

# ROUGH COUNTRY

## SUSPENSION SYSTEMS®

### FORD 2009-14 F-150 Front Bumper

Thank you for choosing Rough Country for all your vehicle needs.

Please read instructions before beginning installation. Check the kit hardware against the kit contents shown below. Be sure you have all needed parts and know where they go.

If question exist, please call us @1-800-222-7023. We will be happy to answer any questions concerning this product.

Check all fasteners for proper torque. Check to ensure for adequate clearance between all components.

Periodically check all hardware for tightness.

#### KIT CONTENTS:

Front Bumper x 1  
 Drivers Side Bracket x 1  
 Passengers Side Bracket x 1  
 Center Light Brackets x 2  
 Tow Hook Relocation Brackets x 2  
 Tow Hook Relocation Spacers x 2

#### TOOLS NEEDED:

10mm Wrench or Socket  
 18mm Wrench or Socket

#### HARDWARE INCLUDED:

12mm x 45mm Hex Head Bolt x 6  
 12mm Flat Washer x 12  
 12mm Nuts x 6  
 12mm Lock Washers x 6  
 Plastic License Plate Plug x 2  
 10mm x 35mm Hex Bolts x 6  
 10mm Flat Washers x 12  
 10mm Lock Washers x 6  
 10mm hex Nuts x 6  
 8-1.25 x 25mm Hex Bolts x 2  
 8-1.25 x 16mm Hex Bolts x 2  
 8mm Flat Washers x 6  
 8mm Lock Washers x 4  
 8mm Hex Nuts x 2



#### Torque Specs:

Size	Grade 5	Grade 8	Size	Class 8.8	Class 10.9
5/16"	15 ft/lbs	20ft/lbs	6MM	5ft/lbs	9ft/lbs
3/8"	30 ft/lbs	35ft/lbs	8MM	18ft/lbs	23ft/lbs
7/16"	45 ft/lbs	60ft/lbs	10MM	32ft/lbs	45ft/lbs
1/2"	65 ft/lbs	90ft/lbs	12MM	55ft/lbs	75ft/lbs
9/16"	95 ft/lbs	130ft/lbs	14MM	85ft/lbs	120ft/lbs
5/8"	135ft/lbs	175ft/lbs	16MM	130ft/lbs	165ft/lbs
3/4"	185ft/lbs	280ft/lbs	18MM	170ft/lbs	240ft/lbs

