

# EXPEDITION ONE

## FJ CRUISER FRONT BUMPER INSTALLATION INSTRUCTIONS

### PARTS LIST:

- 1 FJ Front Bumper
- 1 Skid Plate (top pic 1)
- 1 Fairlead Reinforcement Bracket (center pic 1)
- 1 Reinforcement Bracket driver side (left pic 1)
- 1 Reinforcement Bracket passenger side (right pic 1)
  
- 2 3.5 inch 3 hole plates (top center pic 2)
- 2 3 inch plate with PEM inserts (right pic 2)



### Hardware Packet

- |    |                         |
|----|-------------------------|
| 2  | 3/8"x1.5" Hex bolts     |
| 4  | 1/2"x1.5" Hex bolts     |
| 4  | 1/2" Nylock nuts        |
| 22 | 1/2" f436 washers       |
| 3  | 1/4"x1" Plain BHSCS     |
| 3  | 1/4" Flat washers       |
| 2  | 3/8" Nylock nuts        |
| 2  | M12-1.25x25MM Hex bolts |
| 2  | M8-1.25x30MM Hex bolts  |
| 2  | 5/16"x1.25" washers     |



Tools: metric & standard socket set, & wrenches are all that are needed though ratchet wrenches can help make the job easier.  
Remove stock outer bumper cover:

- 2 screws in each fender well
- plastic clips behind grill surround (2 on each side and 1 in the middle). These clips are easily popped up using a screwdriver.
- 6 screws on the bottom skin.
- Double check, there may be more....

At this point the outer bumper skin should be removable. Buy prying on one side of the bumper.

Next remove the internal bumper piece by undoing the 4 14mm nuts on each side.

Also remove the thin center sheet metal piece that runs along the back edge of the stock plastic outer cover. This piece is held by a bolt on each side and one in the middle.

Next you can install your new Expedition One Bumper, **but first**, this may be a good time to install the winch. Use the factory mounting bolts supplied by the winch Manufacture, and don't forget to install the fairlead reinforcement plate underneath the winch, and against the front internal fact of the bumper. It's easiest to install the fairlead before the winch.

NOTE: The light ports in the bumper can be very good for access of the mounting area for the bumper. We recommend installing the lights last.

Next install the bumper using factory bolts, & possibly a few friends so you don't throw your back out. J

Next you want to install the Frame/bumper Reinforcement Brackets, below are instructions & mounting information: Including Pictures & drawing



The rear most hole of the bracket uses the small .75"x3" sheet metal piece with the "nut-insert" in it, and a 3/8" x 1.25" bolt with washer. Note: the direction the face of the nut-insert is away from the frame reinforcement bracket, with the nut facing toward the inside of the Fj cruiser. **Put this piece in first!!!**

After putting it in the reinforcement bracket and putting on the bolt a few turns, slid it in the .9" hole in the frame in the corresponding spot and then swing it up in place.

Below are 2 larger pictures to give more description.

The short stubby M12 fine thread bolts go directly into the frame (its the bolt at the bottom of the picture) in the pre-threaded hole

The 1/2" X 2" bolt goes in the top flange hole, adjacent to the upper mounting hole in the bumper.

The 7/16" X 2" bolt is for the lower hole.

The extra large washers act as shims between the reinforcement brackets, and the bumper. Generally 3 washers would be used in-between the bracket and bumper and one on each end of the bolt and nut respectively.

Not shown in the picture is where the 3/8" x 4" bolt is. The hole for this bolt must be drilled using a 3/8" bit. This bolt is a through frame hole. The bolt goes through the frame in the .4" hole that is about 1.25" back from the flanged edge of the reinforcement brackets.

Next the bottom skid plate

There are 3 button head bolts & washers for this, and 2 new replacement bolts for the factory skid plate. You must remove the factory skid plate in order to install the bumper skid. There are 2 funny alignment/holder hooks on the front of the stock skid that may have to be bent up or removed in order for everything to fit right.

Once everything is put together tighten all bolts nice and snug

If you haven't already, now is a good time to install the lights. Follow the install instructions that come with the lights.

**:::NOTE:::** You may want to come back and check all the bolts in a few weeks or after a nice off road trip. The bolts can loosen a bit.

**Tips for Fender well Plastic:** the best thing I've seen so far is to remove the bottom most part of the fender well (the one that you could use for a bowl to eat your last meal in if you ever got stuck out in the middle of no were with one of those small breakfast packs of cereal and pint of milk). 3 plastic rivets hold it on. Pop them off and then fold the bottom part up and into the bumper.

If you have any questions please email [info@expeditionone.biz](mailto:info@expeditionone.biz) or call 801-627-2921

Extra pictures for install help:

