

# INSTALLATION GUIDE

TOYOTA 4 RUNNER (2013+)





Included Hardware:

- (2) 1/4" Spacers
- (2) Single Nut Retainers
- (2) Double Nut Retainers (will change)
- (2) Single Nut Retainers with bent tip
- (28) 1/2" Washers (+2 in update)
- (4) M12 Metric Bolts
- (8) 1/2" Nylon Nuts
- (16) 1/2" Bolts (+2 in update)

Tools:

- 3/4" wrench and socket
- Dremel Tool or Cutter

Skill Level:

3/5 stars (Professional install recommended)

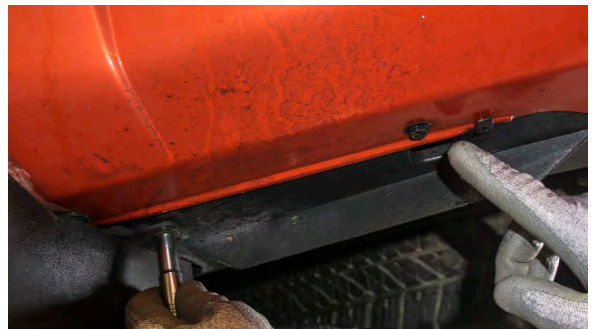
### Bumper Cap Removal

Begin by removing fender caps around the side walls.



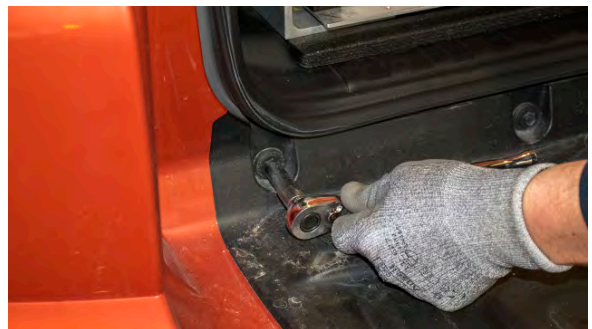
### Bumper Bolts

Unscrew bolts as shown from corner areas and underneath the stock bumper.



### Bumper Bolts (Continued)

Unscrew bolts above the rear bumper as shown



### Center Cap Removal

Remove the small center cap piece as shown from top lip of rear bumper area.



### Remove Bumper

Tug and pull on bumper to remove from frame.



### Foam Removal

Remove foam bumper piece from bumper



### Small Frame Piece Removal

Unbolt and remove pieces as shown.



### Internal Frame Install

Remove fender plastic plugs from inner frame.



### Internal Frame Install (Continued)

Also, if the factory welds on the frame are bigger than normal on the surface area, grind down before continuing the installation.

Internal Frame Install (Continued)

Use angled retainer nut as shown in photo in the top hole. Feed bolt through and tighten the retainer piece into place.



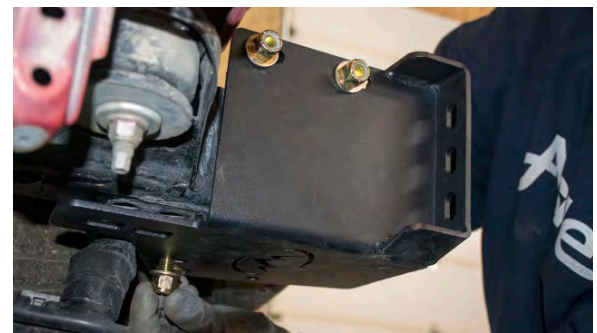
Internal Frame Install (Continued)

Use straight single nut retainer in bottom hole as shown in photo.



Frame Support

Attach the bolt piece as shown to support frame on each side. This will be tightened when bumper is placed into position for alignment.



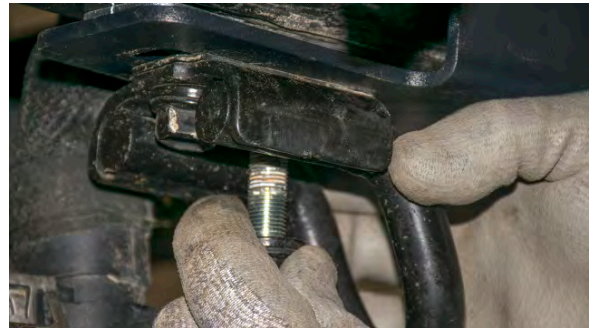
### Towhook

Place the provided towhook spacer in between frame and tow hook.



### Towhook (continued)

place bolt back into place and secure tow hook as shown.



### Stock Bumper Cut Lines

Follow along body lines as shown in photo and cut away bottom portion. Mirror this on other side as well.



Photos shown below are additional reference photos showing where your cut lines will be.





Stock Bumper Cut Lines (Continued)

Continue to cut along top edge as shown in photo to notch around internal frame and continue to other side.



Stock Bumper Cut Lines (Continued)

Cutout the corner plastic notch as shown to allow the plastic area to run underneath the reinforcement bracket.



Trailer Hitch Plug Install

Place trailer hitch plug into bracket, then attach bracket underneath as shown.



### Side Wing Bracket Mount

Punch out plastic plug in frame fender well area.

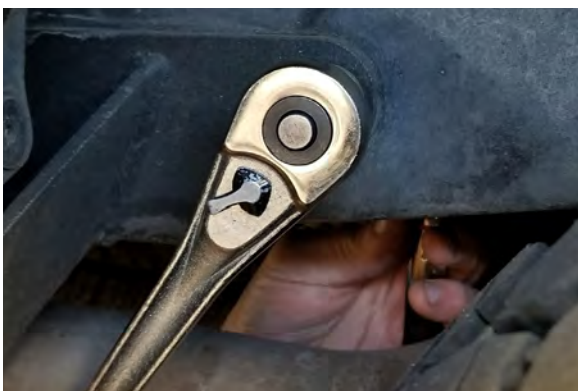


### Side Wing Bracket Mount

Put carriage bolt through frame, keeping large washer on the back side with nut.

Underneath frame, use the three provided frame bolts and bolt into place.

\*We highly recommend tightening down this frame piece before tightening down new bumper



Reference Photos:

Shown below is the dog bone used to attach bumper with internal frame.



Photo to Right:

This shows hex bolts with dog bone hidden behind the frame and bumper.



Photo to Left:

Begin tightening your bolts as described on the next page.

### Bumper Fitting & Alignment

Place the bumper onto the frame, making sure door can swing up without contacting top of bumper and check for centering and alignment. Start first with tightening side wing bracket area, tightening first. Then tighten your bumper before tightening the internals. Make sure there is roughly a 1/4" gap all around and tighten frame bolts down when happy with alignment.



### Dual Swing Arms (If Applicable)

Place rubber seal rings onto spindles, then grease each lower bearing and place onto spindle. Place arms onto the spindle, slipping the other grease bearings on top and into place. Add large washer and large locking nut. Tighten down snug where there is no play in the arm. \*\* Do not over tighten \*\*

\*\*SEE PHOTOS ON NEXT PAGE\*\*

Swing into place, making sure latches clamp down into position.

If not, make sure arm sits almost down on top of bumper. There should be roughly 1/8" gap from top of bumper to bottom of spindle.

spread anti-seize around the inner grooves on spindle cap and tighten.

\*\*You may also add rear auxillary lights at this time\*\*

## REAR BUMPER



## Latch System Maintenance

Photos shown below provide you with how you can tighten and/or adjust your latch mechanisms as they may loosen over time.



Find out more about off-road bumpers we have.