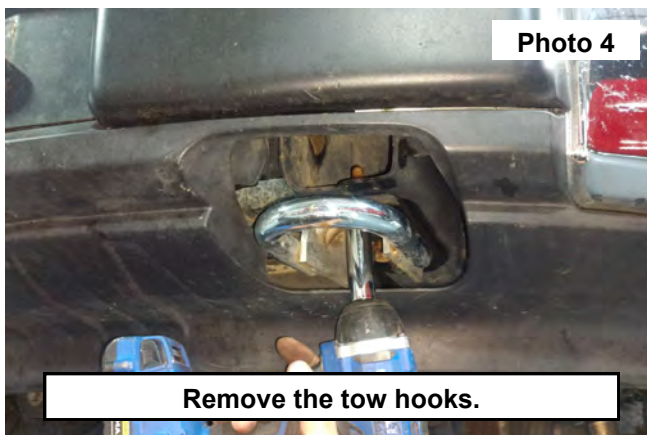


## INSTALLATION INSTRUCTIONS

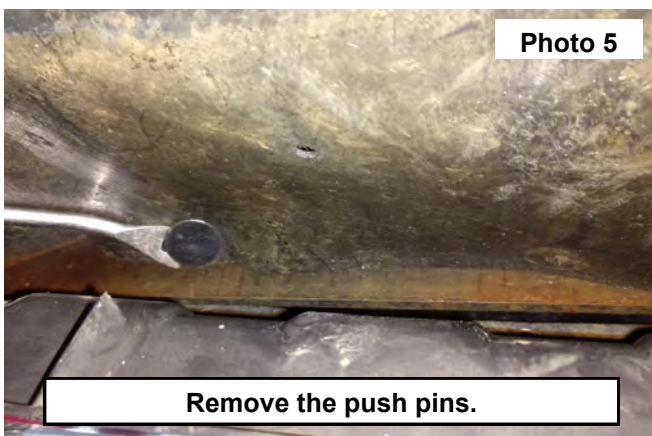
1. Disconnect the fog lights on each side of the bumper. **See Photo 1.**
2. Using a 10mm socket remove the hood latch from the inside of the bumper. **See Photo 2.** Retain Hardware.



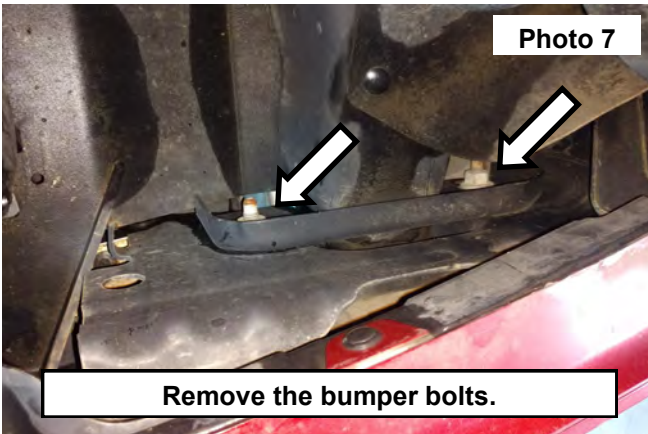
3. Remove the hood latch mount from the front bumper using a 10mm socket. Retain hardware and bracket for reuse. **See Photo 3.**
4. Using a 15mm socket remove the tow hooks from each side of the vehicle. **See Photo 4.** Retain tow hooks and hardware.



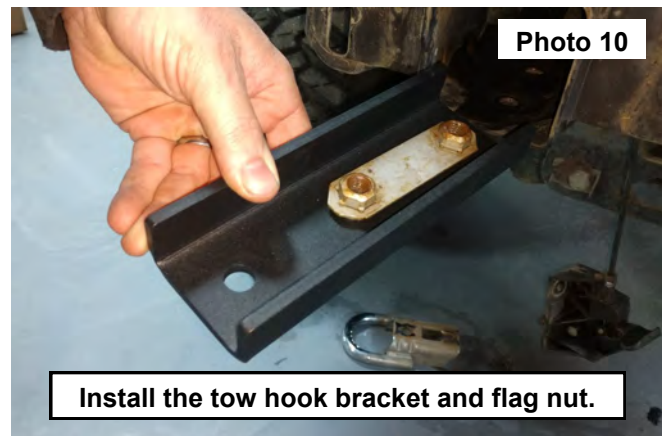
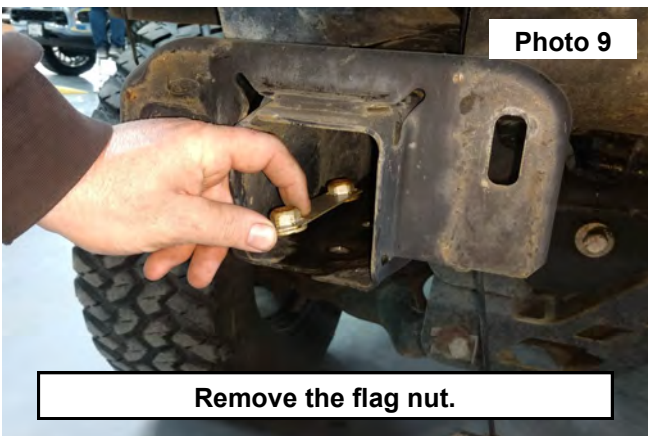
5. Remove the push pins securing the splash shield to the bumper. **See Photos 5 and 6.**



