E34 Seat Cables Fix

(Instructions & pictures provided by Winfred @ E34 forums)

Here it is the big one! I know a few shops who pork the hell out of people on this job, and it's EASY. Memory seats are harder, you can usually unbolt the seat and get it into a good position and leave it plugged into the car for power. I covered removing the seat in the rocking seat fix.

Each motor has two 8mm bolts on each end, the best wrench I've found is the Gearwrench brand ratcheting wrench - they can be had from Sears in sets only and from Napa in sets and one at a time, about $50 a set.

Take the bolts out of one end at a time. Once the bolts are out tip the motor out and pull the cable out (memory seat note, on one end of each motor is a
counter, it adds about an inch to the end of the cable that needs to stick out and it has longer bolts).

Once the cable is out, push the drive cable in to the sheath as far as it will go and see how long it is, you want about a 1/2 inch (13mm), this is about 1/4. After seeing how long it is pull the drive cable out of the sheath.
You need to heat the metal end to remove it, it can be done with a lighter but that is a PITA (pain in the a$$). I use a propane torch, about a 3 second shot with a medium flame and you can pull it off with needle nose pliers.
Now the fun part. Don't go nuts with the cut as you only have a little room to play with. I take between 1/2 and a 1/4 inch depending on how much the drive cable has shrunk.
There is a ridge on the metal end; this is where you insert it to.
Sometimes there is a hard plastic thing or a blob of grease or a rubbery piece of snot or fuzzy thing or nothing that lives in this space. Give the end a 3-4 second shot with the torch and stab it back on to the mark. Now stick the drive cable back into the sheath. You may need to twist and jiggle to reengage the other end. If you are worried about overheating the end have a wet towel ready to slap on it.
If your seat is twisted leave one cable at a time off and run the other side up to the stop then disconnect it and connect the other and run that to the stop. The seat should now be in time. Just stick it in the hole and bolt it down and repeat 4 more times for the rest of the seat. The headrest is a little harder but is done the same way.
To get the back off of the seat you kind of push up and pull out at the bottom. You have to feel your way through it, here is one of the top clips.
Here's one of the bottom:
This is all the stuff you need to do the job.
Enjoy your non @#$%$ed up seat!