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

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

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.

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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 ...

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.

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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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!).

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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...

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