

Front LED Winch Bumper

Installation Instructions

PARTS LIST

Front bumper
2ea Bumper cap brackets

TOOLS NEEDED FOR INSTALLATION

Ratchet
18mm Deep Socket
10mm Socket
8mm Socket

PART NUMBER 57-0110
FITS FORD F-150 2009-2014

PRIOR TO INSTALLATION

- Read these instructions and make sure kit is complete before beginning the installation.
- This bumper accommodates a 50 inch LED light bar. This item is not supplied but can be purchased separately. If purchasing a light bar be sure to measure the distance between the mounting points on the front hoop of the bumper to ensure the light bar you purchase can be installed.
- **NOTE:** The bumper is a heavy product and it is recommended to have 2 people available for installation.

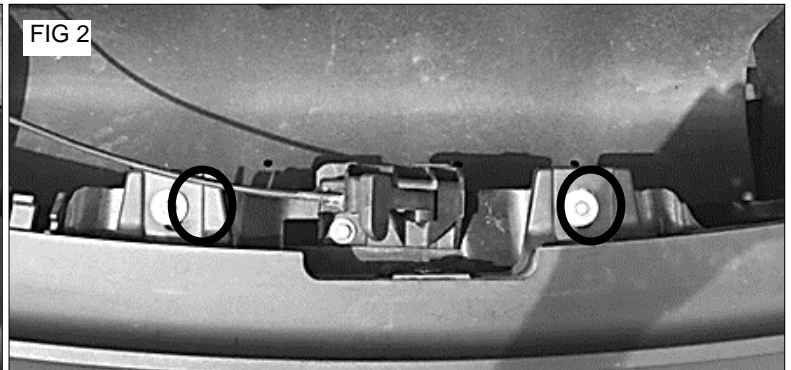
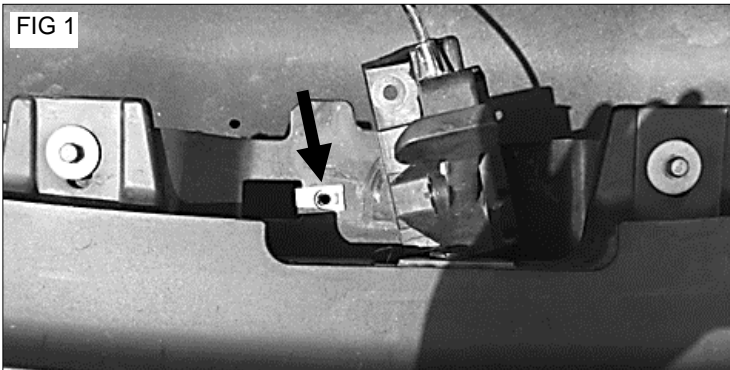
FACTORY BUMPER REMOVAL

Step 1. Removal of hood latch release bracket

- Remove 1 center factory bolt and move the hood release out of the way of the installation. **Fig 1**
- Remove 2 outside factory bolts on hood release latch. **Fig 2**

Step 2. Removal of bumper

- Working under the truck remove four 18mm nuts from frame where bumper attaches (two bolts per side). **Fig 3 & 4**
- With the help of an assistant pull the bumper off the truck frame. Set aside all factory hardware.



Step 3. Remove hood latch release bracket from bumper

- Remove 2 factory outside bolts and lift bracket away from bumper. **Fig 5 & 6**
- Remove the 2 speed clips from the top edge of the bumper and save for later use. **Fig 7**

FIG 5



FIG 6

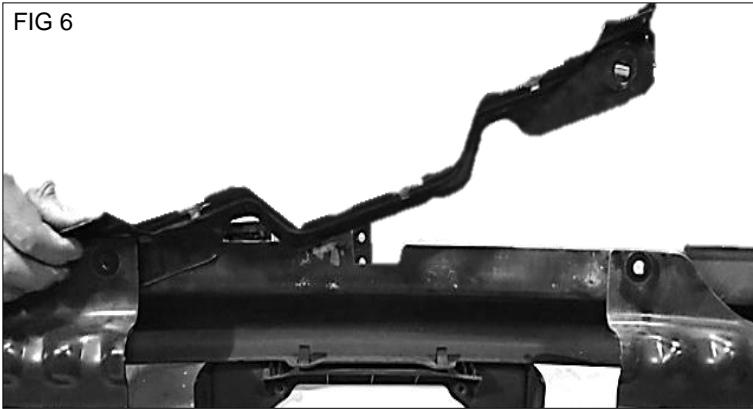
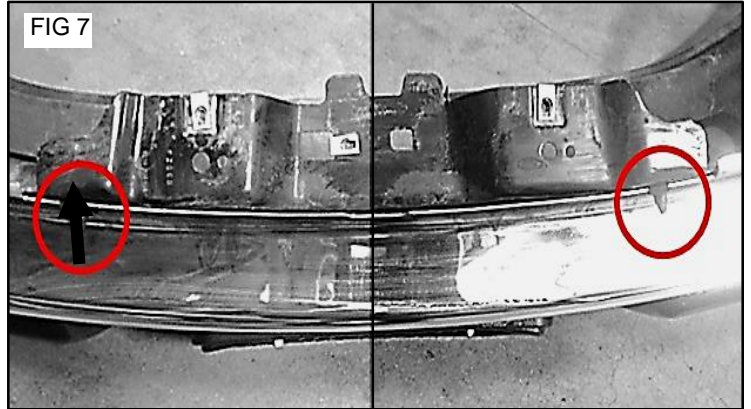


