

★ U.S. OFF ROAD ★

2007-2014 Toyota FJ Cruiser Winch Mount Installation Instructions

Tools Required:

- ▲ Small flat head screw driver
- ▲ Ratchet, 10mm, 14mm & 19mm sockets
- ▲ Torque Wrench
- ▲ Utility knife, dremel and/or hacksaw

Items Included:

- ▲ Winch Mount
- ▲ 2 x Ear Plates
- ▲ 2 x 12mm bolts
- ▲ 2 x 12mm fender washers

PLEASE READ THESE INSTRUCTIONS FROM START TO END BEFORE PROCEEDING.

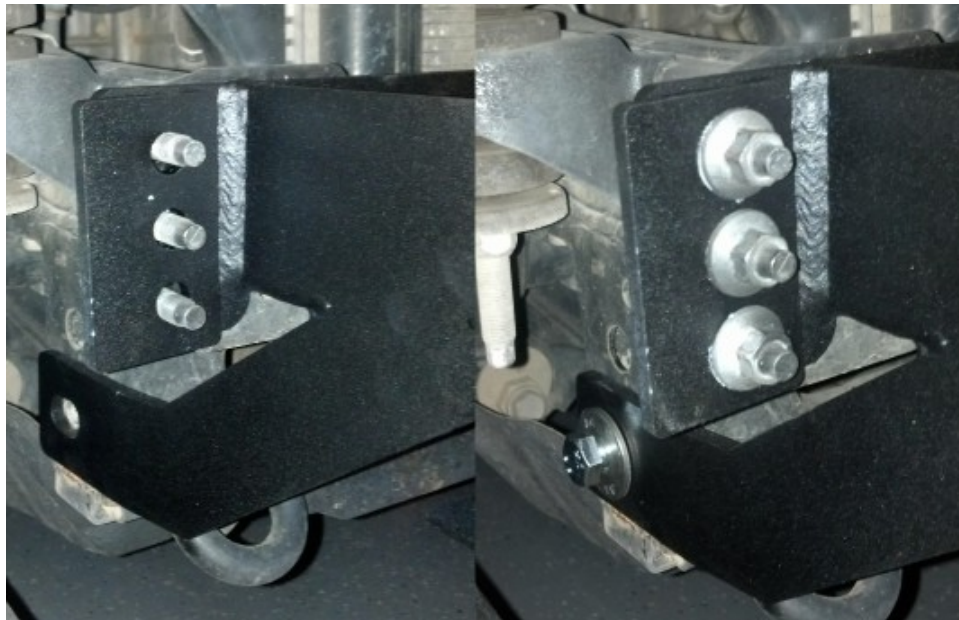
Thank you for purchasing the U.S. Off Road winch mount bumper for the 2007-2014 Toyota FJ Cruiser. This bumper provides a method to mount most winches within the factory bumper cover and also provides recovery points and light mount tabs for typical 3"x3" square off road lights.



Version 3 was released in March of 2015 and incorporates some minor improvements but most notably the shackle mounts are now 1" wide and have a new shape.



We have also included a set of 'ear plates' that act as washers to give the maximum amount of surface area for the mounting nuts.



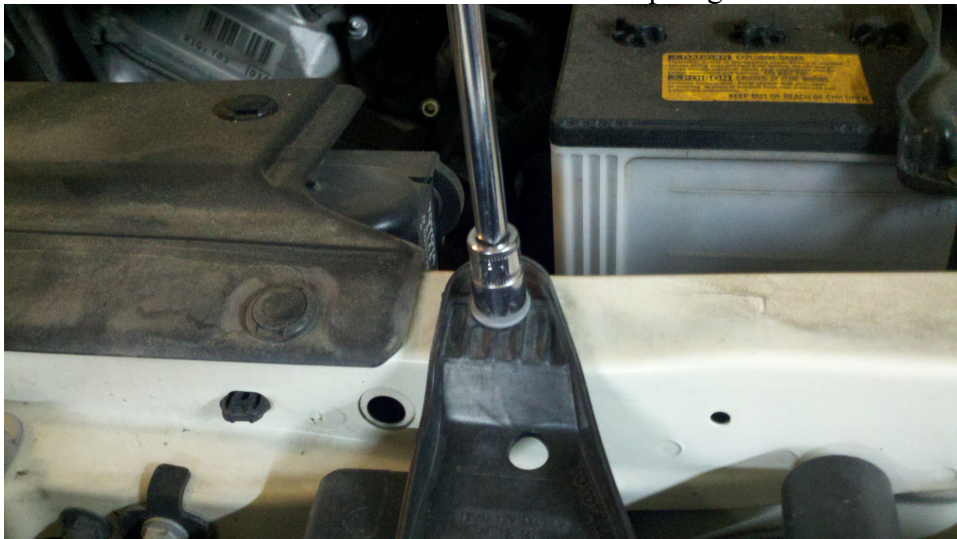
Step 1:

Open the hood. Find the two flat plastic retainers at each end of the grill. Insert a small flat head screw driver in to the recess under the retainer head and pry up then pull the retainer out of the hole. Keep these you will need them to reinstall the grill.



Step 2:

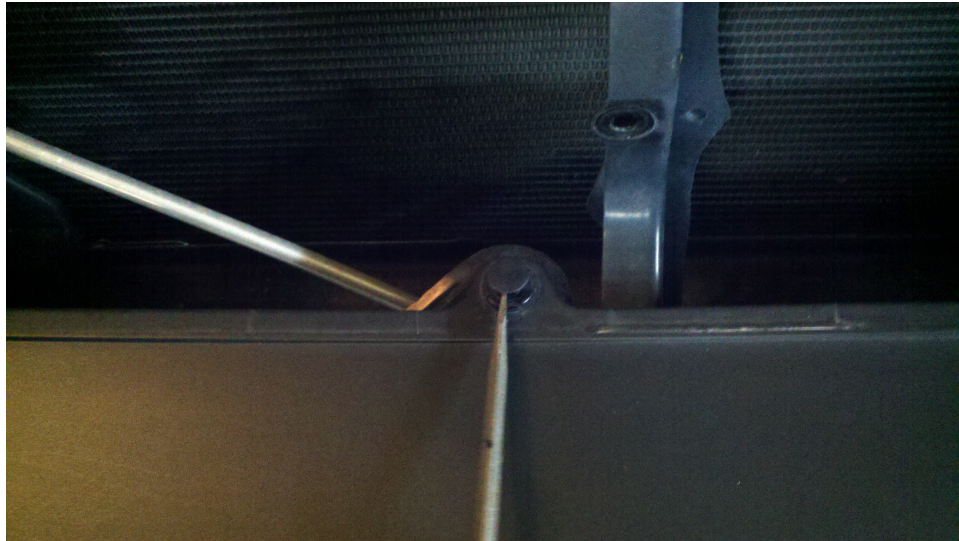
Use a ratchet and 10mm socket to remove 2 bolts from top of grill.



You can now pull and remove the grille. Only give it as much force as needed, don't just give it everything you've got or you can break the plastic clips you see behind the grille. If you have AeroFlow light covers you should remove those first.

Step 3:

Now that you can see the top of your bumper cover you need to remove the 3 plastic popup retainers (same as the 2 on top of the grille you just removed).



Step 4:

Using your ratchet and 10mm socket, remove the bolts along the front of the fenderwells (2) and another 6 along the bottom of the bumper cover. Save them as you will need most of them later.



The bumper cover is ready to remove but is still attached via two plastic mounts on the sides underneath the cover. We have found that if you grab the inner fenderwell portion of the cover and pull towards the rear of the vehicle then out to the side it is easier to remove without breaking any plastic mounts. Patience and finesse are key here.

