



INSTALLATION INSTRUCTIONS

PART No.

FB22356

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



VIDEO AVAILABLE



REQUIRED TOOLS

21mm Socket
Screw Driver

Help of a Friend

KIT CONTAINS

Rear Bumper
M6 Button Head Bolt
M6 Flat Washer
D-Rings

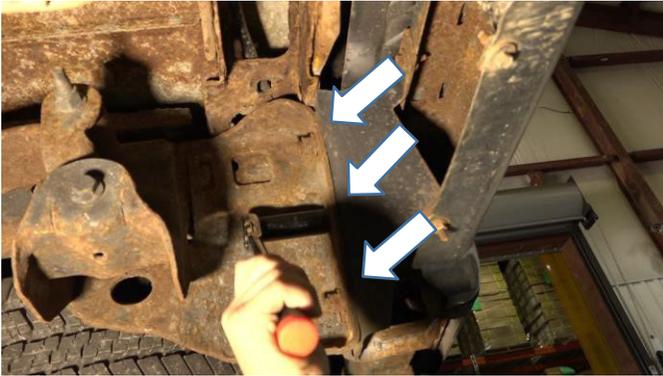
QTY

1
4
4
2

2235600

1) UNINSTALL FACTORY BUMPER

With a 21mm socket, uninstall your rear bumper by removing the 6 retaining hex nuts (3 on each side) that secure it to the frame rails.



If your vehicle comes with a hitch plug and/or sensors, unplug their power harnesses at this time.

2) UNINSTALL AND REINSTALL HITCH

With a 10mm socket remove the 4 retaining hex bolts from the hitch brackets. With the hitch free, push out the 2 stud plates, and set the plastic shell aside.



Set your new bumper on a flat surface facing away from you. Set the hitch onto the bumper's brackets and push the stud plates through both the bumper and hitch.



3) INSTALL BUMPER

With the help of a friend, hold the bumper up to the frame and slide the stud plates back into place. With the 6 factory hex nuts, secure the bumper and hitch to the vehicle.





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The factory parking sensors require trimming to be installed. First remove the sensor from its factory retainer in the bumper then with a method of your choice trim the tabs that hold the sensors to the retainer to allow it to slide in and fit flush with your new bumper.

Finally, reinstall your hitch plug and sensors if applicable, followed by your license plate with the included 4 button head bolts and a screw driver.



