



INSTALLATION GUIDE

2024/FORD F-150

PRO BOLT ON BUMPER

R1908571280103



TOOLS REQUIRED

- (Sockets) 9/16, 10mm, 13mm
- (Box end wrenches) 9/16, 10mm, 13mm
- (Allen wrenches) 7/32
- Fastener remover or flathead screwdriver
- Zip ties
- Ratchet
- Grinder



TIME REQUIRED

- 2.5 hours for OEM Removal/Bumper Install
- 1 Additional Hour to Wire Lights

****Labor Rates are based on a vehicle with no pre-existing damage. Wiring labor is based on a standard wiring procedure with light switches installed in an easily accessible location. Custom light triggering or switch mounting location will result in a greater labor charge.****



SKILL LEVEL

-Easy/Intermediate

****This installation requires 2 people for best results****

⚠️ WARNINGS/CAUTIONS BEFORE STARTING INSTALLATION ⚠️

-BEFORE YOU INSTALL THIS KIT-

Read and understand all instructions, warnings, cautions, & notes contained in this installation instruction guide. Consult your vehicle owner's manual for proper disconnection of electrical and lifting of vehicle if required for installation of this product.

This install may require some technical skills and knowledge of basic mechanical work. If you do not feel that you are capable of performing this install please take this product to a trained professional.

After reading this guide please contact us with any questions or concerns before installing product.

Customer Service (480) 671-0820

Addictive desert designs is not responsible for any bodily injury or harm to you or your vehicle as a result of an improper install.

Proper installation of this kit required knowledge of the factory recommended procedures for removal and installation of original equipment components.

We recommend that the factory shop manual and any special tools needed to service your vehicle be on hand during the installation. Installation of this kit without proper knowledge of the factory recommended procedures may affect the performance of these

components and the safety of the vehicle. Inspect all contents of this package to make sure product is not damaged and all installation hardware has been included. If parts are missing from kit, please be prepared to provide the following information:

1. Name of purchase location
2. Bar Code on side of box
3. Date above bar code
4. Date inside box cover

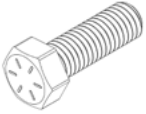
ALWAYS WEAR EYE PROTECTION WHEN OPERATING POWER TOOLS



INSTALLATION GUIDE

HARDWARE/PARTS

A.



3/8-16 X 1 1/2" HEX HEAD BOLT GRADE 8

QTY: 4

A1.



3/8" FENDER WASHER

QTY: 8

A2.



3/8-16" NYLON LOCK ZINC

QTY: 4

B.



3/8-16 X 1" BUTTON HEAD BOLT BLACK

QTY: 2

B1.



3/8-16 NYLON LOCK NUT BLACK

QTY: 2

B2.



3/8 FLAT WASHER BLACK

QTY: 4

C.



NYLON PLASTIC SNAP IN NUT

QTY: 2

C1.



1/4 X 3/4" TYPE B HEX HEAD BLUNT SCREW

QTY: 2

SENSOR GROMMETS SUPPLIED FOR NON SENSOR TRIMS



3/4" RUBBER SENSOR GROMMET

QTY: 6



3/4" PLASTIC SENSOR GROMMET PLUG

QTY: 6

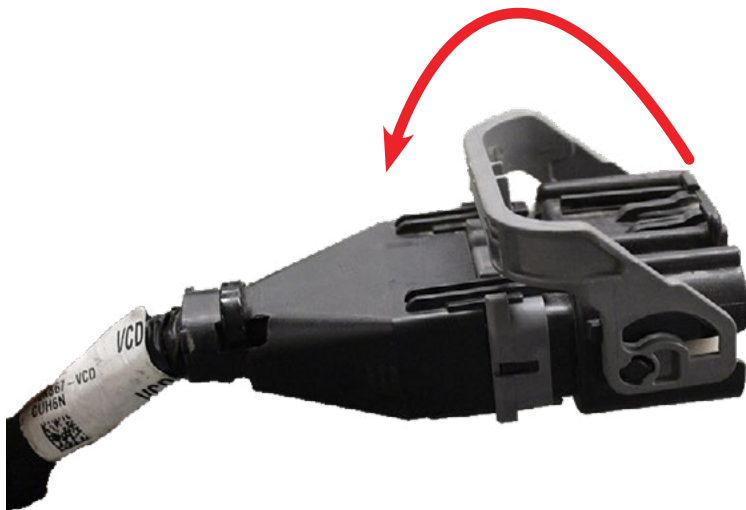
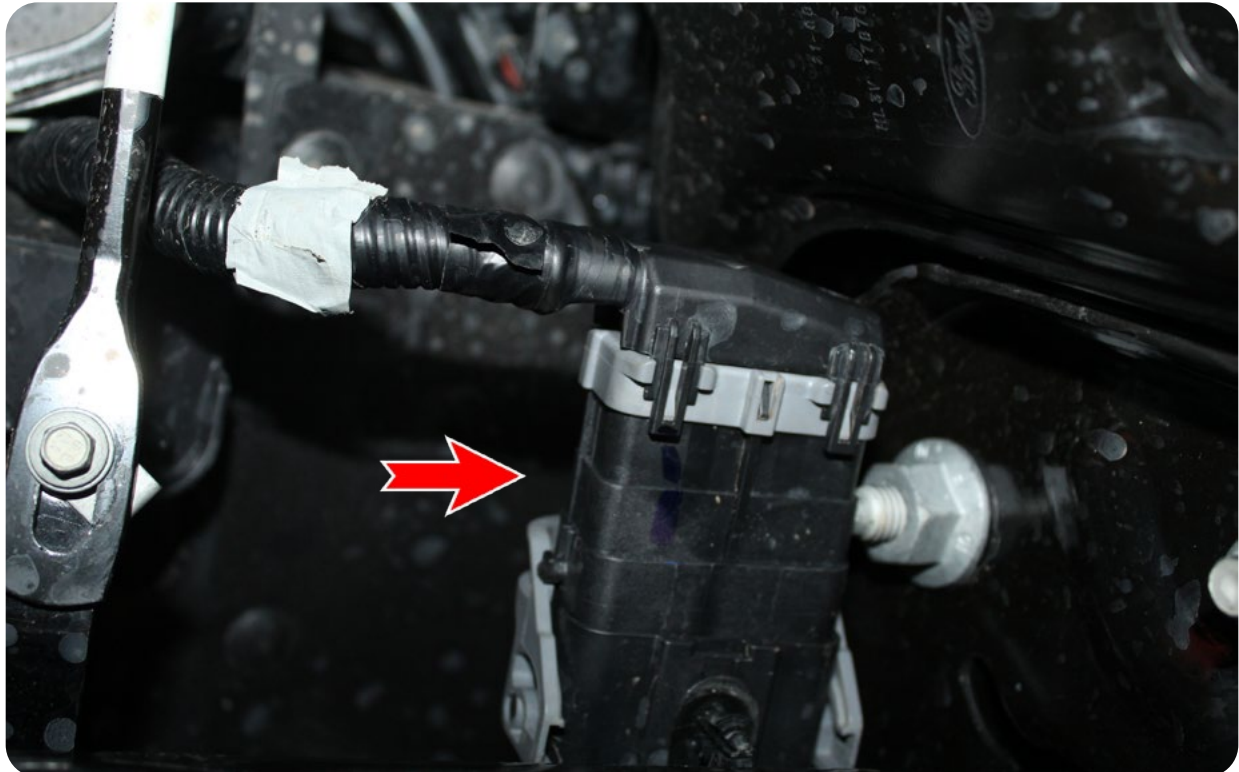
Reference this page throughout the install