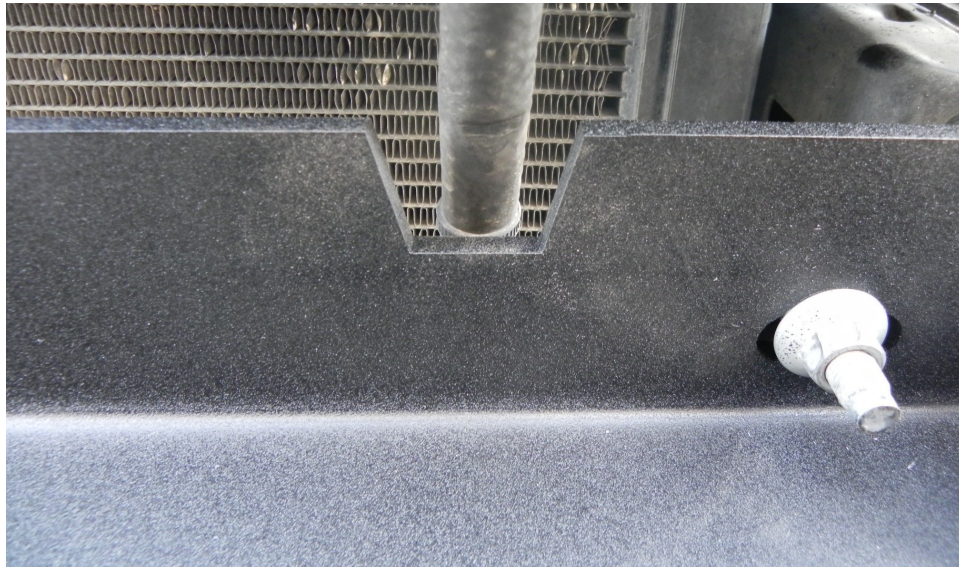
Step 5:

Remove the stock square tube bumper using a ratchet and 14mm sockets. You will probably want to use a 1/2" drive or an air impact wrench as these nuts are very tight. There will be 4 on each side for a total of 8 Save the nuts as you will need them to install the winch mount. You can discard the stock bumper tube.

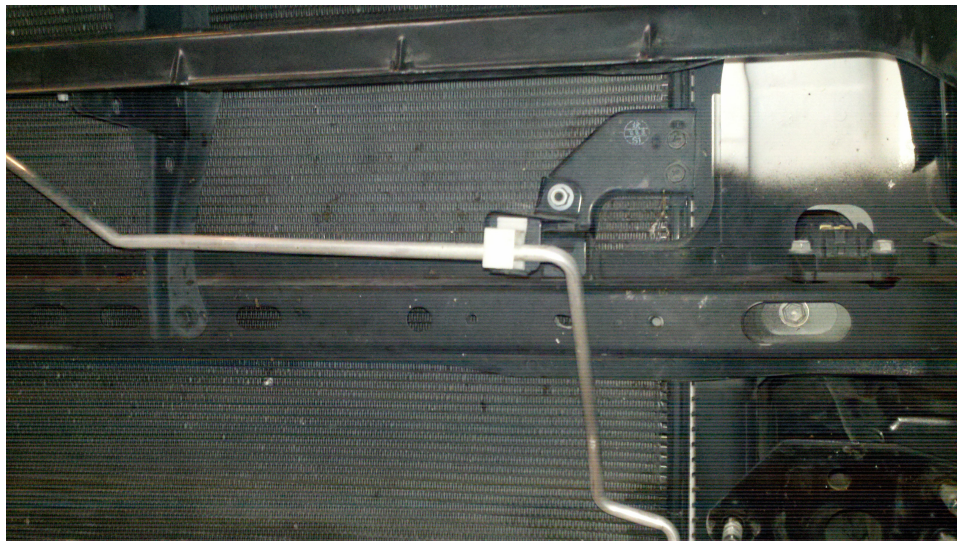
Step 6:

We have cut a relief notch in the back plane of the bumper for the A/C line but some will still

need to move the Air Conditioning line towards the radiator about 1 to 1 1/4”.



This is a common scenario when installing any aftermarket bumper with a winch mount on an FJ. The easiest way is to modify the mounting bracket as shown below but you may need to take your FJ to an A/C shop to have it moved more. All installations will vary.



