

Suggested E30 Suspension Upgrades

These are my suggestions for effective and economical upgrades. There are many combinations of products that can work well. If you're replacing bushings I always recommend urethane over the factory rubber.

Stage 1 - Really nice improvement in handling

lower car, reduce body roll, good shocks
Sport Lowering Springs - H&R
Larger Sway Bars - Suspension Tech or Ireland Engineering
Shocks - Bilstein HD or Sport

Stage 2 -

more reduction in body roll, additional front camber
Larger Sway Bars - Ireland Engineering
Shocks - Bilstein Sport or Koni
Fixed or Adjustable Front Camber plates for use with factory upper strut bearing
Front Strut Brace

Stage 3 - Aggressive street/ driver school/autocross/club race - stock class

Ireland Engineering Race Springs
Adjustable Camber Plates for use with factory upper strut bearing (club racers use fixed plates)
Factory offset upper strut bearing for more camber
note: some racers also bend the strut for max camber
Urethane Bushings - front control arm, rear subframe and trailing arms
Rear Strut Brace

Stage 4 - Race

Adjustable Height Coilover Springs - front and rear
Koni Race Shocks
Adjustable Race Camber Plates
Adjustable Rear Camber and Toe
Front Control Arm Bush - Derlin or spherical bearing