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REMOVAL

□ STEP 1

Unplug the main wire harness located on the passenger side by pulling the gray tab back as shown below. Remove the ground using a (10mm socket) located on the passenger side on the frame rail.



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REMOVAL

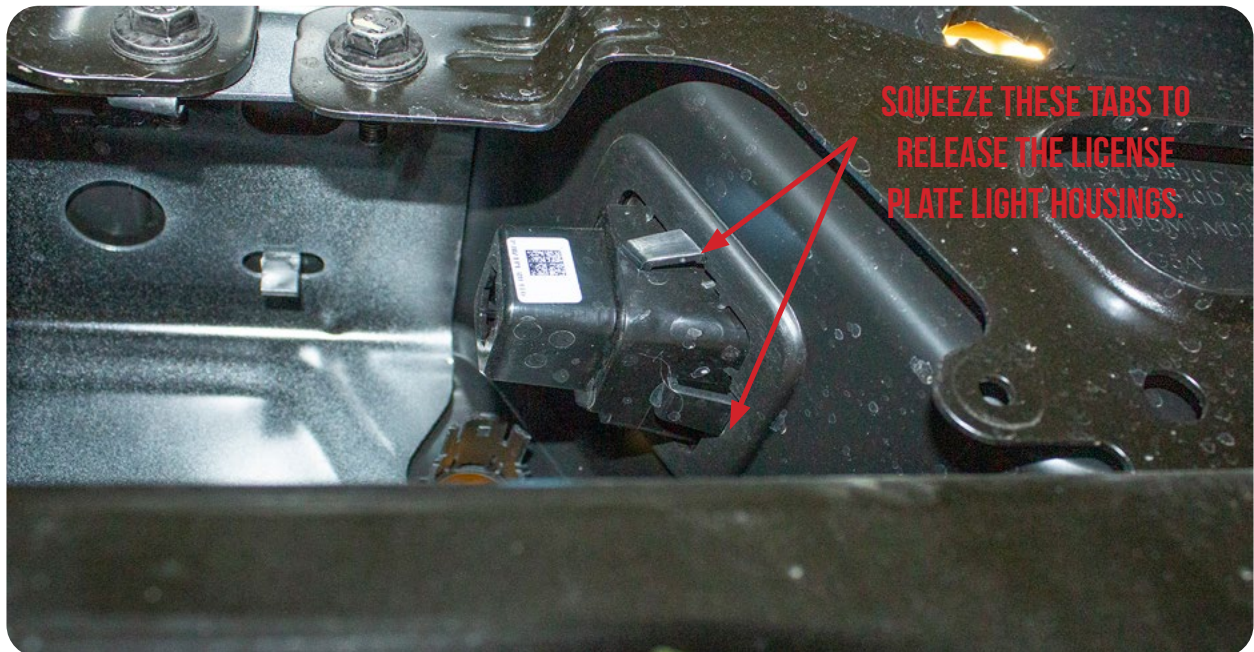
□ STEP 2

Unplug/remove the trailer plug.



□ STEP 3

Remove the license plate light by twisting counter clock wise and remove the housing.