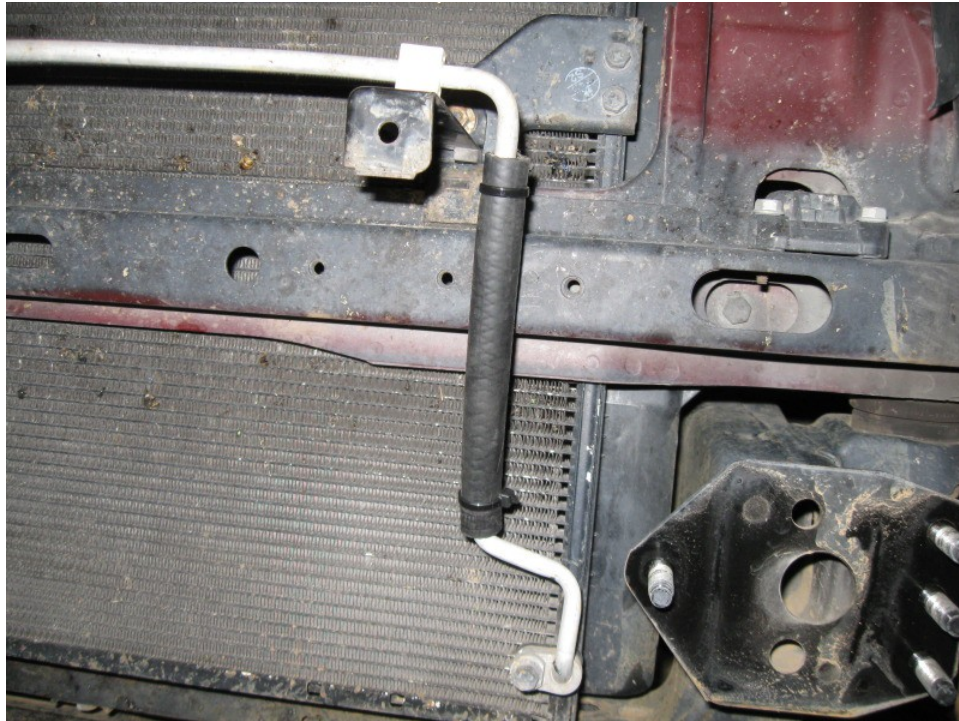
Here is the A/C line. The rear of the winch mount can hit this line if you do not move it and will eventually rub through the tubing if it does make contact.

The simplest way to do this is to remove the clip from the mount then unbolt the mount using your 10mm ratchet. You will need to drill the same size hole about 1 1/4" back then reinstall the plastic mount as shown here.

So it looks like this when reinstalled.



You may also decide to move the line to the top part of the bracket. It varies from FJ to FJ.



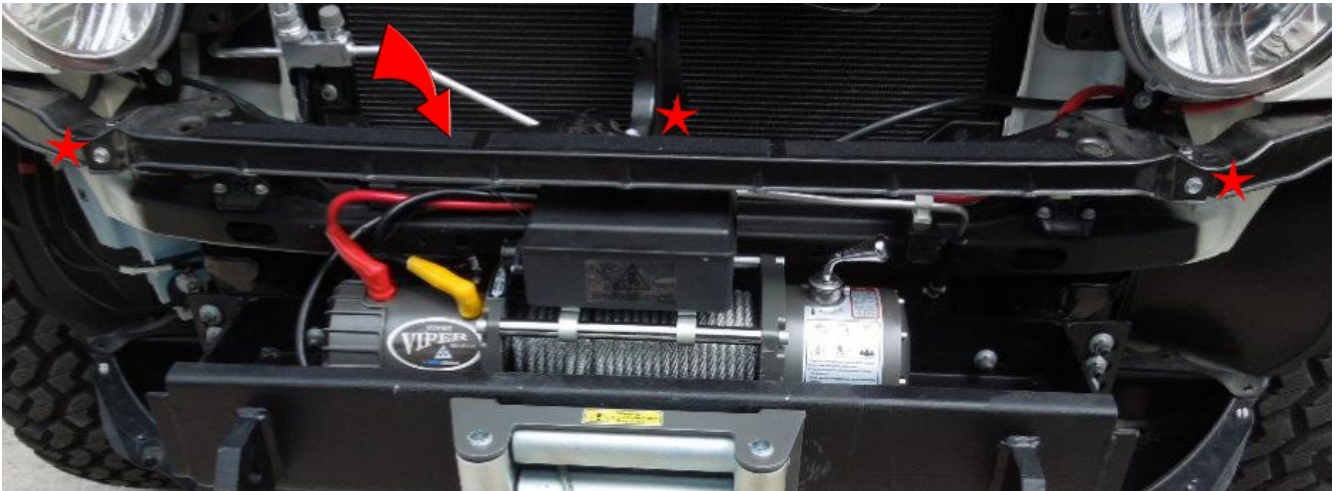
Cut a 6" section of 3/8" fuel line, split down the length and slide over the A/C line carefully. You can use two zip ties or hose clamps to secure. Make sure the hose is situated where the line could rub the

