Compression test

The better compression testers are the ones that screw into the spark plug hole, available from Halfords.

Make sure the engine is warm,

Remove spark plug cover,

Remove all the coil packs,

Remove all the spark plugs (the engine spins easier with all the plugs out)

Disconnect the electrical connectors on the fuel injectors (little blue connectors, just push up on the metal clip and they pull off)

Screw the compression tester into No1 cylinder spark plug hole,

Press the accelerator to the floor (don't worry it just opens the throttle, the engine wont start up)

Turn the key and let the engine spin on the starter (about 4 or 5 revolutions should do it)

Make a note of your reading,

Release the pressure (there should be a little button on the tester)

Move on to the next cylinder 😊

Dead easy.

Should get 10 - 12 bar.

The engine sounds strange when all the plugs are removed and your turning it over, don't worry, because the plugs are out, no air is getting compressed by the pistons so it makes a strange sound.