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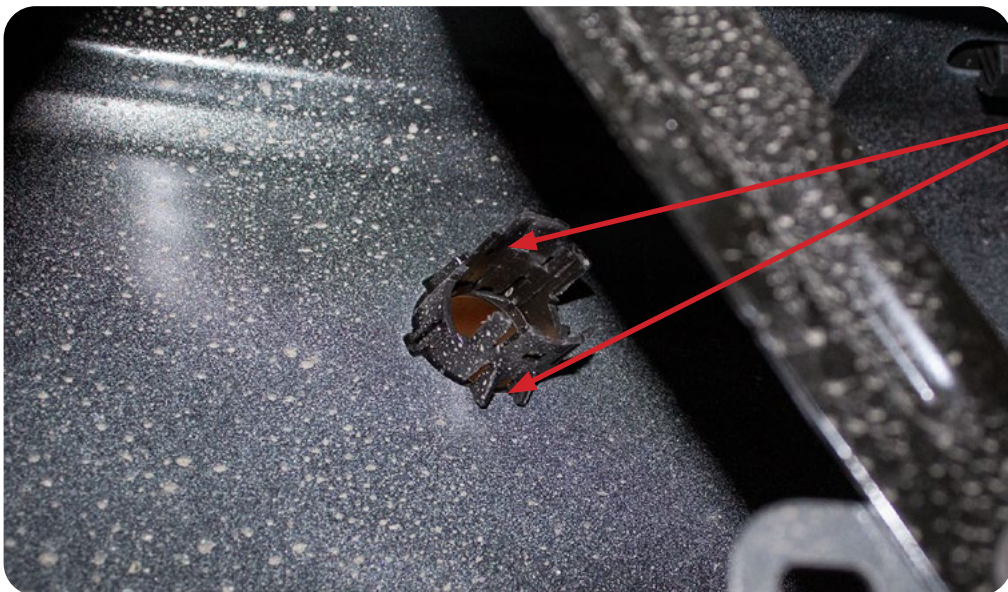
REMOVAL

□ STEP 4

Remove the parking sensors and bezels from the stock bumper, You can now remove the wire harness and set aside for install. ****Remember the location and orientation of the sensor bezels after removal for this will be important later on in the install****



**SPREAD THESE TWO TABS
TO RELEASE THE PARKING
SENSOR.**



**SQUEEZE THESE TWO TABS
TO RELEASE THE PARKING
SENSOR MOUNTING RINGS.**



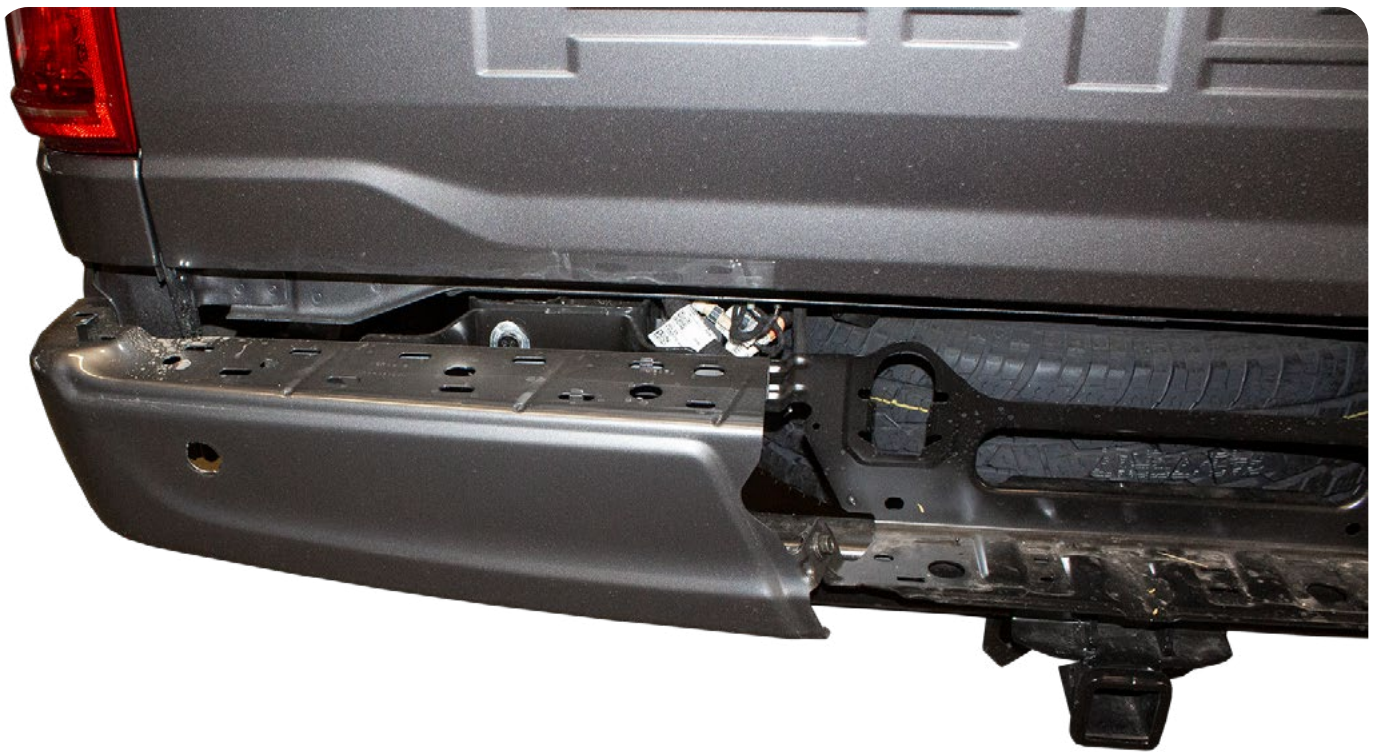
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REMOVAL

STEP 5

Pull the top plastic cover off the bumper. There are no tools required for this step, it simply pulls off by hand.



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REMOVAL

□ STEP 6

Using a (13mm Socket), remove the mounting bolts that hold the bumper side covers to the vehicle.

