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HOW TO: Lower your Peugeot/Citroen

306 Lowering Guide (Torsion bars also in 106, 306, saxo etc) (part 1)
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How to lower torsion bar front suspension
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Project 16v - Part 29 - Rear axle rebuild
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LOWERING MY PEUGEOT 206!!

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<http://www.darrenjlobb.co.uk> A genral video explaining how to lower a torsion bar setup on french cars, i.e. 306, 106, saxos etcetc. Hope its helpfull. There...

306 Lowering Guide (Torsion bars also in 106, 306, saxo ...

Pull out the torsion bar with a M 8 bout of about 60 mm in length. You can use a washer and a piece of tube to easily remove the bar. The torsion bar is out...and the left suspension arm has free movement! Person #2 hold the suspension arm on the desired height. (for 4cm lowring that will be 21cm!).

How to Lower your Citroen Saxo,

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Citroen AX or Peugeot 106

Lowering by 25mm, 25 divided by 2.5 is 10, so reduce damper setting by 10mm. Original damper measurement 348mm, minus 10mm, equals 338mm. So you need in this example to fix the damper holes 338mm apart to ensure the torsion bars are set right.

TORSION BAR LOWERING BY SANDY - 106 Rallye

You cannot have a 65 profile tyre with 14 inch rims if you are lowering at all because it will rub on the rear arches. You need a 60 profile or less. with a 60 profile you can go to 50mm lowering....

Peugeot 106 torsion bar suspension ????? | Yahoo Answers

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Guide Lowering Guide (Torsion bars also
in 106, 306, saxo etc) (part 1)

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Peugeot 106 torsion bar suspension ?????? ... Lowering any more than that and the shocks are too long and allow the springs to clunk which is also an MOT fail. You cannot have a 65 profile tyre with 14 inch rims if you are lowering at all because it will rub on the rear arches. You need a 60 profile or less. with a 60 profile you can go to 50mm ...

Peugeot 106 torsion bar suspension ?????? | Yahoo Answers

This is the method I used to lower my own Peugeot 306 GTi-6. I would like to point out that the torsion bars had previously been removed, cleaned & greased & refitted. The o/s torsion bar was seized into the trailing arm, which is very common if they've been in

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for a few years & needed a 10 tonne hydraulic puller to free it.

[Torsion Bar Lowering FAQ - FAQ Forum - Peugeot 306 GTi-6 ...](#)

Peugeot: Peugeot Trader | 106 Trader: ... i know how u bitches love my guides so i have decided to make a torsion bar lowering guide, i will be making step by step animations showing u clearly exactly what to do. it wont be finished for a few weeks but here is a sneaky peek of a bit i have made so far:

[Torsion Bar Lowering Guide - Saxperience - Citroen Saxo Forum](#)
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Pug106.co.uk - The Peugeot 106 Website. Pug106 Suspension Tuning (At the Back) The rear of the 106 uses torsion bar suspension instead of springs,

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Guide which means lowering it is not as simple, although no replacement parts are required.

Pug106 Suspension Tuning (At the Back)

Pair of rear torsion bars to suitable for all models of the Peugeot 106. These torsion bars are available in various sizes to suit the level of stiffness required on the rear. As a general guide we recommend 21mm for rally use and 23mm for circuit use. Please select your requirements in the options above when placing your order.

Pug106 OFF ONLINE SHOP for Peugeot & Citroen Tuning Parts

Tony the torsion bars are splined at each end. The height adjustment is effectively made by moving the

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Outer splined housing in relation to the inner housing. In other words turning the axle slightly further round the bar depending upon whether you are raising or lowering vehicle. Incidentally you include the 406 in your subject line.

Peugeot ride height adjustment,
206, 306, 406 etc ...

Advertise 106 spares, information & accessories FOC! This service enables anyone to advertise for modern Peugeot 106 spares wanted, or spare parts for sale, online and for FREE!. Previously this service was only for discontinued & older motors at OCC, but now owners and enthusiasts of newer Peugeot cars can advertise free of charge, for

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There are loads of after market suspension kits available for the Peugeot 106. Prices range from approx 50 quid for a new set of specially made shorter and usually stiffer springs to well over a...

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