



# 3" Side Bar

Part No. 1130308091/1130308093



Fits: 2009-2014

Ford F150 Super Cab



60-180 min

Cutting Not Required

Drilling May Be Required



REMOVE CONTENTS FROM BOX. VERIFY ALL PARTS ARE PRESENT.



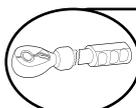
support@trailfx.com



READ INSTRUCTIONS CAREFULLY BEFORE STARTING INSTALLATION.



1 866 638 4870



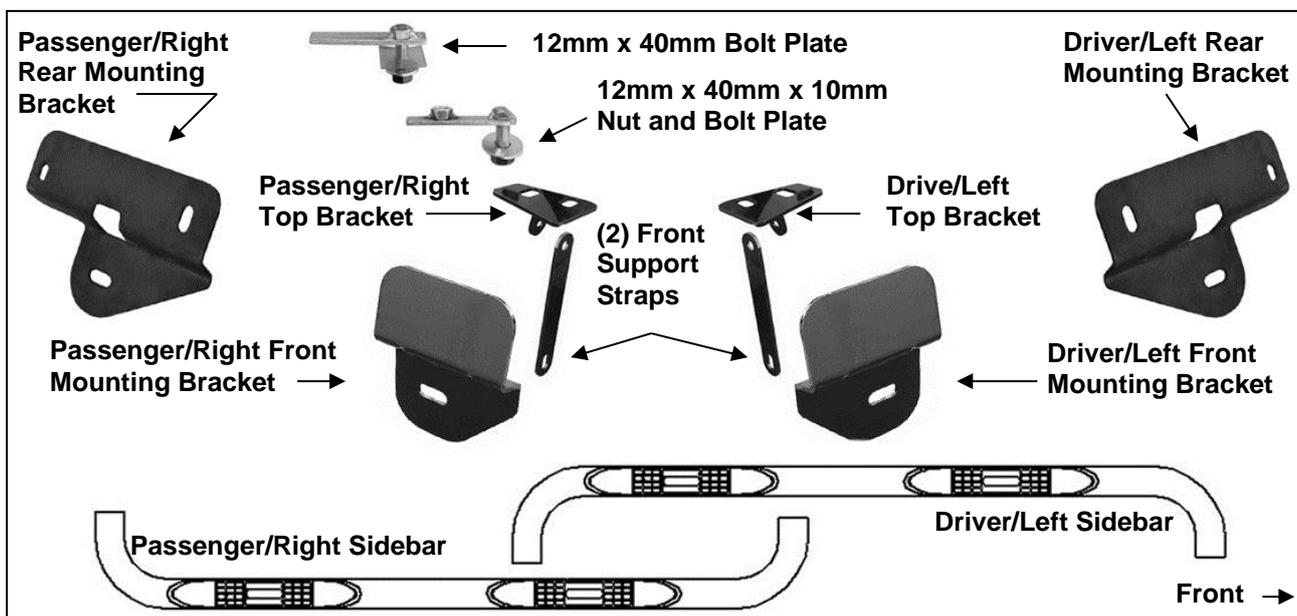
DO NOT OVER TORQUE. STANDARD OPERATING LOAD FOR TIGHTEN BODY MOUNT NUTS & BOLTS VARIES FROM 45 TO 65 FOOT POUND.



POLISHED STAINLESS STEEL - LIMITED LIFETIME  
POWDER COATED BLACK - 3 YEARS

### PARTS LIST:

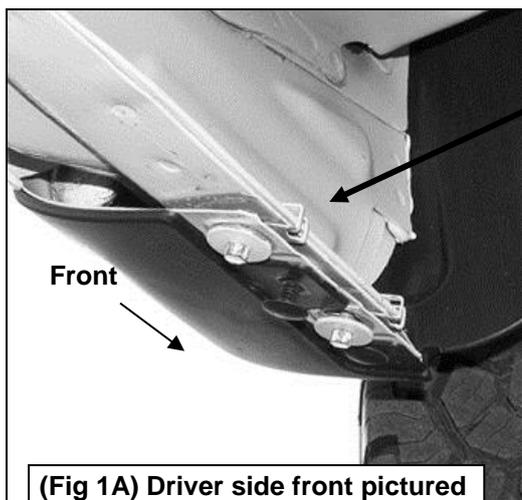
Qty	Part Description	Qty	Part Description
1	Driver/Left Sidebar	4	1/2" Lock Washers
1	Passenger/Right Sidebar	4	12mm x 32mm OD x 3mm Flat Washers
1	Driver/Left Front Mounting Bracket	4	12mm Lock Washers
1	Passenger/Right Front Mounting Bracket	4	12mm Hex Nuts
2	Support Brackets	4	10-1.50mm x 30mm Hex Bolts
1	Driver/Left Top Mounting Bracket	4	10-1.50mm x 35mm Hex Bolts
1	Passenger/Right Top Mounting Bracket	6	10mm x 30mm OD x 2.5mm Flat Washers
1	Driver/Left Rear Mounting Bracket	8	10mm x 20mm OD x 2mm Flat Washers
1	Passenger/Right Rear Mounting Bracket	8	10mm Lock Washers
2	12mm x 40mm x 10mm Nut and Bolt Plate	6	10mm Hex Nuts
2	12mm x 40mm Bolt Plates	4	8-1.25mm x 30mm Hex Bolts
4	12mm Plastic Retainers	4	8mm x 24mm OD x 2mm Flat Washers (Outer)
2	10mm Plastic Retainers	4	8mm x 16mm OD x 1.6mm Flat Washers (Inner)
4	1/2" x 2" Hex Bolts	4	8mm Lock Washers
4	1/2" x 1-1/4" OD x 3/32" Flat Washers	4	8mm Hex Nuts



