

07-10 FJ Cruiser Rear Tube Bumper

Your rear bumper should contain:

- | | |
|----|---------------------|
| 1 | Bumper |
| 1 | Right side slider |
| 10 | 12mm x 40mm |
| 14 | washers |
| 12 | lock washers |
| 2 | 1/2x6" bolts (long) |
| 2 | 1/2" nuts |

SAFETY! Use the appropriate safety devices during your installation. Wear safety glasses at all times. SAFETY!

***NOTE: If you don't need instructions, at least note the few key steps that have an asterisk by them. These will save you frustration later!**

Thank you for your purchase of Metal-tech rear tube bumper for your FJ Cruiser. We have taken great pride in their development and manufacturing. We also wheel what we make and look forward to the opportunity to see you on the trail! Before you begin your installation take a moment to read through this write up. There are a few key things noted that will make the installation go smoothly.

- 1.0 Remove old parts and prep for the new:
 - 1.1 Remove stock bumper or other inferior bumper – IF installed on truck.
 - 1.2 To remove the bumper the black plastic shell is all one piece. Start by removing all the bolts above and below the bumper.
 - 1.3 Grasp the outer plastic corner and pull it back away from its snap fit mounts. It does take some force to pull it off the truck. Try to not brake the mounts under the bumper corners as you need to reuse them. If one brakes you are probably ok just be aware of it when you put the trimmed corner back on. (you can get this plastic brackets from Toyota for about \$22)
 - 1.4 NOTE: 07-09's DON'T PULL the bumper away to hard as the backup sensors are wired to the rear bumper

- 2.0 07-09's Remove the backup sensors from the plastic rear bumper.
 - 1.1 Unclip the wiring from the inside of the rear bumper.
 - 1.2 Unclip the wiring from the sensors. Do not use force as they can brake.
 - 1.3 Remove the backup sensors by sliding the rectangular clip between the sensor and the back side of the bumper away from the sensor.
 - 1.4 Carefully push the sensor from inside out, then rotate the sensor out of the plastic bumper shell.

3.0 Trim plastic OEM bumper corners

- 3.1 Using the photo below as a general guide carefully trim the two corners off the OEM rear bumper. Save the top inner bolt mount as this will be one of the few hard bolt on parts you can reuse. TIP: Cut over sized, put them on the truck and test fit the bumper, then trim off any extra you feel is in the way. Easy to take a little extra off than try to put it back on!



- 4.0 Install both plastic corners back on truck.
- 5.0 Install Metal-tech 4x4 rear tube bumper.
 - 1.1 Loosely install all ten 12mm bolts with washers and lock washers into OEM threaded holes on your truck.
 - 1.2 Center bumper and tighten all the bolts.
- 6.0 NOTE: Your bumper comes with two optional 6" long 1/2" grade 5 bolts you can add for extra strength if you wish. We have put two 1/2" holes in the bumper to allow these to be used through the frame behind the two pull points on the bumper. You need to drill two 1/2" holes through the frame if you wish to add these. The bolt is installed from the bottom of the frame up, with the nut, lock washer and washer under the rear deck of the bumper.
- 7.0 Install the Metal-tech 4x4 sticker on your window!

We welcome your feed back on our products and your experience with Metal-tech. You can reach us toll free at 800-839-0684 Mon-Sat 8 AM to 6 PM PST. Or via e-mail at info@metaltech4x4.com