

4RUNNER STRIKE FRONT WINCH BUMPER INSTALLATION INSTRUCTIONS

TOOLS NEEDED

- Pry tool
- 10mm socket
- 14mm socket
- Cutting tool

HARDWARE

- 3/8 X 1" Button Head qty. 6
- 3/8 Flange Nut qty. 6
- 5/16-18 x 3/4" Button Head qty. 4
- 5/16-18 Flange Nut qty. 4
- 5/16 Flat Washer qty. 2
- M10 Flanged Hex Head qty. 8

Please read the instructions below carefully before attempting to install.

1. Remove the clips holding the top portion of the bumper on using a dash tool. You only need to remove the 4 closest to the top part of the bumper.



Once you remove the 4 clips, lift the cover up and remove 2 more clips. There is 1 clip on each side.



2. Use a 10mm socket to remove the bolt in the middle.



3. Remove all the bolts on the bottom that hold the bumper cover in place. You will also have to remove 3 bolts along the fender liner on both sides.



4. Remove the top part of the bumper by simply pulling the top portion off.



5. Remove the bumper. Gently pull the bumper away from the vehicle to release the snaps. Make sure not to pull the bumper completely off because the fog lights are still connected. Once you get 1 side loose, disconnect the fog lights so you can remove the entire bumper.



6. Use a 10mm socket and remove the 2 bolts on the bottom skid. Remove the bolts connecting the inner fender to the bumper bracket.



7. Use a 14mm socket and remove the bumper mounting bolts. There are three on the outside of the frame rail and one on the inside of the frame rail. Repeat the same steps on the other side. Remove the factory bumper and then reinstall the factory plastic cover we removed earlier.



8. Place tape along the body line edge just below the mesh grill. We will make our cut about 1/4" below that edge. This 4Runner had already been cut for the Blitz bumper. This center cut will remain the same. This cut will be covered by the Strike Bumper.



9. We will now make three measurements to mark the lines for the wing. The first will be 9 1/2" down from the bumper cover seam down to the corner of the bumper.



The second mark will be measuring horizontally from the edge of the fog light housing in toward the center of the vehicle 2 1/2" and down from the top corner of the fog light housing 5 1/2". Where those two lines meet will be our second mark.



The third mark will be made by measuring straight down from the seam at the fender 1 1/2".



10. Now connect the marks with straight lines. This can be done one of two ways, by eye, using tape as a straight edge, or with a laser level (locked and adjusted). Repeat this process on the other side.

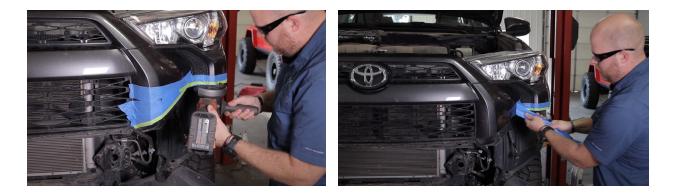


11. With the lines marked, it's time to make the cut. The cut will be only through plastic so you can use a sawzall, body saw, etc. We will be using a 4" cutoff wheel because it makes for a very straight line. Be careful, wear eye protection, and be sure to check behind the bumper for any wiring/ hard lines/etc. We found it was easiest to finish the cut through the fog light housing with a utility knife.

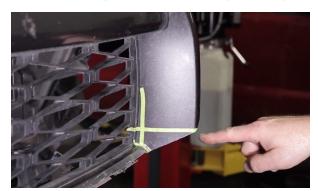




12. Clean up the cut with a flap wheel or sand paper and remove the tape.



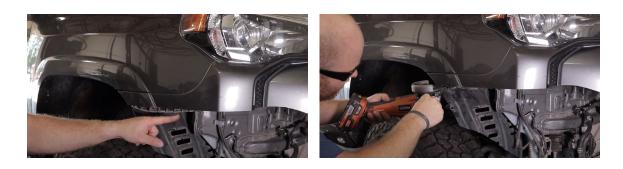
13. We will then make another cut with a utility knife on each side (as shown) to allow the bumper to slide in place. The top line will be straight back from the corner (parallel to the ground).







14. Next, trim the plastic bumper cover bracket near the fender. There is a metal bracket behind it that does not need to be cut, so be aware of that. You could mark the bumper line on the plastic bracket, remove it and then make the cut and reinstall it.



15. If installing a winch: loosen the bolts holding the cooling line in place and carefully bend the line toward the vehicle to make clearance for the winch. Use a 10mm socket and loosen the bolts holding the bracket in place. You do not need to remove the bolts.



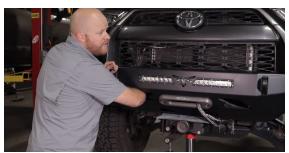
16. Assemble the Strike bumper. Start by installing a light bar or the aluminum filler panel and winch. If you are using a light bar you will need at least a 20" bar with a mounting width of 22". Cube lights can be installed now or after the bumper is installed



17. Mount the bumper. Have a friend help you or use a jack. Be sure to tuck the lower portion of the grill behind and under the top face of the bumper. Once you get the bumper mounted on the frame, loosely tighten the two inside bolts first, then tighten the three outside bolts on both sides. After you get all of the bolts loosely installed, tighten them down.







18. Press the inner fender up against the sheet metal, mark the line and cut with a utility knife or snips. Next, drill two holes in the plastic in order to zip tie it up out of the way.



19. Be sure to check that all of your bolts are tight and that's it! Enjoy your new Strike Front Bumper!