FIG 7

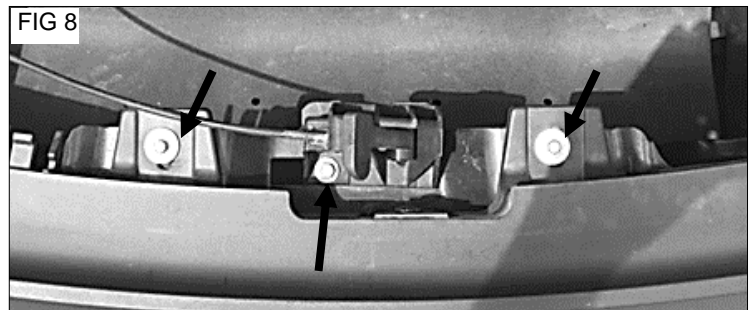


Installation of New Bumper

Step 1. Re-Install Factory Hood release bracket

- Place Factory Hood release bracket back into the truck. Line up the holes in the Bumper Cap with the holes in the Hood release bracket. **Fig 8**
- Re-use factory bolts set aside above to install bracket

FIG 8



Step 2. Installation of New Bumper

- With the aid of an assistant place new bumper up to frame. Line up holes in the bumper with holes in the frame.
- Sandwich a provided washer on the outermost hole in between the bumper and the frame. **Fig 9**
- Install the factory bolts removed above and start the factory nuts but **DO NOT** tighten any nuts at this time. **Fig 10 & 11**

