

ROUGH COUNTRY

SUSPENSION SYSTEMS®

FORD 2004-08 F-150 Bumper

Thank you for choosing Rough Country for all your vehicle needs.

Please read instructions before beginning installation. Check the kit hardware against the kit contents shown below. Be sure you have all needed parts and know where they go.

If question exist, please call us @1-800-222-7023. We will be happy to answer any questions concerning this product. Check all fasteners for proper torque. Check to ensure for adequate clearance between all components. Periodically check all hardware for tightness.

KIT CONTENTS:

Front Bumper x1
 Driver Side Bumper x1
 Pass Side Bumper Bracket x1
 20" Single Row LED Light Kit x1
 2" Pod LED Light Kit x2
 Grill Bump Stop Brackets x2
 Hood Release Bracket x1
 License Plate Mount Plugs x2

TOOLS NEEDED:

10mm Wrench or Socket
 17mm Wrench or Socket
 21mm Wrench or Socket

HARDWARE INCLUDED:

10mm x 35mm Hex Bolts x10
 10mm Flat Washers x20
 10mm Lock Washers x10
 10mm Hex Nuts x10
 8mm x 25mm Hex Bolts x8
 8mm x 16mm Hex Bolts x2
 8mm Flat Washers x18
 8mm Lock Washers x10
 8mm Hex Nuts x8
 6mm x 20mm Button Head Bolts x2
 6mm Flat Washers x4
 6mm Nylock Nuts x2
 4mm Wrench x1
 Nylon Wire Ties x10



Torque Specs:

Size	Grade 5	Grade 8	Size	Class 8.8	Class 10.9
5/16"	15 ft/lbs	20ft/lbs	6MM	5ft/lbs	9ft/lbs
3/8"	30 ft/lbs	35ft/lbs	8MM	18ft/lbs	23ft/lbs
7/16"	45 ft/lbs	60ft/lbs	10MM	32ft/lbs	45ft/lbs
1/2"	65 ft/lbs	90ft/lbs	12MM	55ft/lbs	75ft/lbs
9/16"	95 ft/lbs	130ft/lbs	14MM	85ft/lbs	120ft/lbs
5/8"	135ft/lbs	175ft/lbs	16MM	130ft/lbs	165ft/lbs
3/4"	185ft/lbs	280ft/lbs	18MM	170ft/lbs	240ft/lbs

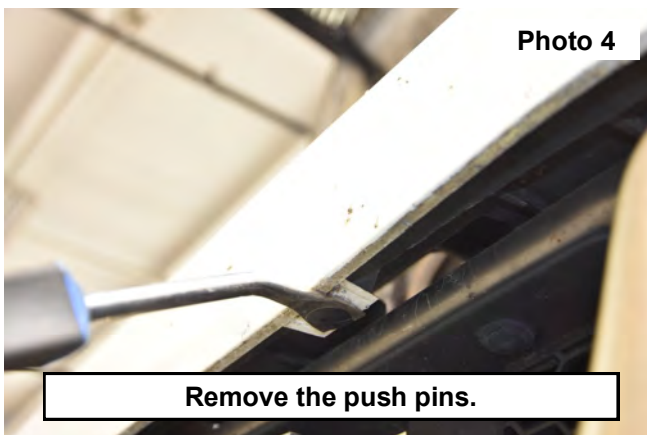


INSTALLATION INSTRUCTONS

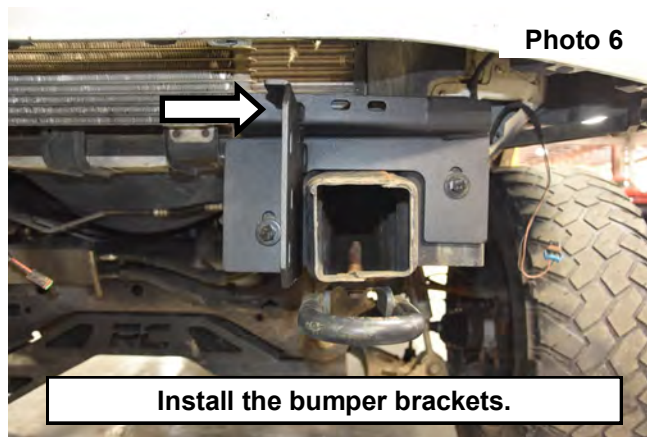
1. Unplug the fog lights on each side of the bumper. **See Photo 1.**
2. Remove the grille bump stops on each side of the bumper using a 10mm socket. **See Photo 2.**