**INSTALLATION PROCEDURE:****DRILLING MAY BE REQUIRED. ASSISTANCE IS RECOMMENDED.**

1. Starting at the front of the driver side of the vehicle, remove the two small hex bolts and the metal clips holding the bottom of the fender to the body, **(Figure 1A)**. **NOTE:** Use a small flat screwdriver to spread the clip apart for easy removal. Due to body panel misalignment from the factory, it may be necessary to open these holes slightly with a 3/8" drill bit, **(Figure 1B)**.
2. Select the driver side front Mounting Bracket. Line up the (2) holes in the pinch weld with the holes in the front Mounting Bracket. Insert (2) 8mm x 30mm Hex Bolts with (2) 8mm x 24mm OD x 2mm Large Flat Washers up from below and secure with (2) 8mm x 16mm OD x 1.6mm Small Flat Washers, (to clear the bracket), (2) 8mm Lock Washers and (2) 8mm Hex Nuts, **(Figure 2)**. Do not tighten hardware.
3. Next, locate the round and square holes in the floor panel next to the body mount. Select (1) 12mm x 40mm x 10mm Nut and Bolt Plate and (1) 12mm Plastic Retainer. Thread the Retainer part way onto the Nut and Bolt Plate, **(Figure 3A)**. Insert the Nut and Bolt Plate into the square hole in the floor, **(Figure 3B)**. Line up the nut on the Nut and Bolt Plate with the round hole. **IMPORTANT:** The Plastic Retainer is designed to prevent the Bolt Plate from falling into the body cavity and to aid in mounting the Bracket. After inserting, thread the Plastic Retainer down flush against the body panel. **NOTE:** For passenger side installation, temporarily remove the ground strap if interfering with installation.
4. Select the driver side Top Bracket. Hold the Top Bracket in place over the Nut and Bolt Plate. Secure the Bracket to the Nut and Bolt Plate with (1) 12mm Flat Washer, (1) 12mm Lock Washer and (1) 12mm Hex Nut, **(Figure 4)**. Rotate the Nut and Bolt Plate to line up the Nut with the remaining hole. Insert (1) 10mm x 35mm Hex Bolt, (1) 10mm Lock Washer and (1) 10mm x 30mm OD Large Flat Washer into the Nut, **(Figure 5)**. Do not tighten hardware.
5. Select (1) Support Strap. Bolt the round hole on the Support Strap to the backside of the tab on the Top Bracket with (1) 10mm x 30mm Hex Bolt, (2) 10mm x 20mm x 2mm Small Flat Washers, (1) 10mm Lock Washer and (1) 10mm Hex Nut, **(Figure 6)**. Line up the slotted end of the Support Bracket with the tab on the back of the Mounting Bracket with the Support Strap on the forward facing side of the tab. Bolt the Strap to the tab with (1) 10mm x 30mm Hex Bolt, (2) 10mm x 20mm x 2mm Small Flat Washers, (1) 10mm Lock Washer and (1) 10mm Hex Nut, **(Figure 6)**. Do not tighten hardware.
6. Move toward the rear of the vehicle and remove the tape covering the holes on the inner body panel. Select (1) 12mm Bolt Plate, **(Figure 7A)**. Insert the Bolt Plate into the large hole and back out the smaller hole toward the rear, **(Figure 7B)**. Thread (1) 12mm Plastic Retainer onto the Bolt Plate to help hold it in place, **(Figure 8)**.
7. Attach the driver side Rear Mounting Bracket to the Bolt Plate with the included (1) 12mm Flat Washer, (1) 12mm Lock Washer and (1) 12mm Hex Nut, **(Figure 9A)**. Insert (1) 10mm x 35mm Hex Bolt, (1) 10mm x 30mm OD Large Flat Washer with (1) 10mm Plastic Retainer into the hole at the rear of the Mounting Bracket from the outside-in, **(Figures 9B & 9C)**. **NOTE:** The Plastic Retainer is intended to protect the outer painted surface of the body. Thread the Plastic Retainer onto the Hex Bolt so that it is between the 10mm Large Flat Washer and the body. Secure the Bracket with (1) 10mm Lock Washer, (1) 10mm x 30mm Large Flat Washer and (1) 10mm Hex Nut. Do not tighten hardware at this time.
8. Verify that the correct Brackets are in the correct positions. **NOTE:** The front of the Bracket is indicated by the angled side of the mounting plate, **(Figure 10)**.
9. Attach the Sidebar to the Mounting Brackets using the included (2) 1/2" x 2" Hex Bolts, (2) 1/2" Flat Washers, and (2) 1/2" Lock Washers, **(Figure 11)**. Do not tighten hardware at this time.
10. Align the Sidebar and adjust as required. Once properly aligned, tighten all hardware.
11. Repeat **Steps 2 - 11** for passenger Sidebar installation. **NOTE:** Once passenger side installation is completed, reinstall the ground strap next to the mounting holes for the front Mounting Bracket as removed in **Step 4**.
12. Do periodic inspections to the installation to make sure that all hardware is secure and tight.