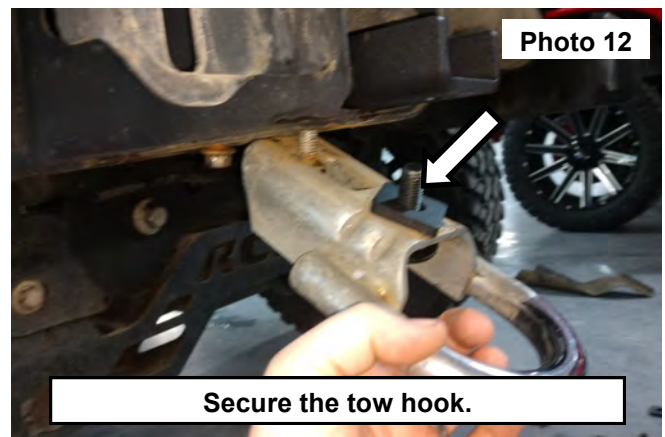
- Looking down from the top side of the bumper mount, remove the (2) nuts on each side of the bumper. **See Photo 7.**
- Remove the bumper from the vehicle. **See Photo 8.**



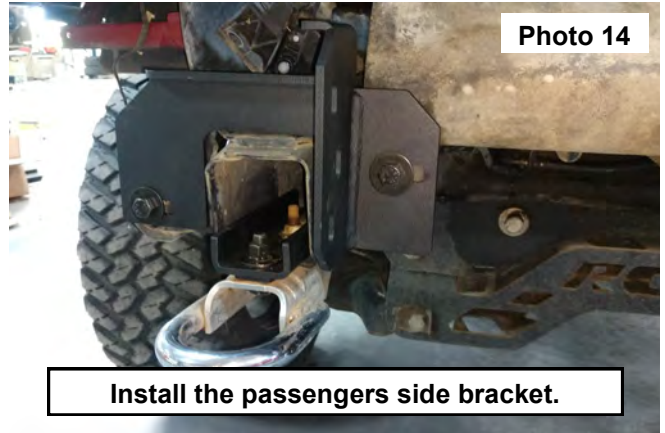
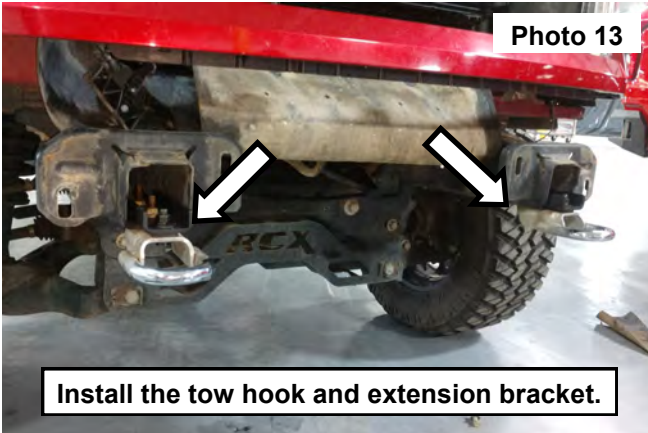
- Remove the flag nut from the front frame rail. **See Photo 9.**
- Locate the tow hook extension bracket and install the flag nut onto the rear (2) holes of the bracket. **See Photo 10.**



- Secure the tow hook extension bracket using the (2) retained bolts in the frame into the flag nut. **See Photo 11.**
- Install the tow hook slot into the rear mount, install (1) of the supplied 12mm Bolts (1) 12mm Flat Washer. Then place (1) of the square washers in-between the tow hook and the extension bracket. **See Photo 12.**
- Secure the tow hook using (1) 12mm lock washer, (1) 12mm Flat Washer and (1) 12mm nut. Tighten the tow hook using an 18mm wrench and socket on the supplied hardware and a 15mm socket on the OE hardware.