rear of the winch mount. If the rubber hose is rubbing on the mount we suggest keeping an eye on it in case it rubs through to the A/C line. This is merely **one** way of dealing with the A/C line. You may prefer another method. We strongly suggest using an A/C shop to bend your line accordingly if these methods do not create the necessary clearance.

Step 7:

Before painting the winch mount we strongly suggest test fitting on the vehicle and mock up your winch and solenoid. There are many different types of winches and designs. Some will fit without remote mounting the solenoid, some will not. We suggest reading our winch fitment guide: <http://www.usoffroad.us/winch-fitment/> on our website for some helpful hints.

You can also install your mount then remove the center brace shown below to install your winch.



Although we have test fitted extensively there can be variations on the vehicle or winch mount, or both. This is simply a manufacturing reality. Typically you will not need to alter the bolt holes. A tight fit is required to maintain proper alignment when using the winch so if any material removal is necessary only remove **only** what is absolutely necessary. A carbide burr can be chucked up in a drill or air grinder (use your safety glasses!) but be careful not to remove more than necessary as a burr is very sharp and can remove steel quickly. Please let us know if you experience any fitment issues.

Step 8:

Once the winch mount has been verified to fit your FJ you will need to prepare it for painting or coating. While the mount is bare steel and has been ground smooth you might to take a little 220 grit sandpaper or a wire brush on a 4" grinder to remove any small imperfections before priming.



You **must** give it a thorough cleaning using Wax & Grease remover that can be found at any auto parts store in the paint section. This is necessary to remove machine oils and other contaminants that will prevent paint and/or powder coat from adhering to the steel. Make sure you clean every corner and groove.

Our preferred method of painting is 3 coats of primer then spraying with undercoat everywhere except the front. Just remember, undercoat can take 48+ hours to fully cure. Topcoat with several coats using a quality semi gloss black paint front to back. Paint or powder coat to your liking but we prefer paint as it is easier to color match during repairs. POR-15 is another good alternative. Some also like to Linex or Rhino coat which is very durable. If you use this off road you **will** scratch it!

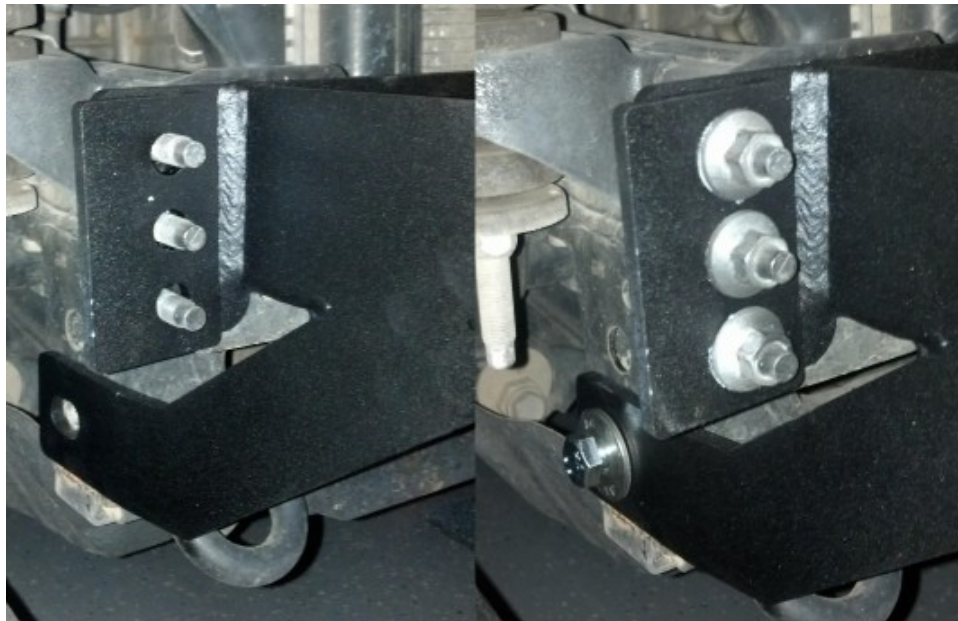
Read this article for more detailed information: <https://www.usoffroad.us/bumper-prep-and-paint>

