

EXPEDITION ONE

FJ CRUISER REAR BUMPER INSTALL INSTRUCTIONS REVISED NOV. 2009

ALWAYS WEAR EYE PROTECTION

Parts List:

- 1 Expedition One Rear Bumper
- 16 large 1/2" washers
- 8 1/2" bolts
- 8 1/2" Nylock nuts
- 4 M12 metric Bolts
- 4 large 1/2" washers
- 2 1/4" thick Spacer Plates
- 2 Boxed Sheet metal mounting plates

Tools for install:

- Standard and metric socket set
- Standard and metric wrench set
- Cutting tools (dremel tool, razor blade, etc.)

Pre-Install Note:

The Bumper can be heavy and awkward for one person. You may want to have assistance during the install. Before the install you want to make sure and check to see that you have all the necessary hardware and parts for the install. Make sure the frame is clean and free of any large debris or mud chunks.

Step 1:

Remove the stock rear bumper.

The bumper is held in place by a series of small bolts and plastic retainers. Using a 12 MM socket or wrench, remove the bolts along the top inside edge of the bumper (this will require opening rear door) along with the plastic retainer clip on the passenger side of the bumper. Next remove the bolts along the bottom edge of the bumper, and un-clip the 2 wire connections for the back-up sensors, found on the underside of each side of the vehicle respectively. After the sensors have been un-clipped and all other hardware has been removed the bumper is ready to be removed.

Starting at the lower edge of the bumper (this step can be done on either side of the vehicle) near the lower edge of the rear fender flare, begin pulling the bumper away from the vehicle. After applying adequate pull force the bumper will separate from the vehicle (this can be loud and abrupt). Once released the other side will follow as you pull the bumper away from the vehicle. Remove the Styrofoam piece along with the bumper. Also remove the tow-loop on the bottom driver side of the bumper using a 16mm socket

The rear frame should now be exposed.

Quick Tip: Check the frame for excess weld spatter and/or large weld build up, particularly on the top side of the bumper, toward the outer edge. Excess weld may cause the bumper to pitch backwards undesirably.

If weld is excessive, it can be hit with a hammer or lightly ground to ensure desired fit.



Step 2:

Installing Reverse lights and Back up sensors:

Before the bumper goes on, the reverse lights must be installed along with the OEM backup sensors. The wiring harness for the lights does not need to be fully installed yet, but you may want to attach the wire ends to the harness before putting the bumper on. Insert back up sensors gently through the back face of the bumper. Sensors can be gently tapped in place using the ball of ones hand or a soft hammer.

CAUTION: Vehicle reverse sensors can be fragile and expensive to replace. Treat them accordingly.



Step 3:

Cutting the stock rear bumper:

Before cutting begins, remove the silver end caps on the OEM bumper.

WARNING: THIS IS THE POINT OF NO RETURN! Once the plastic is cut a return to stock will require purchasing a new OEM bumper.

Using the provided pictures follow the lines referenced on the OEM bumper for proper cutting.

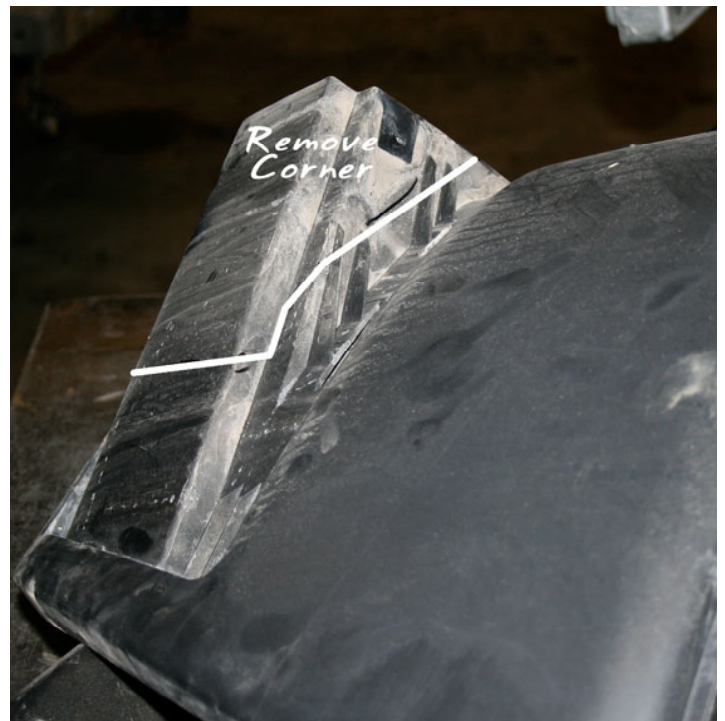
Be careful when cutting!!! always avoid cutting toward yourself or anyone else.

Cut both sides of the bumper to match. Once finished, the OEM bumper sides can be put back in place in their stock position. Passenger side plastic clip can be re-installed, as well as 1 top side bumper bolt on each side of the OEM bumper sides.



Quick Tip(s): Before putting the Expedition One bumper in place we recommend putting masking tape on the edges of the plastic where the bumper comes close. Contact with the plastic & metal bumper can cause small marring in the plastic.

Removing the Spare tire can make the install of the rear bumper easier.



Step 3:

Installing The FJ Cruiser Expedition One Rear Bumper

Slide the Expedition One rear bumper over the frame and align the bumper so that it is even on both sides.

Place the 1/4" spacers in between the frame and forward bumper mounts, on the bottom side of the frame. Place 12MM bolts in place through the 1/4" spacers into the OEM nuts inside the frame. **LEAVE LOOSE!!!**

Place boxed sheet metal mounts on the inside of the frame with the flat face contacting the frame. Using the supplied 1/2" bolts, washers, and nylock nuts (2 washers per bolt), loosely bolt the bumper in place. Once finished placing all bolts and nuts check that the alignment of the bumper is as desired and tighten bolts starting with the top bolts on the boxed sheet metal mounts using a 3/4" socket and wrench. Tighten all bolts including bolts going directly into the frame.

Torque bolts to 80 -100 psi, do not exceed 110 psi.

Be sure all bolts are tightened and wiring harnesses are in place.



For questions on your install, please email or call:

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