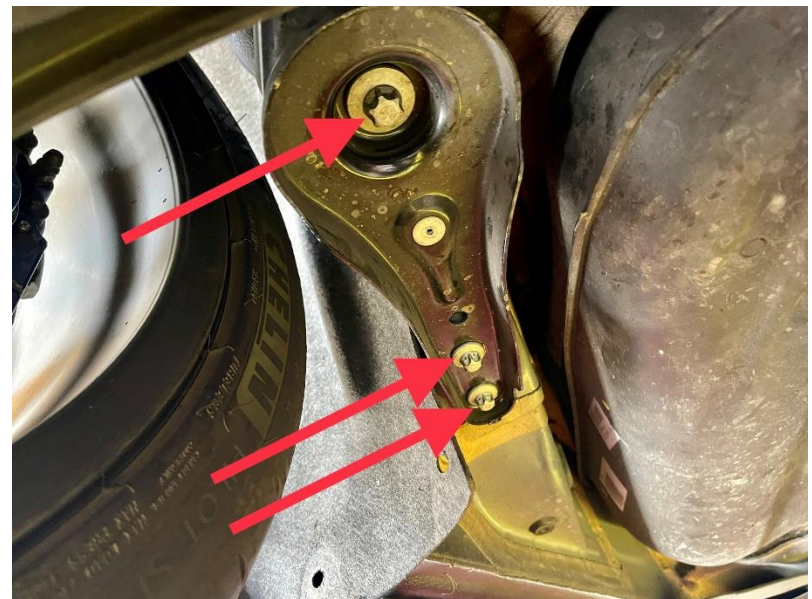
For the remaining push-pins, remove with a flathead.

**Step 11**

Set the underbody trays to the side for now.

**Step 12**

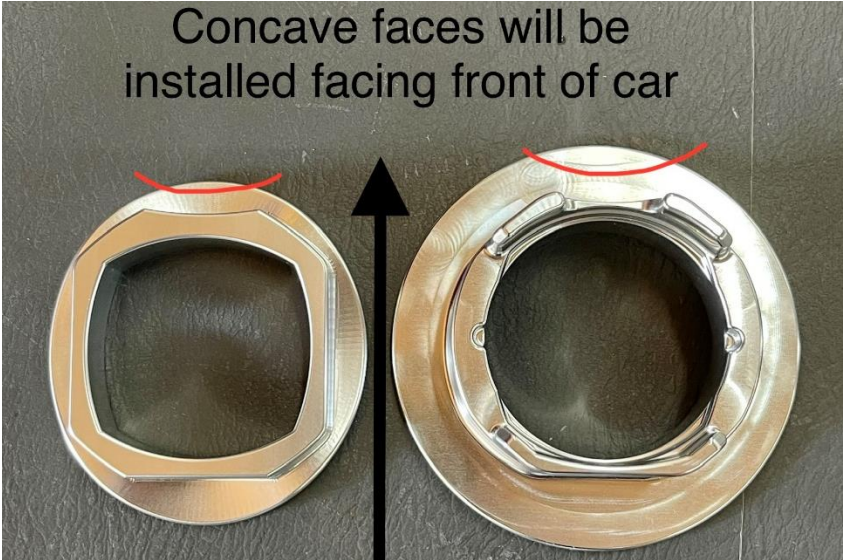
Using an E16 and E18 socket, remove the bolts from the subframe brace. Do both sides at this time.



Step 13

Make sure the inserts are in the correct orientation.

Concave faces will be installed facing front of car

**Step 14**

Using the pole jack, lower the front of the subframe down enough for the "front" upper insert to fit between the chassis and subframe. This whole process may require a mix of lifting, lowering, bolting, unbolting. Just be careful!

**Step 15**

The "front" lower inserts can be pushed up, into the mount.

**Step 16**

Clean off the subframe bushing contact surface of the subframe brace and add a little bit of grease to this surface before reinstallation.



Step 17

Using the E18 bit, secure the insert and subframe brace to the chassis. Reinstall the remaining hardware with an E16.



Step 18

Lower the car to static ride height and torque the subframe brace hardware and rear insert. E18 = **108Nm**, E16 = **47Nm**.



Step 19

Reattach the exhaust hangers removed in step 2.
Torque to **19Nm**.



Step 20

Reattach the underbody trays from step 11.



Step 20

Lower the car and enjoy!

