

ROCKSLIDERS DEFENDER 110

Application: Land Rover Defender 110

Check all parts are correct before disassembly

Tools required

Penetrating Oil

10, 13 & 19mm combination wrenches

Ratchet

10, 13 & 19mm sockets

Copper grease

Scribe

Jack & axle stand (or a lift)

Hacksaw/angle grinder

Drill & 10mm HSS drill bit

Stanley Knife

Safety!

Before starting work on the vehicle ensure that you fully understand the procedure and have the necessary tools and parts to complete the job. If you are unsure phone Extreme 4x4 Ltd and ask for technical assistance or have the work carried out by a competent workshop.

Installation guide.

- 1) At least 24 hours before starting the job, treat all bolts to a thorough soaking with penetrating oil (use dedicated product). Then, the first task will be to remove the original sill.



- 2) Use a 10mm spanner and socket to remove four nuts and bolts along the sill.



- 4) Use a 19mm spanner to remove the last nut; push bolt through to free sill's flange.



- 3) Remove the nut and bolt at each end of the sill (they lock the plastic arch to it.)



- 5) If the bolt moves freely, use a spanner on it's head in the front wheel arch.

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6) Sill comes off easily. Bend it out cleanly from the arch trims, about mid span.



10) Check how well the sill's front and rear edges align with the rest of the vehicle.



7) When the sill's off, remove this large bolt, smear it with copper grease and refit.



11) You'll be lucky if the sill is a precise fit. Instead, aim for an equal gap each end...



8) Place slider flange over bolt and replace nut loosely. Support back end with jack.



12) ...by adding washers between flange and outrigger to move sill backwards.



9) Panel above sill may protrude too far. If so, trim with hacksaw or angle grinder.



13) At rear, slider butts up to blank-ended outriggers. This one's under rear door.

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14) Ensure sill's in correct position; mark where holes are (two on each mount)



15) Remove rock slider and drill the four 10mm holes in the two outriggers.



16) Treat outrigger ends to anti-rust wax. Replace slider; tighten all nuts, bolts.



17) You may need to cut wheel arch trims around sliders. A Stanley knife is ideal



18) After that, tightening the big bolt at either end of the panel is the final job.



19) Finished results. They offer protection and, as a bonus, they look pretty good.



20) Fitting Rocksliders to a 90 is similar, but the two rear outriggers aren't there.....



21)..... so most 90 items use these brackets, which anchor inside rear chassis tube.

Many thanks to Land Rover Owner Magazine.

Extreme 4x4 Ltd does not accept any responsibility for parts, which are not fitted correctly.

Always drive your vehicle according to the prevailing conditions and your own driving ability.