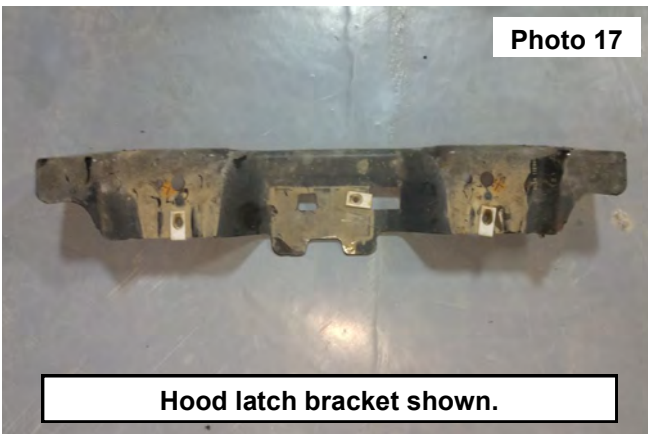
13. Install the tow hook and the extension bracket on the opposite side of the vehicle. **See Photo 13.**
14. Install the passengers side bumper bracket using (2) of the supplied 12mm Hex Head Bolts (4) 12mm Flat washers, (4) 12mm Lock Washers and (2) 12mm Nuts. Do not tighten at this time. **See Photo 14.**



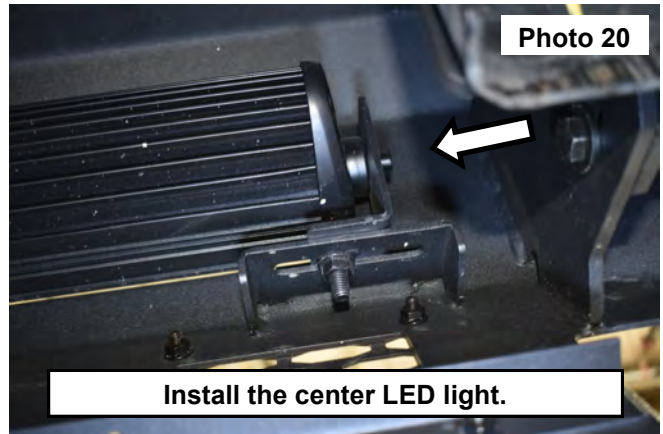
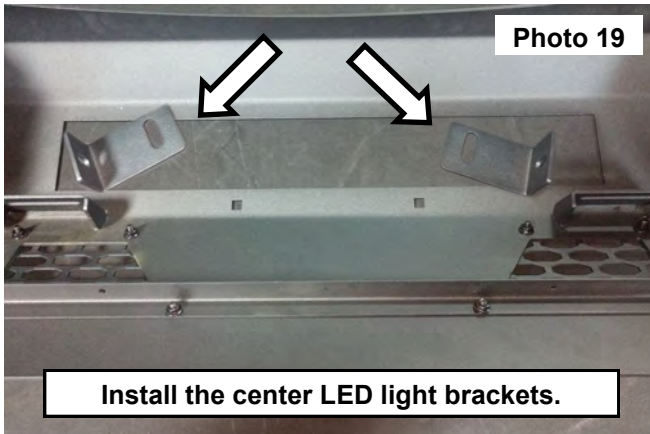
15. Install the driver side bumper bracket using (2) of the supplied 12mm Hex Head Bolts (4) 12mm Flat washers, (4) 12mm Lock Washers and (2) 12mm Nuts. Do not tighten at this time. **See Photo 15.**
16. Using a 10mm socket remove the hood latch mount from the front bumper. **See Photo 16.**



