

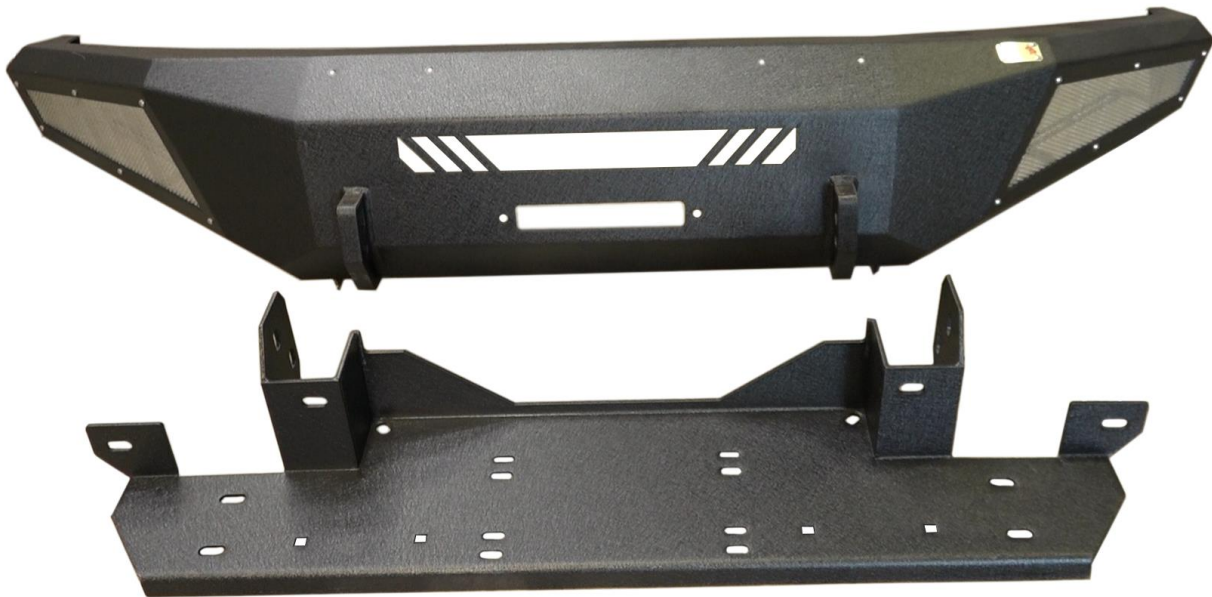


INSTALLATION INSTRUCTIONS

PART No.

FB22347

**09-14 Ford F-150
Front Bumper**



REQUIRED TOOLS

8mm Socket
18mm Socket
18mm Wrench

Help of a Friend

KIT CONTAINS

Front Bumper
Winch Plate
M12 Hex Bolt
M12 Hex Nut
M12 Lock Washer
M12 Flat Washer
D-Rings

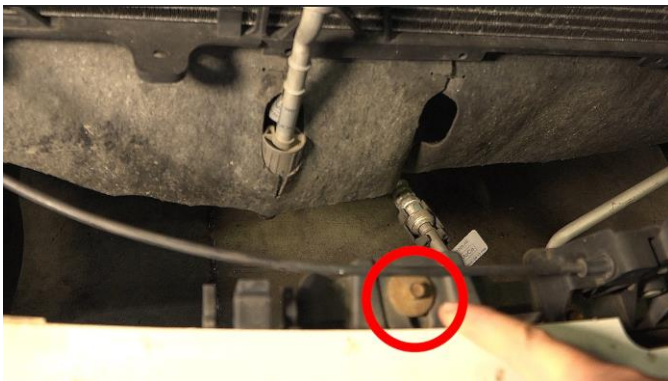
QTY

1
1
10
10
10
20
2

2234700

1) UNINSTALL FACTORY BUMPER

Pop your hood and with an 8mm socket, remove the two bolts immediately left and right of the hood latch.



Unplug your fog lights

With an 18mm socket, remove the 4 bumper bolts (2 on each side) from the frame rails, and remove your bumper.



2) INSTALL WINCH PLATE

With an 18mm socket, remove the two bolts from the tow hooks on each side.



Loosely install the winch plate into those holes by reusing the factory bolts, and 4 bolts for the front of the brackets.

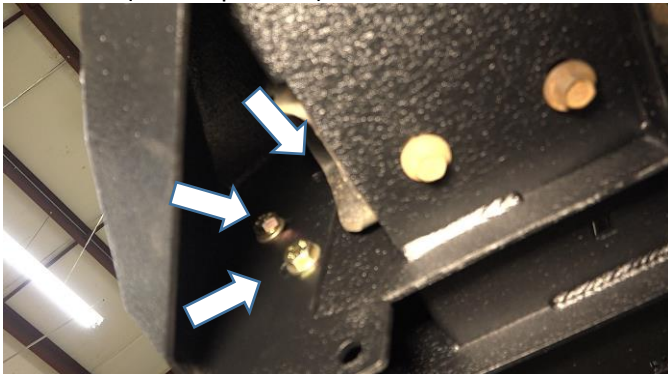




3) INSTALL BUMPER

With the help of a friend, hold the bumper up to the winch plate and loosely secure it with the included hardware (5 bolts per side).

Finally, install your fog lights behind the meshes, and install your winch of choice.



Shift the bumper around until it is centered and flush with the fenders.



With an 18mm socket and wrench, tighten down all the bolts.