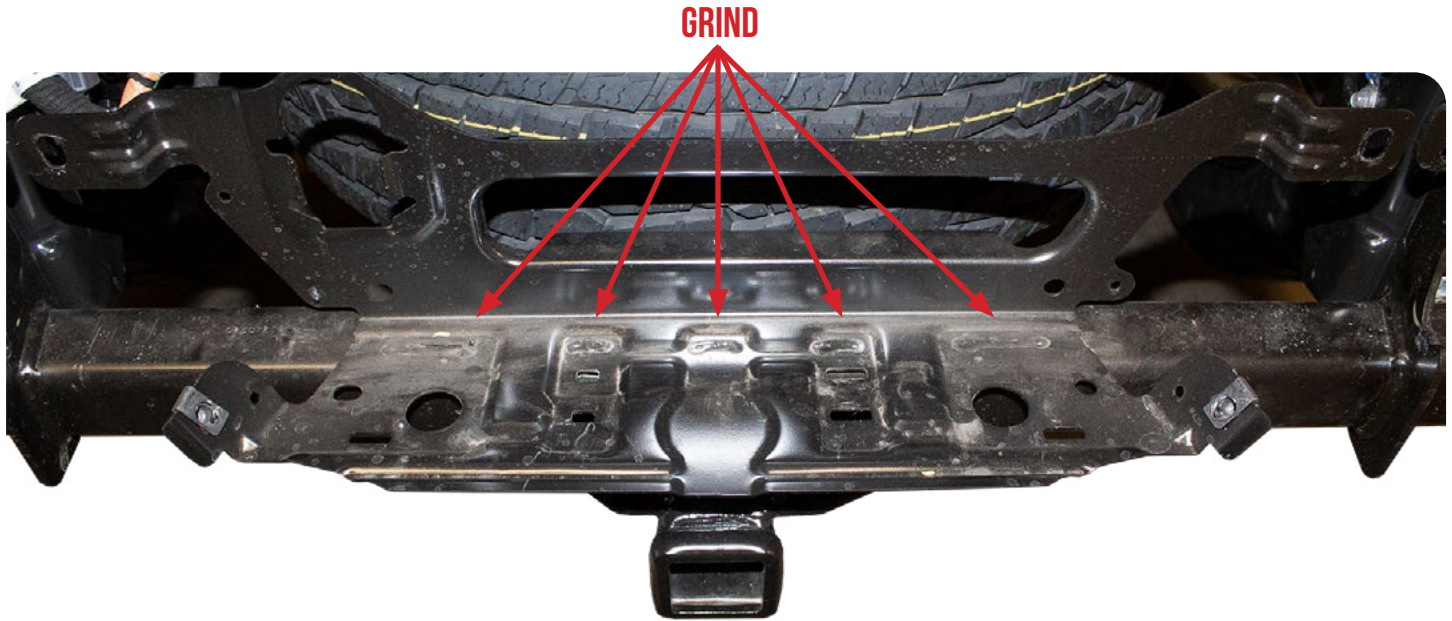


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REMOVAL

□ STEP 7

Remove the license plate bracket by using a (grinder) to grinding through the five visible welds that connect that bracket to the hitch. ****Once the bracket has been removed, paint over the raw metal to prevent rust****



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INSTALL

□ STEP 8

Install the license plate light housing. Be sure that the clips are fully clipped in by using a (flathead) to pry into place. ****DO NOT pry to hard due to breakage****



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INSTALL

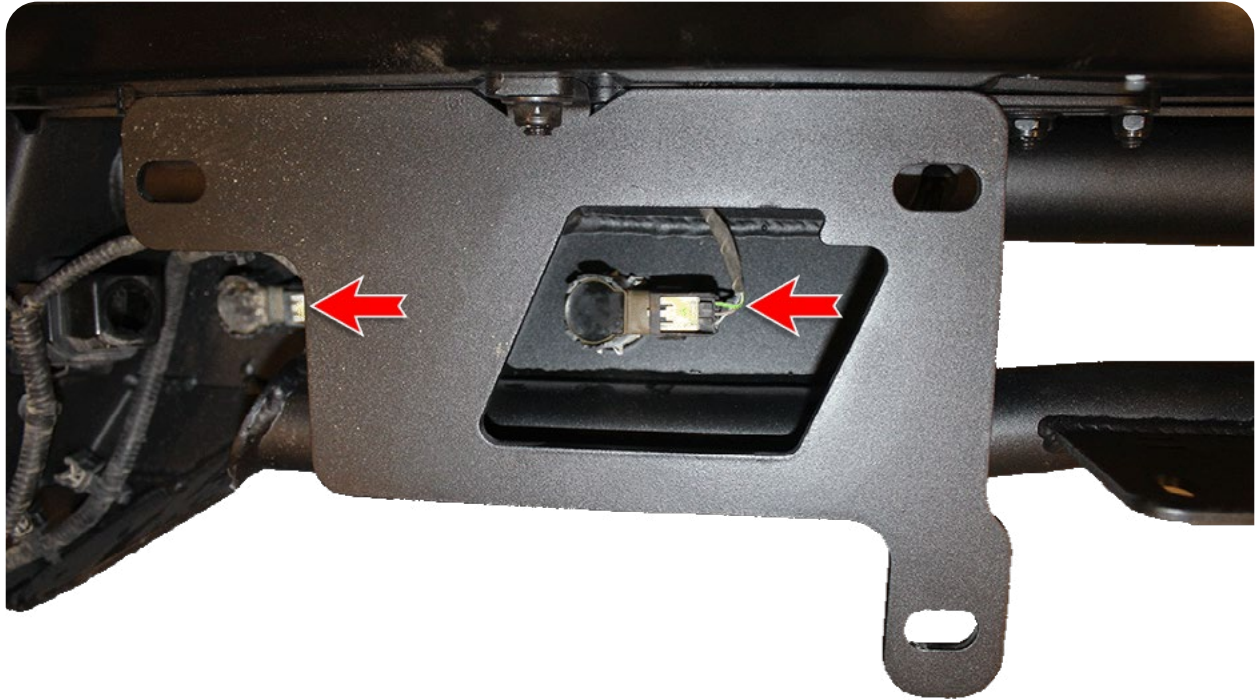
□ STEP 9

Install the sensor bezels in the correct orientation they were removed from the stock rear bumper. The plug ins will face towards the inside of the bumper on both sides as shown on page 10.



