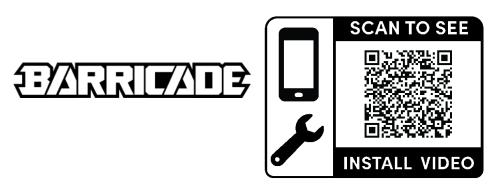
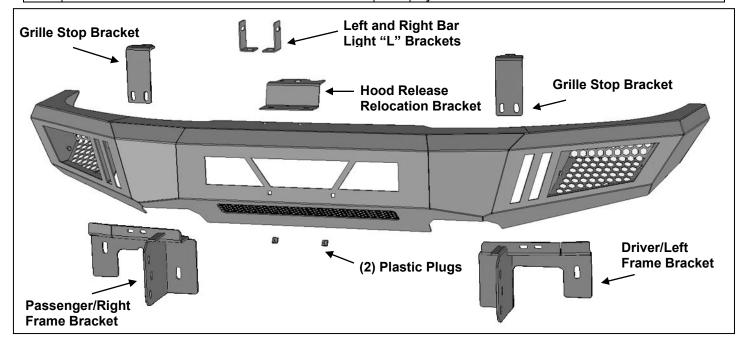
**EXTREME HD FRONT BUMPER** 2004-2008 F-150 – SKU # T543845



#### **PARTS LIST:**

1	Front Bumper Assembly	10	10mm Hex Nuts
1	Driver/left Frame Bracket	8	8-1.25mm x 25mm Hex Bolts
1	Passenger/right Frame Bracket	2	8-1.25mm x 16mm Hex Bolts (LED light bar)
2	Grille Stop Brackets	18	8mm x 24mm Flat Washers
1	Hood Release Relocation Bracket	10	8mm Lock Washers
1	Driver/left "L" Bracket (center LED light)	8	8mm Hex Nuts
1	Passenger/right "L" Bracket (center LED light)	2	6mm x 20mm Button Head Bolts
2	Plastic Plugs for license plate mount	4	6mm x 18mm x 1.6mm Flat Washer
10	10-1.5mm x 35mm Hex Bolts	2	6mm Nylon Lock Nuts
20	10mm x 30mm OD x 2.5mm Flat Washers	1	4mm Wrench
10	10mm Lock Washers	10	Nylon Wire Ties



### PROCEDURE:

REMOVE CONTENTS FROM BOX. VERIFY ALL PARTS ARE PRESENT. READ INSTRUCTIONS CAREFULLY BEFORE STARTING INSTALLATION. BUMPER IS HEAVY, ASSISTANCE IS HIGHLY RECOMMENDED TO AVOID POSSIBLE INJURY OR DAMAGE TO THE VEHICLE.

- 1. Remove the license plate and bracket. On models with factory fog lights, unplug the wiring harness leading to the back of the bumper. Move harness away from bumper. Also release the clips attaching the rubber splash guard to the bottom of the bumper and the front of the crossmember.
- 2. Open the hood and remove the hardware attaching the back of the plastic bumper cover to the bracket on the back of the steel bumper, (**Figure 1**). Next, remove the hardware attaching the hood release

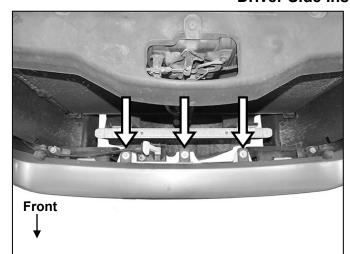
## **EXTREME HD FRONT BUMPER** 2004-2008 F-150 – SKU # T543845