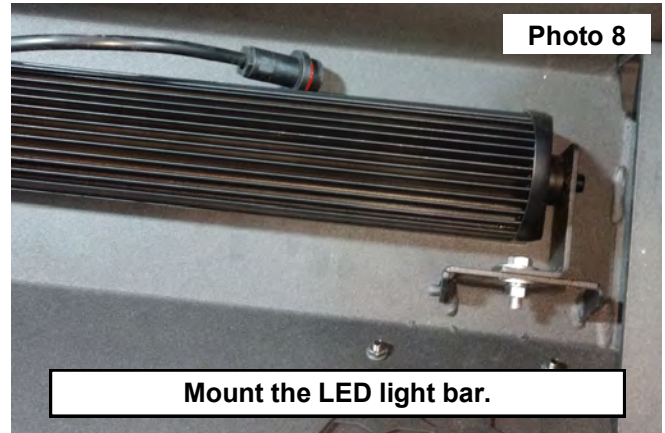
3. Remove the bolt from the hood latch lever using a 10mm socket. **See Photo 3.**
4. Remove the push pin retaining clips under the center of the bumper using a clip removal tool. **See Photo 4.**



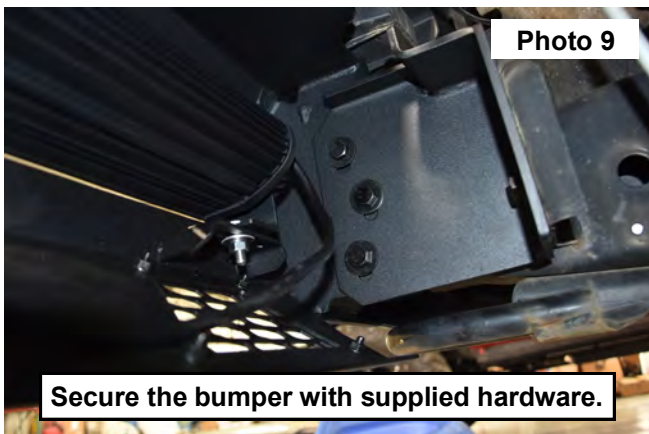
5. Support the bumper, then remove the (4) nuts from the back side of the frame mount using a 21mm socket. **See Photo 5.**
6. Remove the bumper from the vehicle.
7. Install the Left front bracket as shown in photo six with the bumper mounting bracket toward the inside of the vehicle using (2) of the supplied 10mm x 35mm hex head bolts (4) 10mm flat washers and (2) 10mm nylock nuts **See Photo 6.**



8. Locate the LED light mount hardware and the right and left brackets to install the center LED light to the bumper. **See Photo 7.**
9. Secure the brackets to the mounting tabs using (1) of the supplied 8mm x 25mm hex head bolts, (4) 8mm flat washer and (2) 8mm hex nuts. Then install the LED light bar using (2) of the 8mm x 16mm button head bolts. Tighten using a 13mm socket. **See Photo 8.**



10. Support the bumper and install it onto the vehicle using (2) of the supplied 10mm x 35mm hex head bolts (4) 10mm flat washers and (2) 10mm nylock nuts **See Photo 9.**
11. Center the bumper and snug the hardware on the bracket to the frame hardware using a 17mm socket and wrench.
12. Adjust the bumper under the front head light and grille bezel to an even look. Then tighten all hardware using a 17mm socket and wrench. **See Photo 10.**



13. Install the hood latch release bracket and secure the plastic trim to the bracket using the supplied 8mm x 25mm hex head bolts, 8mm flat washer and 8mm hex nuts. Tighten using a 13mm wrench and socket. **See Photo 11.**
14. Install the grill bump stop bracket using (2) of the supplied 8mm x 25mm hex head bolts, (4) 8mm flat washer and (2) 8mm hex nuts. Tighten using a 13mm wrench and socket. **See Photo 12.**
15. Install the OE grille bump stop using (1) of the supplied 8mm x 25mm hex head bolts, (2) 8mm flat washer and (1) 8mm hex nuts. Adjust as needed with the open and close of the hood. Tighten using a 13mm wrench and socket.

Photo 11

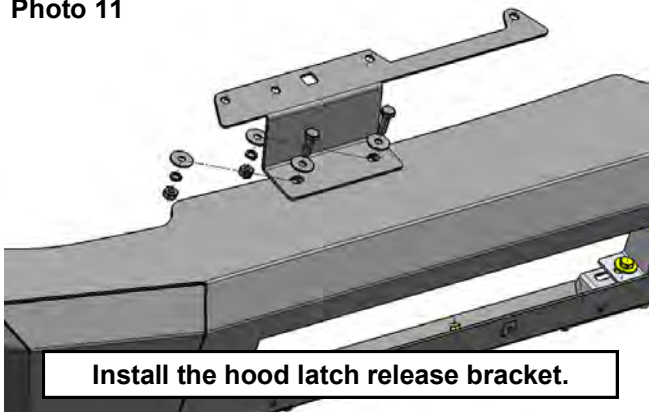


Photo 12



16. Install the supplied LED light harness to the vehicle using the instructions supplied with that kit.
17. Install the 2" LED lights on each side of the bumper with the hardware included in that kit and connect the harness to the vehicle.

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