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INSTALL



□ STEP 10

If your sensor bezels do not click into place, you may have to trim the mounting tabs to accommodate for the thickness of the material on your new bumper.

BEFORE

AFTER



TRIM HERE



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INSTALL

□ STEP 11

Some F-150 packages come with six parking sensor. Use the provided plugs to plug the two outer sensor holes on each side.

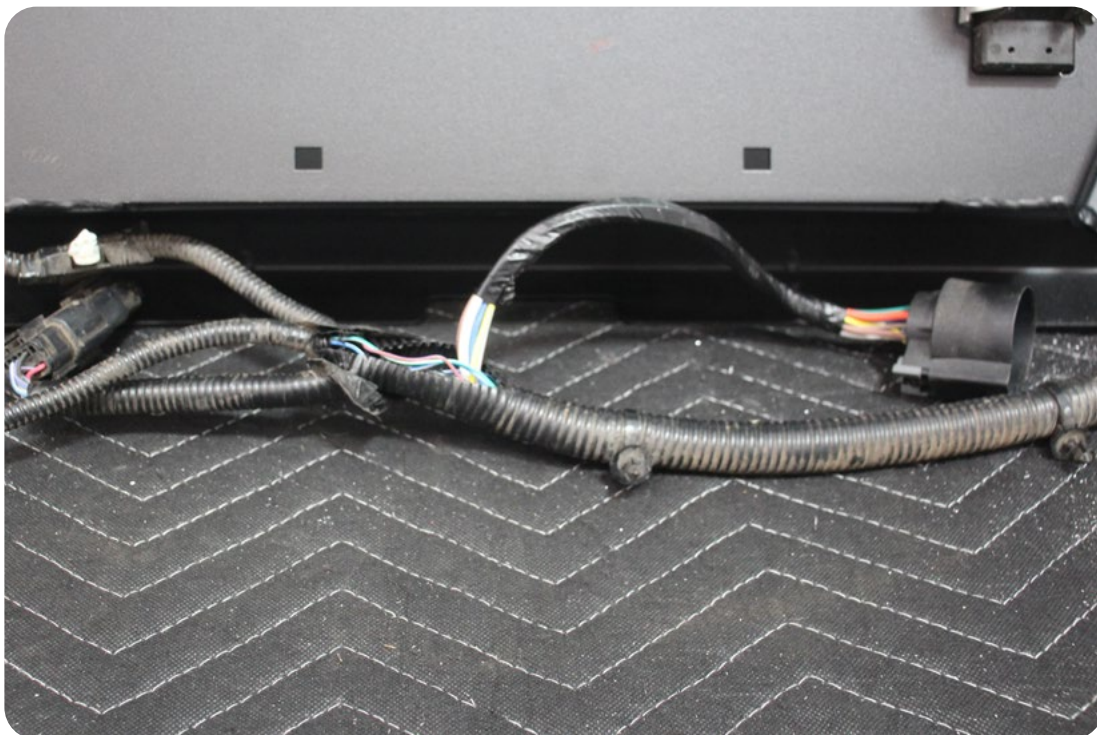
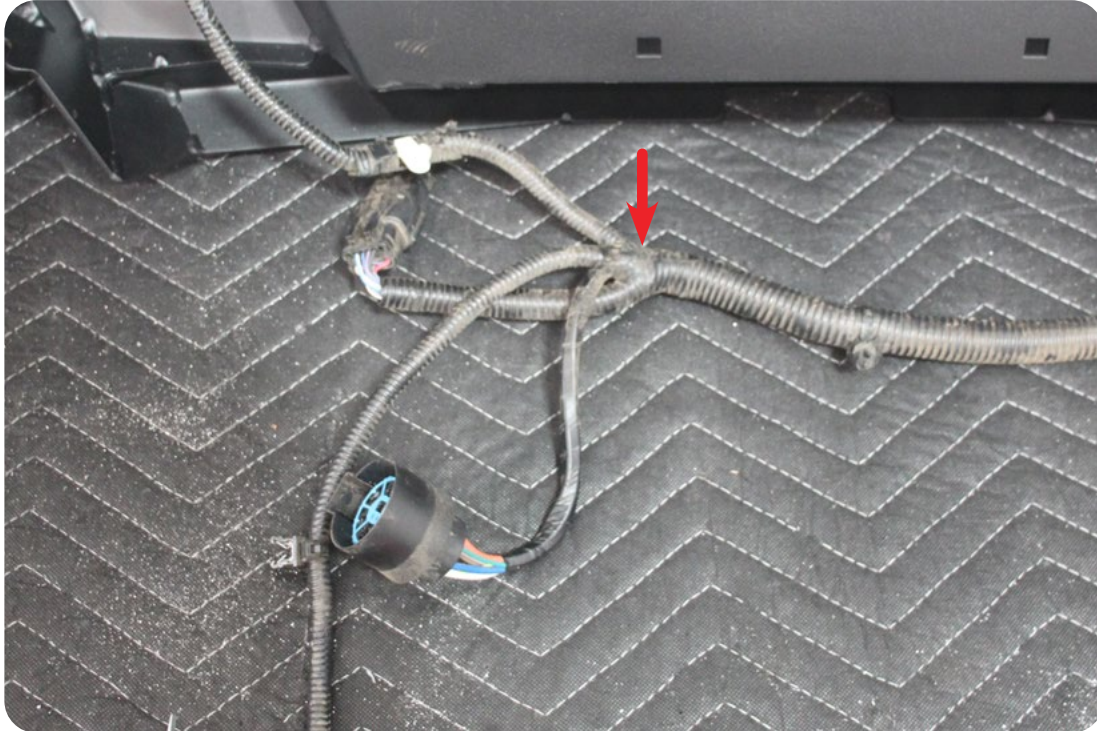


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INSTALL

□ STEP 12

Locate the trailer plug and remove the electrical tape to expose the wiring. Next pull the trailer plug wires out of the loom so the plug can reach.