- lever and move it out of the way but do not disconnect the cable. Next, remove the outer grille stops attached to the back of the bumper, (**Figure 2**).
- 3. Place blocks or jack stands under the front bumper to support it during mounting bolt removal. Once the bumper has been safely supported, remove the (2) large hex nuts from the back of each bumper bracket, (Figures 3 & 4). WARNING! Assistance is required to hold the bumper in place during hex nut removal to prevent the bumper from falling. Carefully slide the bumper off of the frame. NOTE: It may be necessary or easier to remove the hardware attaching the ends of the plastic bumper cover to the front of the fenders to allow the cover to move a little to remove the bumper.
- **4.** Next, select the driver/left Frame Mounting Bracket, **(Figure 5)**. Attach the Bracket to the end of the frame with (2) 10mm x 35mm Hex Bolts, (4) 10mm Flat Washers, (2) 10mm Lock Washers and (2) 10mm Hex Nuts. Leave hardware loose at this time.
- **5.** Select (1) Grille Stop Relocation Bracket. Attach the Bracket to the (2) holes in the top of the Frame Mounting Bracket with the included (2) 8mm x 25mm Hex Bolts, (4) 8mm Flat Washers, (2) 8mm Lock Washers and (2) 8mm Hex Nuts, **(Figure 5)**.
- 6. Repeat Steps 4 & 5 to install the passenger/right Frame Bracket and Relocation Bracket.
- 7. With assistance, position the Bumper Assembly up to the outside of the mounting flanges on the Frame Brackets, (Figure 6). Temporarily support the weight of the Bumper. WARNING: To avoid possible injury or damage to the vehicle, do not proceed until the bumper is fully and safely supported.
- **8.** Attach the Bumper to the Frame Brackets with (6) 10mm x 35mm Hex Bolts, (12) 10mm Flat Washers, (6) 10mm Lock Washers and (6) 10mm Hex Nuts, (Figure 6). Do not fully tighten at this time.
- 9. Level and adjust the Bumper and fully tighten all hardware.
- **10.** Attach the factory grille stop to the top of the driver/left Relocation Bracket with the included (1) 6mm x 20mm Button Head Bolt, (2) 6mm Flat Washers and (1) 6mm Nylon Lock Nut, **(Figure 7)**. Repeat this Step to attach the passenger/right factory grille stop to the Relocation Bracket.
- **11.** Select the Hood release Relocation Bracket. Attach the Bracket to the top of the Bumper with the included (2) 8mm x 35mm Hex Bolts, (4) 8mm Flat Washers, (2) 8mm Lock Washers and (2) 8mm Hex Nuts, **(Figure 8)**. Reuse the factory hardware to attach the hood release lever to the Relocation Bracket. Slowly close the hood and adjust position of hood release and bumpers as necessary. Tighten hardware at this time.
- 12. Center LED light installation (sold separately).
  - a. Select the L/R "L" Brackets, (Figure 9). Attach the Brackets to the top of the (2) mounting tabs welded onto the back of the bumper with the included 8mm x 25mm Hex Bolts, (4) 8mm Flat Washers, (2) 8mm Lock Washers and (2) 8mm Hex Nuts. Leave loose at this time.
  - b. Attach the LED light assembly to the "L" Brackets with the included (2) 8mm x 16mm Hex Bolts, (2) 8mm Lock Washers and (2) 8mm Flat Washers, (Figure 9). Do not fully tighten hardware at this time. NOTE: "L" Brackets are designed for 8mm light mounting hardware only. Modify "L" Brackets if necessary or use brackets supplied by your light manufacturer if possible to install hardware larger than 8mm.
  - **c.** Follow light manufacturer's instructions to properly wire the light.
- 13. LED light installation at ends of bumper (sold separately).
  - **a.** Insert light into opening and up to mounting slots. Check for clearance between front and back of light. If necessary, remove the screen from the back of the opening, **(Figure 10)**.
  - **b.** Follow the light manufacturer's instructions to attach (1) light to the center slot or (2) lights to the inner and outer slots in the top of the light opening, **(Figure 10)**. **IMPORTANT**: On two light per side systems, attach the flood light to the outer slot and the spot light to the inner slot.
  - **c.** Repeat the above steps for passenger/right side light installation.
  - **d.** Follow light manufacturer's instructions to properly wire the light.
- **14.** If front license plate is required, insert (2) Plastic Plugs into the square holes in the Bumper. Reuse the factory screws to attach the license plate to the plastic plugs, **(Figure 11)**.
- **15.** Do periodic inspections to the installation to make sure that all hardware is secure and tight.

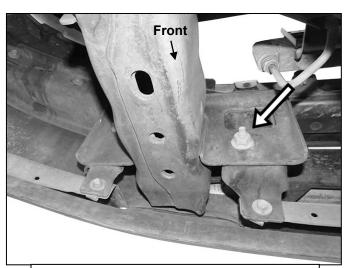
**To protect your investment**, Do not use any type of polish or wax that may contain abrasives that could damage the finish. Mild soap may be used to clean the Bumper assembly.

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### **Driver Side Installation Pictured**

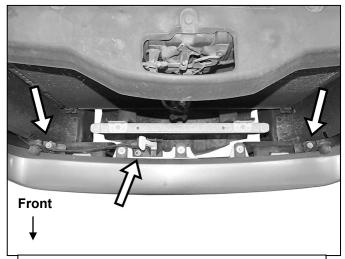


(Fig 1) Open hood and remove the hardware attaching the plastic cover to the top of the bumper

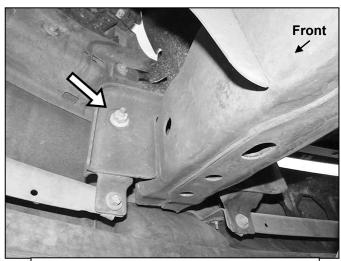


(Fig 3) Remove hex nuts to remove bumper (driver/left inner hex nut pictured)

**WARNING!** Do not remove bumper bolts unless the bumper is properly supported on blocks or stands or the bumper may fall.



