



[Transmission Mount Insert, B8 Audi A4/S4/RS4 & A5/S5/RS5, Billet Aluminum](#)



The installation of your 034Motorsport Transmission Mount Insert for the B8 Audi A4/S4/RS4 & A5/S5/RS5 is a relatively simple process that will take approximately 20-30 minutes to complete.

Supplied Parts:

- 034Motorsport Transmission Mount Insert

Tools Needed:

- Hands (Opposable Thumbs Are Optional)
- 10mm Triple Square Bit
- Wrench
- Blue Loctite (Recommended)
- Ramps, Lift, or Jack & Jackstands

Step 0 – Raise the vehicle securely on jackstands, ramps, or a lift, in order to gain access to the transmission mount. Make sure you have all tools necessary for installation of the transmission mount insert. Give yourself a pep-talk in front of the bathroom mirror, reinforcing the fact that you are an expert enthusiast with a mechanical aptitude second only to Charlie Sheen's. For good measure, take a selfie while you're at it.

Step 1 – Locate the transmission mount, and observe the two 10mm triple square bolts in their natural habitat. Be careful to avoid frightening the bolts. It is imperative that the bolts are relaxed and unaware of what is going to happen next.



Step 2 – Remove the two 10mm triple square bolts from the transmission mount, and remove the small bracket at the bottom. Let the feeling of accomplishment overcome you.



Step 3 – Observe the exposed transmission mount, and take note of the large void in the rubber. That can't be good for performance, can it? Think of objects you can use to fill the void: old socks, yesterday's newspaper, that weird quinoa stuff that your wife bought for \$20 at Whole Foods, but nobody wants to eat. Panic. Remember that you bought the 034Motorsport Transmission Mount Insert. Feel better.



Step 4 – Press the shiny new 034Motorsport Transmission Mount Insert into the void. The orientation of the 034Motorsport logo is not important. Or is it? It's not, but it might matter to you.



Step 5 – Secure the 034Motorsport Transmission Mount Insert using the 10mm triple square bolts you removed in [Step 2](#) and torque to 20 Nm. Blue Loctite is recommended. Yes, we provided an anchor link back to [Step 2](#) so that you wouldn't get lost. We're nice people like that over here.



Step 6 – Marvel at your work.



Step 7 – Marvel at your work from a different angle.



Step 8 – Lower your vehicle from the ramps, jackstands, or lift. Drive it.