Step 9:

Prior to installing the winch bumper you will most likely need to install the winch per the manufacturer's instructions to make sure you do not have any clearance issues. Your mount and winch assembly will weigh around 110-145lbs so you will need an extra set of hands and/or a floor jack to safely install **or** you can remove the center brace above the bumper as discussed in Step 7 (easiest method). Make sure your electrical connections between the winch solenoid box and winch are all made prior to installing the mount and winch. You can make your connections to the battery afterward. Be careful not to pinch any wires. This process may vary depending on winch type.

Step 10:

Slide the winch mount over the 8 frame studs and install the two slider plates included with the bumper then the 8 14mm nuts.



Before tightening you need to install the 2 12mm bolts (19mm socket) and body washers (supplied with the mount) on the torque legs where they mount to the frame. You will see that the holes are already threaded by Toyota from the factory (spray these holes with WD40 to clean them out a bit).

Once the bolts are installed and **finger** tight you can tighten the 8 14mm bolts and torque to 40lbs. Tighten the 2 lower bolts and torque to 60lbs.

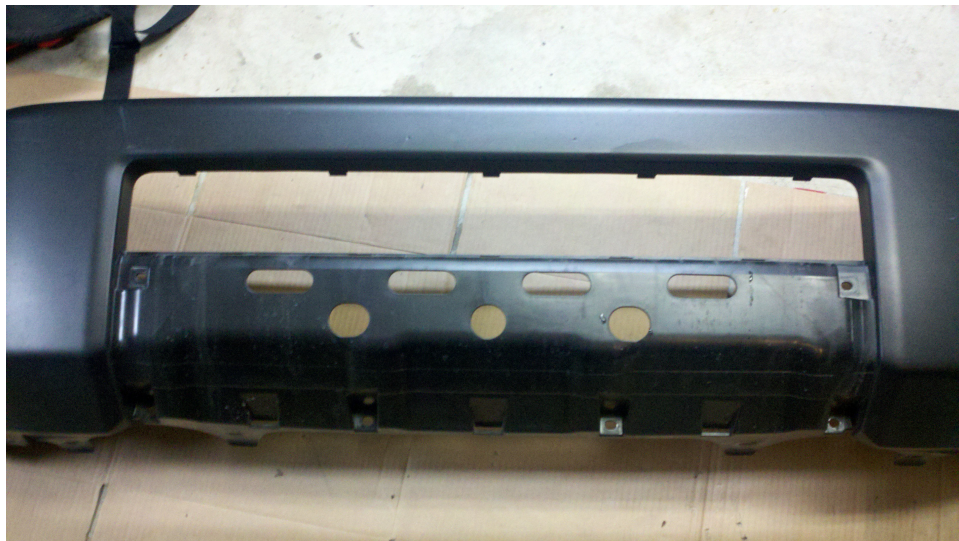
Step 11:

Finish making all of your electrical connections and zip tie accordingly before moving to the next step. These will vary depending on winch type and preferred installation method.