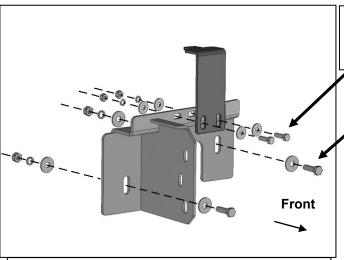
(Fig 2) Remove the hood latch and grille stops (arrows) from bracket on back of bumper



(Fig 4) Remove hex nuts to remove bumper (driver/left outer hex nut pictured)

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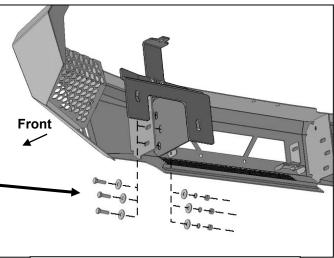
### **Driver Side Installation Pictured**



(Fig 5) Attach driver/left Mounting Bracket and (1) grille stop Relocation Bracket to end of frame

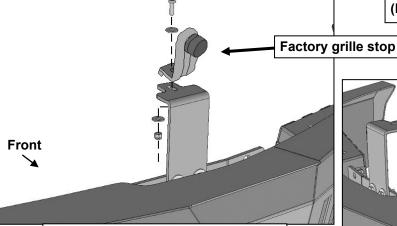
- 6mm x 20mm Button Head Bolt (2) 6mm Flat Washers 6mm Nylon Lock Nut
- (3) 10mm x 35mm Hex Bolts
- (6) 10mm Flat Washers
- (3) 10mm Lock Washers
- (3) 10mm Hex Nuts

- (2) 8mm x 25mm Hex Bolts
- (4) 8mm Flat Washers
- (2) 8mm Lock Washers
- (2) 8mm Hex Nuts
- (2) 10mm x 35mm Hex Bolts
- (4) 10mm Flat Washers
- (2) 10mm Lock Washers
- (2) 10mm Hex Nuts



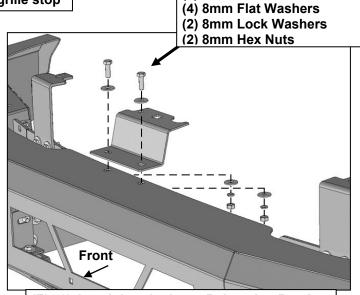
(Fig 6) Attach Bumper to Frame Brackets

(2) 8mm x 25mm Hex Bolts



(Fig 7) Attach factory grille stop and bracket to top of Relocation Bracket

**WARNING!** Do not remove bumper bolts unless the bumper is properly supported on blocks or stands or the bumper may fall.

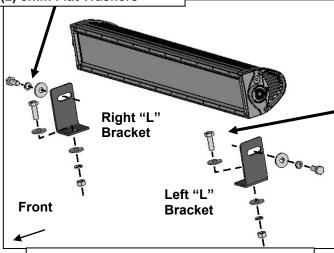


(Fig 8) Attach hood release Relocation Bracket to top of Bumper. Reuse factory hardware to attach factory hood release to Bracket

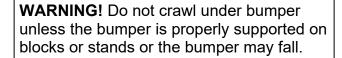
# **EXTREME HD FRONT BUMPER** 2004-2008 F-150 – SKU # T543845

### **Driver Side Installation Pictured**

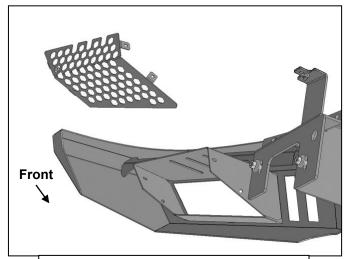
- (2) 8mm x 16mm Hex Bolts
- (2) 8mm Lock Washers
- (2) 8mm Flat Washers



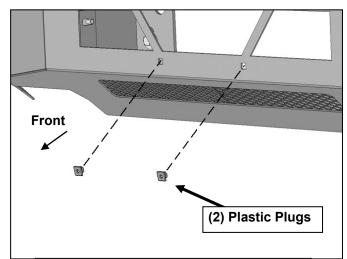
(Fig 9) Example of center light installation



- (2) 8mm x 25mm Hex Bolts
- (4) 8mm Flat Washers
- (2) 8mm Lock Washers
- (2) 8mm Hex Nuts



(Fig 10) Remove screens if necessary for clearance/access to outer light mounts



(Fig 11) Insert Plastic Plugs into Bumper. Attach License Plate to Plastic Plugs