FIG 9

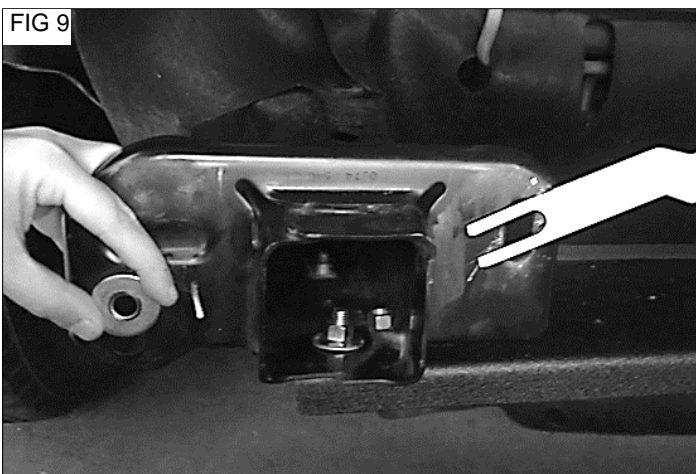


FIG 10

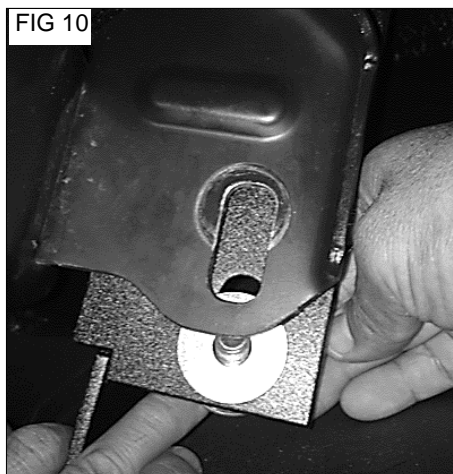
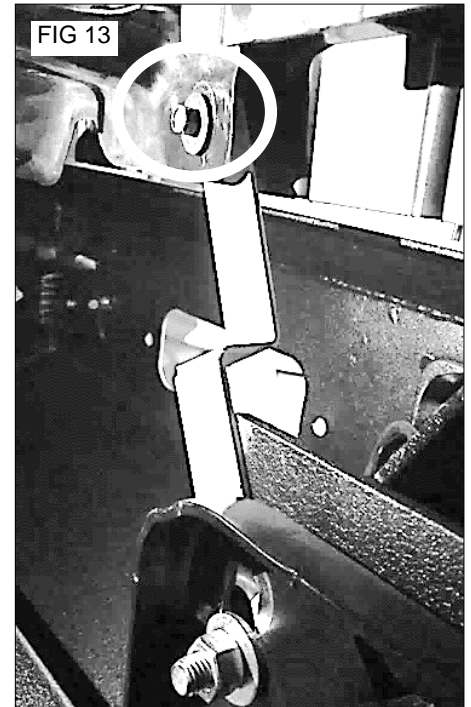
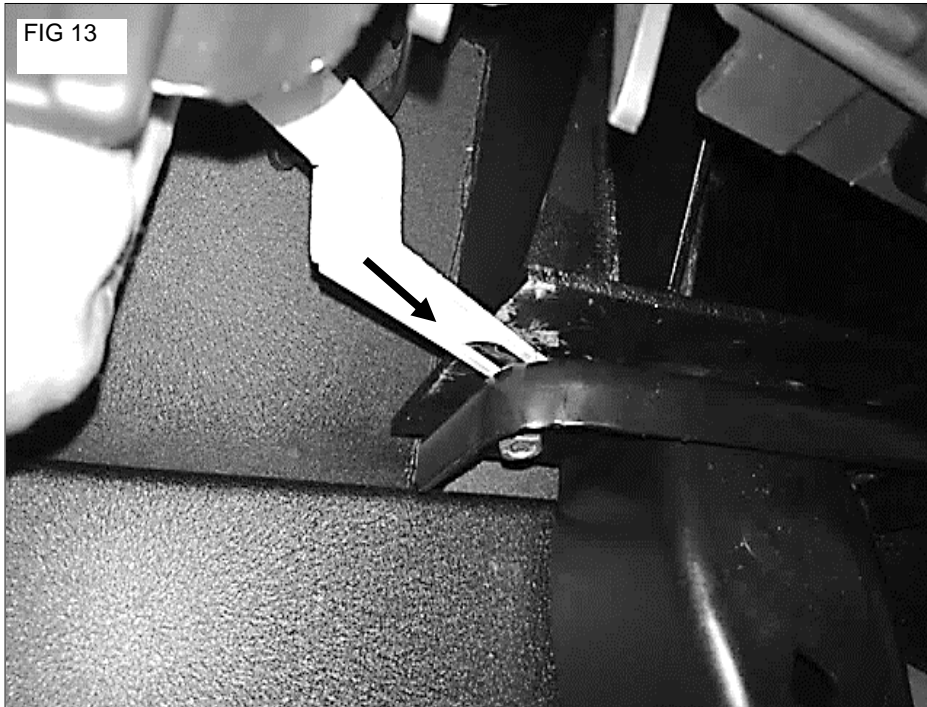
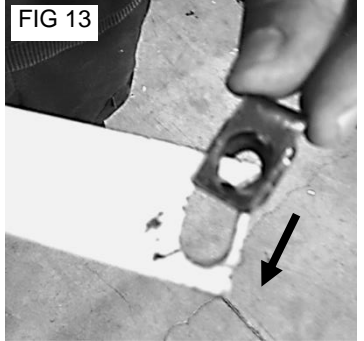


FIG 11



Step 3. Install Bumper Cap Brackets

- Locate the Two supplied bumper cap brackets.
- Slide the speed clips removed from the bumper (page 2 step 3) over the slot on the bracket. **Fig 12**
- Sandwich the U end in between the bumper and the frame around the innermost bolt that is loose. **Fig 13**
- Bolt the top side of the bumper cap bracket to the speed clip on the hood latch bracket with OEM hardware. **Fig 14**
- Adjust bumper for best fit and tighten down all bolts.



Electrical Connections

This bumper comes complete with LED lights which need to be connected to a power source. If you are not qualified to make the proper connections we highly recommend that you contact an installation expert to complete the connections. The hardware kit comes complete with a wiring harness. This harness can be used to connect the LED lights to your power supply. They are included for your convenience but your specific installation may require additional wiring and other components not supplied in our hardware kit.



Note bumper Does NOT include 50" LED light bar shown above