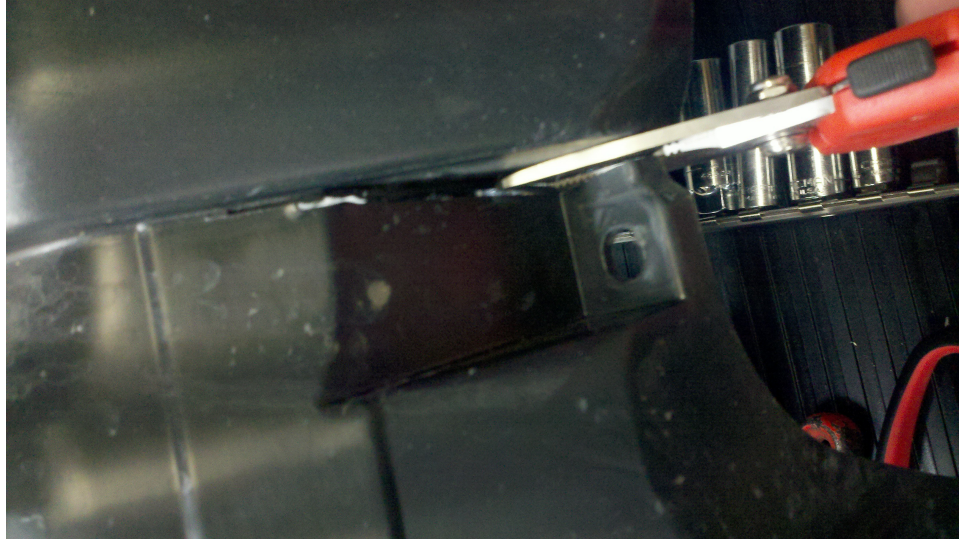


Step 12:

Remove the silver plastic panel on the bottom of the bumper cover by removing the 10mm nuts then pop off the panel. Remove the black plastic 'grille'. After the silver panel has been removed you will be left with a black plastic strip.



Carefully cut and remove this strip. We suggest leaving 1/2" of material and carefully trimming this back afterward. You can use tins snips, a Dremel or even a hacksaw for this part. (Dremel works best)



Step 13:

Here's the part that makes a difference between an average installation or a really clean installation. You need to cut some of the plastic so it will fit the winch mount properly. While this is actually easy to do it's because the plastic is easy to cut. Take your time and be careful.



You can lay the bumper cover on the vehicle and against the winch mount to see where it needs to be cut and achieve the correct profile. We use a Dremel and small cut off wheel but you can use whatever you are comfortable with. Trim and cleanup with a razor for a perfect fit. While the cover is on make sure your winch mount is aligned properly.

Step 14:

Reinstall the bumper cover. Having an extra set of hands is helpful. Lay the cover on the vehicle, positioning it accordingly then start snapping it back to place and installing the popup retainers and bolts. You no longer need the center bottom bolts as you have removed the section it bolted to. Make sure it snaps in to the side mounts in front of the wheel wells then install the fenderwell bolts accordingly.

Reinstall your grille and light covers (if used). Make sure your plastic retainers behind the grille are aligned properly before pressing in to place. Then reinstall the 2 10mm bolts and popup retainers.

You may need to work the bumper cover a bit to get it aligned accordingly. Patience and attention to detail pays off here. Check your winch connections and go play in the dirt!

NOTES:

- ⤴ The winch mount is drilled for 3/4" pin shackles. The holes are .880". Shackle pins for 3/4" holes are typically around .860-.870". If you have too much paint in the holes your shackles may not fit and some paint may need to be removed. Shackle pin sizes vary slightly by manufacturer.
- ⤴ We suggest checking the torque on all fittings after 100 miles of driving. This will require removing the bumper cover again.
- ⤴ Winch mount weight is 56lbs with shackle mounts (51lbs without) and is made of mild steel. The winch tub is .250" and the front fascia is .125" for a total of .375" where the shackle mounts and fairlead mount is located. Because of this thickness you may need longer fairlead bolts.
- ⤴ You must use Wax & Grease remover to thoroughly clean the mount or your paint will not stick for long. You can find it at most auto parts stores in their auto paint section.
- ⤴ U.S. Off Road has produced this product for off road use only and is not sanctioned by any government agency for on road use.

You can always reach us through the contact page at www.usoffroad.us . Be sure to email us your install photos to sales@usoffroad.us .



Here is a helpful bumper diagram to better illustrate the various components and provide part numbers for any future repairs.

