

Adjustable Air Ride New BMW 7 Series Instructions

Make sure the key is out of the ignition and no power is on.

Spray a little WD40 or similar lubricant on the factory Link ends before removal.

Front:

1. Jack up each corner and locate the stock ride height sensor & Links. They're located on the upper control arms.
2. Remove the stock Links by using a small set of vice grips. Squeeze them on the Link close to the control arm end. Twist gently and it will pop off. Once 1 side is off the other comes off easily by bending it backwards. Still be gentle enough as to not break the sensor arm.
3. Set the new Adjustable Links so that they are equal in length. **Lengthening the Link from the factory length will lower the vehicle.** Each 5mm shorter than stock will lower approx. $\frac{3}{4}$ - 1 inch. Don't have to lock them tight just snug.
4. Install Adjustable Links with long end down. May need pliers to squeeze on.

Rear:

1. Jack up each corner and locate the rear ride height sensor Links. They're connected to the lower control arms.
2. Remove the stock Links by using a small set of vice grips. Squeeze them on the Link close to the control arm end. Twist gently and it will pop off. Once 1 side is off the other comes off easily by bending it backwards. Still be gentle enough as to not break the sensor arm.
3. Set new Adjustable Links to equal lengths. **Shortening the Link from the factory length will lower the vehicle.** Each 5mm shorter than stock will lower approx. $\frac{3}{4}$ - 1 inch. Don't have to lock them tight just snug.
4. Install with long end down. Make sure that the sensor arm is pointing the same direction as before. May need pliers to squeeze on.

Start the vehicle, raise it up and down and move it forward and back to get the suspension active to the new settings. If you are not happy with the height you can easily re-adjust each Link to lower more or less. Just remove 1 side of the Link by using a 10mm wrench and give it a few turns. Usually 2 turns is about a $\frac{1}{4}$ inch in height. Depending how low you make the vehicle a wheel alignment may be required to reduce tire wear.

Always looking to add more pictures of vehicles to the site. If you would like yours on there they can be uploaded from the site or send them to john@adjustableairride.com

Thank you for the purchase. If you have any questions please don't hesitate to ask any time via phone or Email.

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