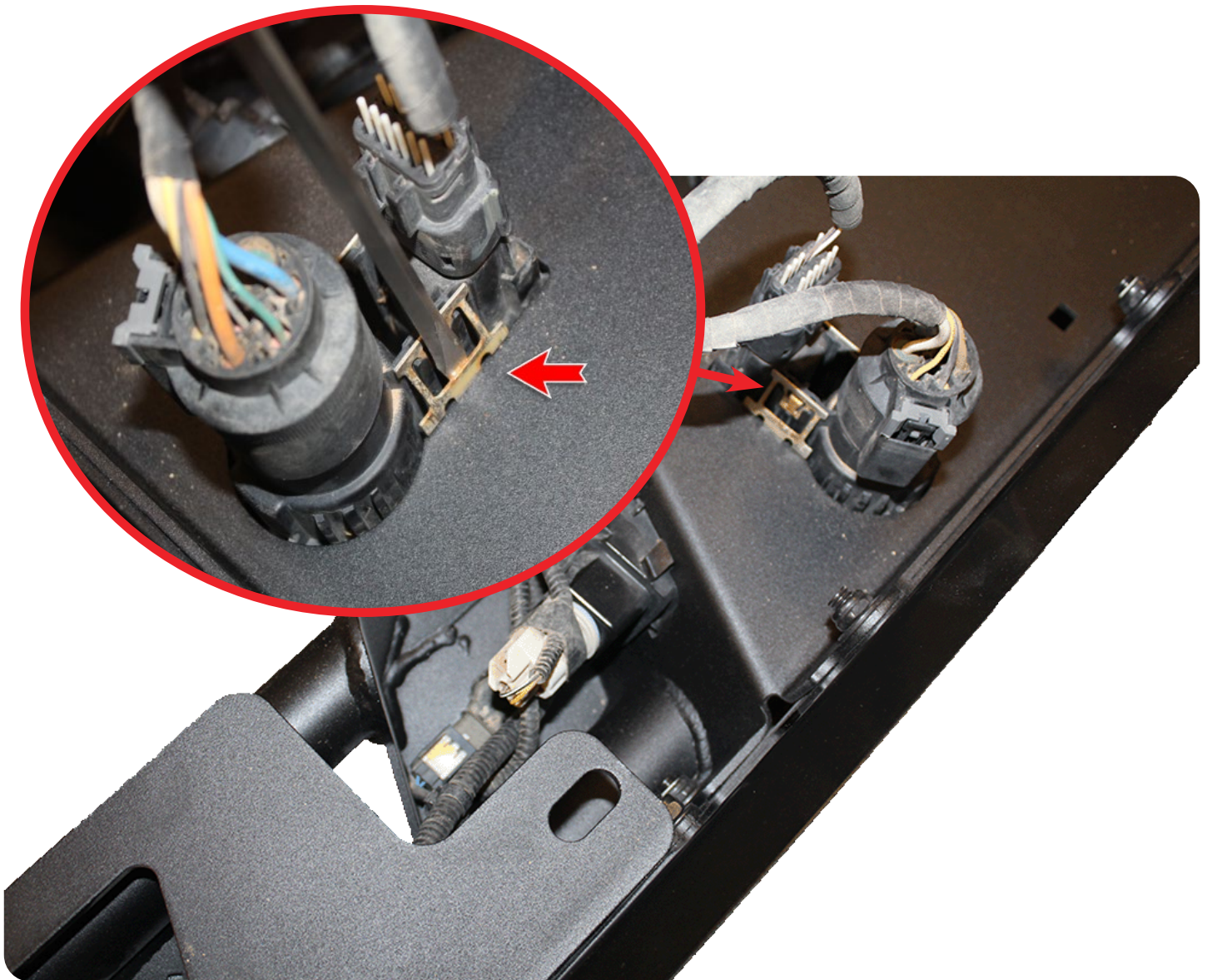


PRO BOLT ON REAR BUMPER 2024/FORD F-150

INSTALL

□ STEP 13

Install the trailer plug and pry out the tabs to securely seat plug using a (flathead screwdriver).