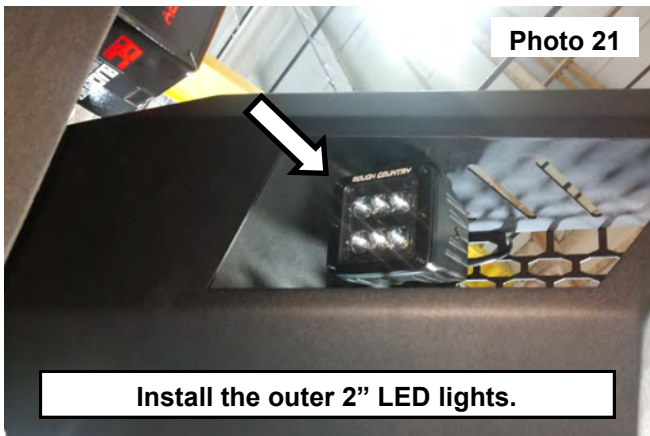
17. Hood latch bracket shown. **See Photo 17.**
18. Install the hood latch bracket into the upper bumper cover using the retained bolts. Tighten using a 10mm socket. **See Photo 18.**



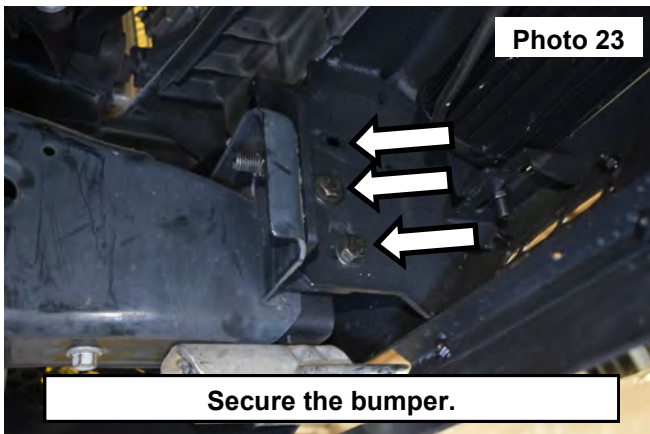
19. Locate the (2) center LED light mounting brackets and install the 20" LED light into the bumper. **See Photos 19 and 20.**



20. Install the 2" LED cube lights into the outer mounts of the front bumper. **See Photo 21.**  
21. Use the LED lighting kits corresponding instruction sheets to connect the center 20" LED light and the out side 2" LED cube lights wiring harnesses to the vehicle.  
22. Support the bumper, Do not get under the bumper with out it being supported.  
23. Install the bumper onto the vehicle and the frame brackets. **See Photo 22.**

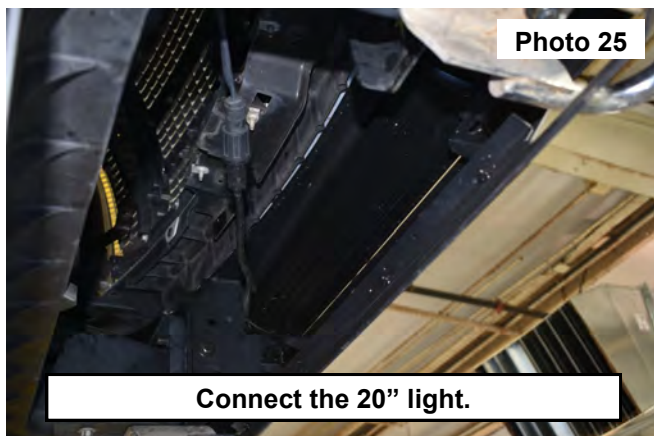


24. Secure the bumper to the brackets using the (3) 12mm hex head Bolts, (6) 12mm flat washers and (3) 12mm hex nuts. **See Photo 23.**  
25. Center the bumper and Set the gap in-between the bumper and the upper bumper cover. Then tighten all of the bolts using a 18mm wrench and socket. **See Photo 24.**



26. Connect the 20" center LED light to the wiring harness. **See Photo 26.**

27. Connect the 2" LED fog lights to the wiring harness. **See Photo 27.**



28. Check all hardware for tightness after 500 miles.

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