INSTALLATION GUIDE

TOYOTA 4 RUNNER (2015+)

CONTENTS

Disclaimer

Expedition One is not responsible for any damages to vehicle. We always recommend professional assistance when installing our vehicle products.

Dual Swing Out arms come pre-assembled then broke down for shipping purposes.

Included Hardware:

(2) 1/4" Spacers
(2) Single Nut Retainers
(2) Double Nut Retainers (will change)
(2) Single Nut Retainers
(28) 1/2" Washers (+2 in update)
(4) M12 Metric Bolts
(8) 1/2" Nylon Nuts
(16) 1/2" Bolts (+2 in update)

Tools:

3/4" wrench and socket
Dremel Tool or Cutter

Skill Level:

3/5 stars (Professional install recommended)

Bumper Cap Removal

Begin by removing fender caps around the side walls.
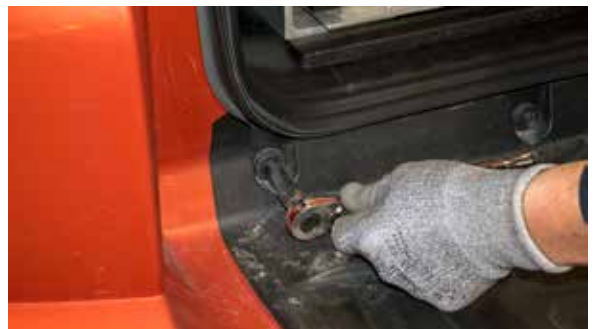

Bumper Bolts

Unscrew bolts as shown from corner areas and underneath the stock bumper.

Bumper Bolts (Continued)

Unscrew bolts above the rear bumper as shown

Center Cap Removal

Remove the small center cap piece as shown from top lip of rear bumper area.

Remove Bumper

Tug and pull on bumper to remove from frame.

Foam Removal

Remove foam bumper piece from bumper

Small Frame Piece Removal

Unbolt and remove pieces as shown.

Internal Frame Install

Remove fender plastic plugs from inner frame.

Internal Frame Install (Continued)

Place tape along the fender making sure it aligns with the frame trim and cut the bottom portion of the fender off.

Internal Frame Install (Continued)

Use angled retainer nut as shown in photo in the top hole.

Internal Frame Install (Continued)

Use straight single nut retainer in bottom hole as shown in photo.

Frame Support

Attach the bolt piece as shown to support frame on each side. This will be tightened when bumper is placed into position for alignment.

Towhook

Place the provided towhook spacer in between frame and tow hook.

Towhook (continued)

place bolt back into place and secure tow hook as shown.

Stock Bumper Cut Lines

Follow along body lines as shown in photo and cut away bottom portion. Mirror this on other side as well.

Stock Bumper Cut Lines (Continued)

Continue to cut along top edge as shown
in photo to notch around internal frame and con-
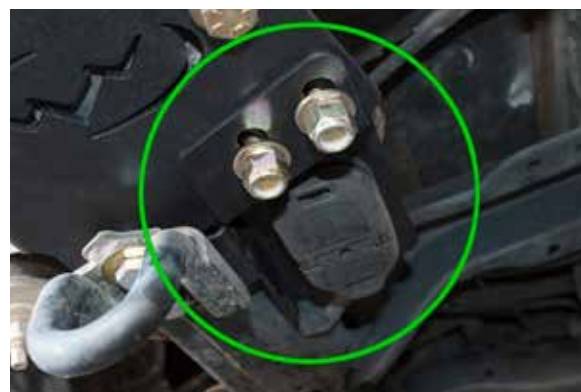tinue to other side.

Stock Bumper Cut Lines (Continued)

Cutout the corner plastic notch as shown to allow
the plastic area to run underneath the reinforce-
ment bracket.

Trailer Hitch Plug Install
Place trailer hitch plug into bracket, then attach
bracket underneath as shown.

Side Wing Bracket Mount
Punch out plastic plug in frame fender well area.

Side Wing Bracket Mount
Put carriage bolt through frame, keeping large washer on the back side with nut.

Underneath frame, use the three provided frame bolts and bolt into place.

Bumper Fitting & Alignment

Place the bumper onto the frame, making sure door can swing up without contacting top of bumper and check for centering and alignment. Start first with tightening side wing bracket area, tightening first. Then tighten rear internals and bumper into place. Make sure there is roughly a 1/4" gap all around and tighten frame bolts down when happy with allignment.

Dual Swing Arms (If Applicable)

Place rubber seal onto spindles, then grease bearings and place on top. Place arms onto the spindle, slipping the other grease bearings on top and into place. Add large washer and large locking nut. Tighten down snug where there is no play in the arm. ** Do not over tighten **

Swing into place, making sure latches clamp down into position.

If not, make sure arm sits almost down on top of bumper. There should be roughtly 1/8" gap from top of bumper to bottom of spindle.

spread anti-seize around the inner grooves on spindle cap and tighten.

You may also add rear auxillary lights at this time