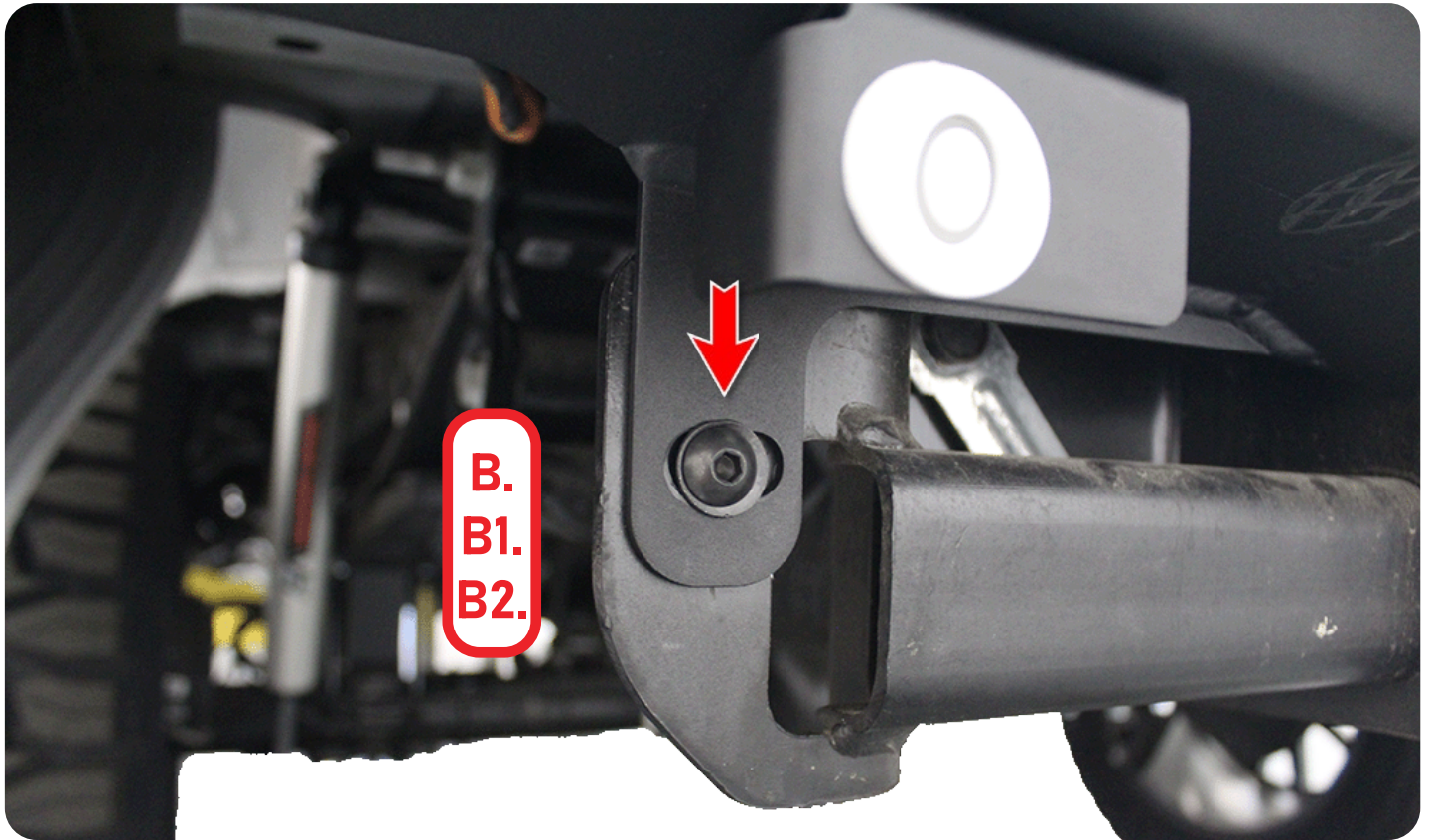


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INSTALL

□ STEP 14

With the help from another installer, use a (7/32 allen) and a (9/16 wrench) to install the Rear Bumper with the provided **(B, B1, B2)** 3/8-16 X 1 1/4" button head bolt, 3/8" flat washer, and 3/8-16" nylon lock nut.





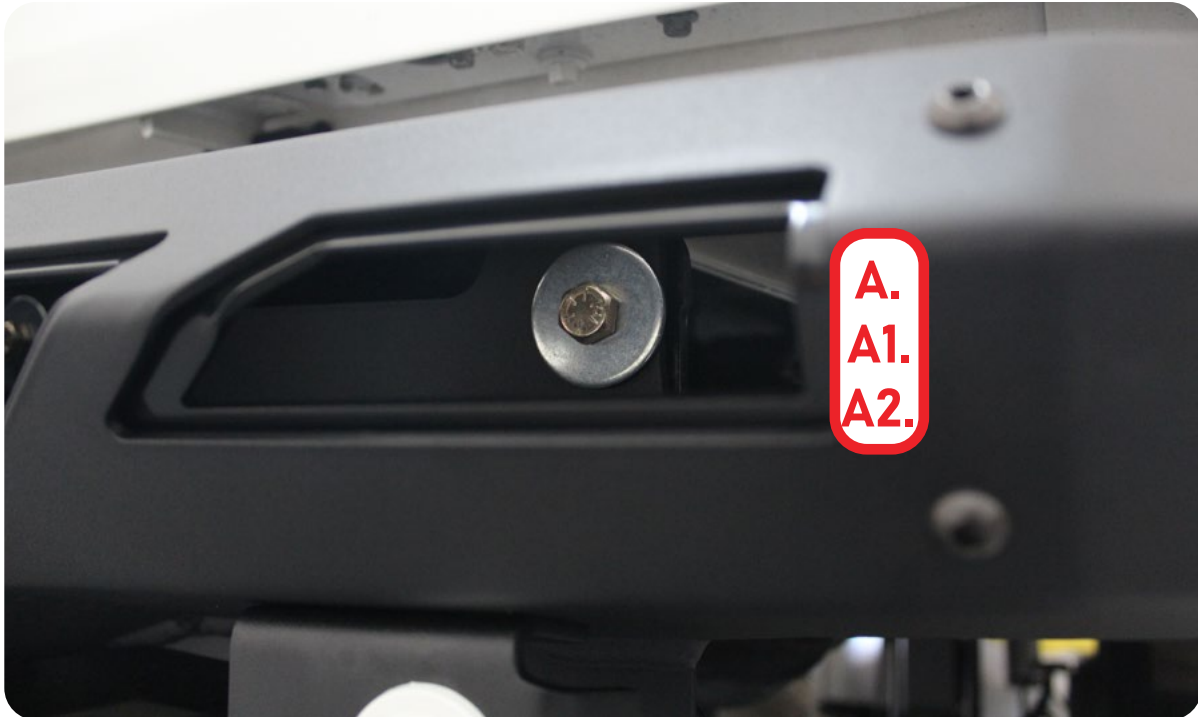
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PRO BOLT ON REAR BUMPER 2024/FORD F-150

INSTALL

□ STEP 15

Using a (9/16 socket) and a (9/16 wrench) Install the provided (A, A1, A2) 3/8-16 X 1" hex head bolts, 3/8" flat washers, and 3/8-16" nylon lock nuts for the top mounting holes. ****Ensure the bolt is facing in the directions shown in the pictures below****

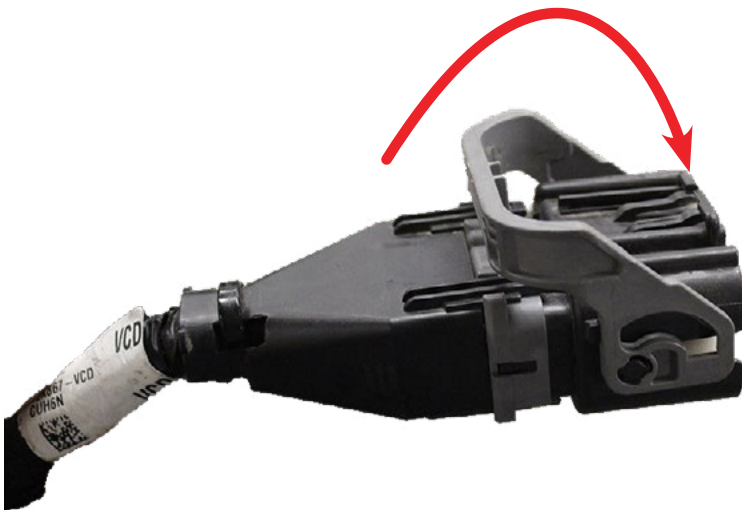
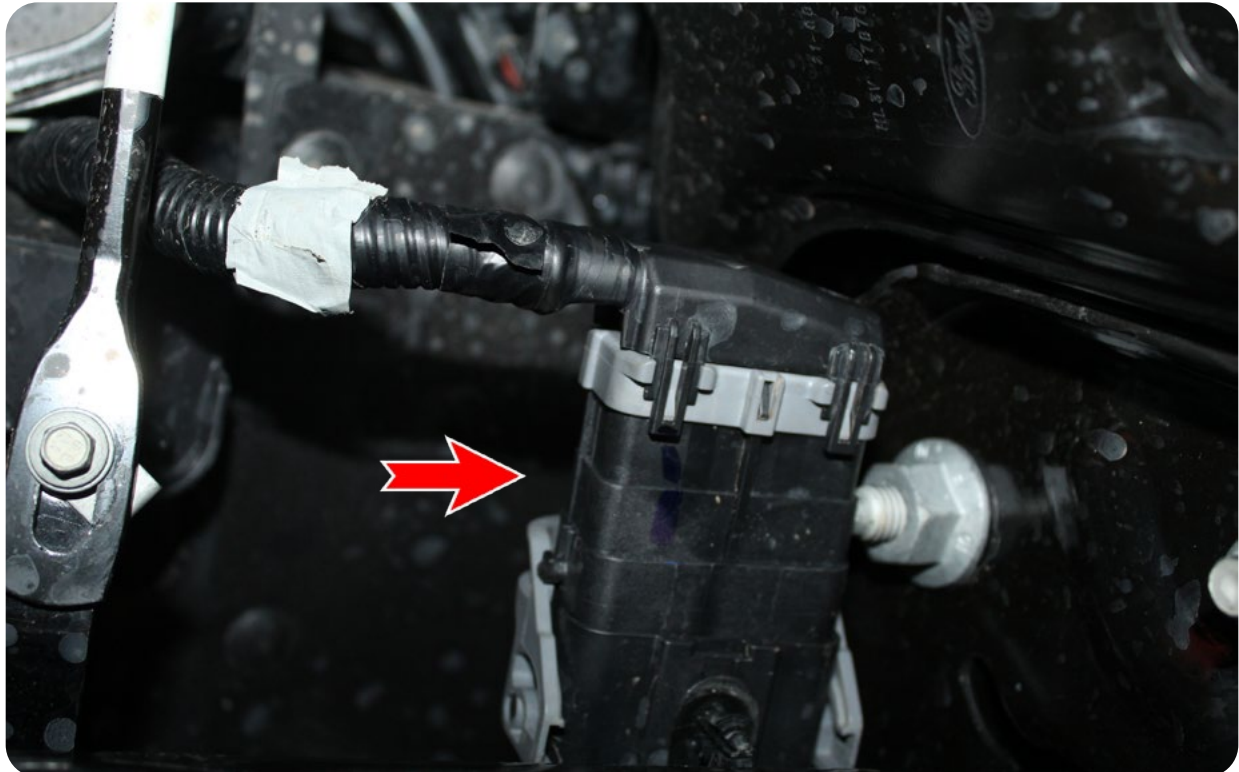


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INSTALL

□ STEP 16

Plug in the wire harness, and reinstall the ground using a (10mm). ****Ensure the clip is fully pushed down when plugged in as shown below****





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FINAL

STEP 17

Stand back and enjoy your new ADD Pro Bolt On Rear Bumper.

Check and re-tighten all mounting bolts after 100 miles and periodically thereafter.



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WWW.ADDICTIVEDESERTDESIGNS.COM/PATENTS

FOR ADDITIONAL SUPPORT OR TECHNICAL QUESTIONS,
PLEASE CALL 480-671-0820 OR
EMAIL INFO@ADDICTIVEDESERTDESIGNS.COM