### Driver Side Installation Pictured



(Fig 1A) Driver side front pictured

Remove these two hex bolts and metal clip nuts. Drill a 3/8" hole through the pinch weld to clearance holes if misaligned ONLY if necessary

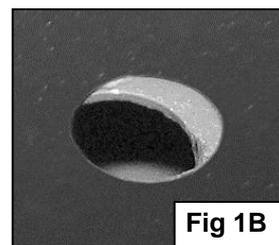
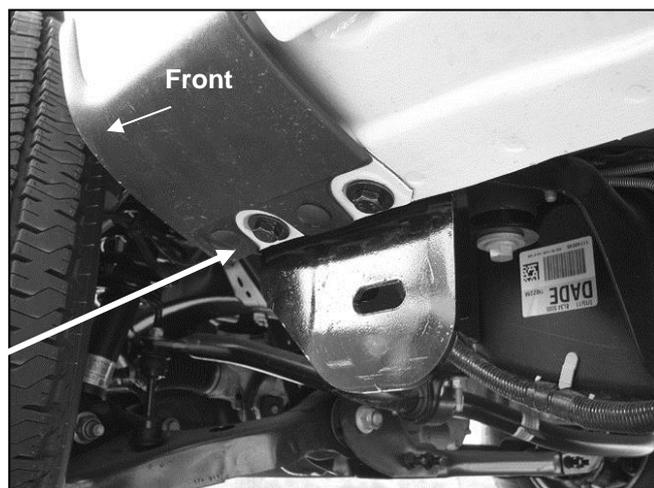


Fig 1B

- (2) 8mm x 30mm Hex Bolts
- (2) 8mm Lock Washers
- (2) 8mm x 24mm Large Flat Washers (outer)
- (2) 8mm x 16mm Small Flat Washers (inner against Bracket)
- (2) 8mm Hex Nuts



(Fig 2) Driver side front Mounting Bracket pictured



Fig 3A



Fig 3B

Insert the Nut and Bolt Plate into square hole and line up the nut with the round hole

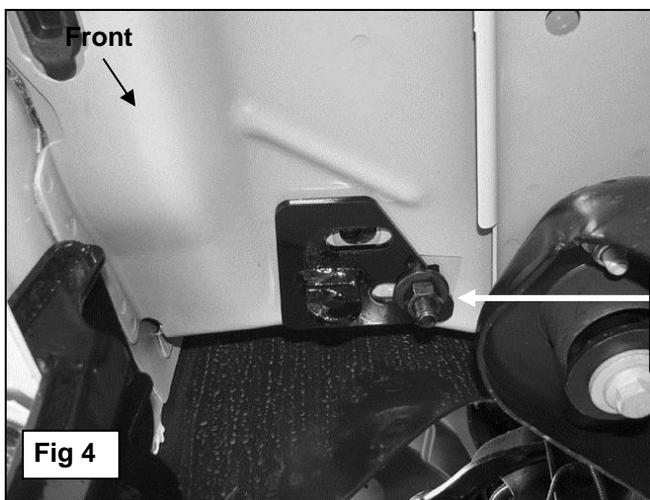
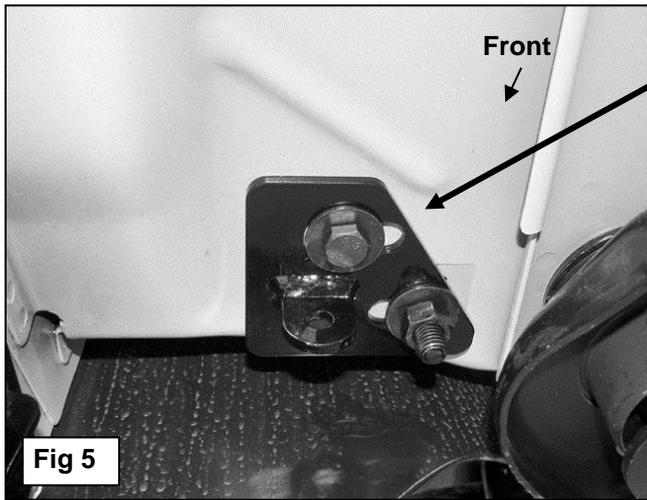


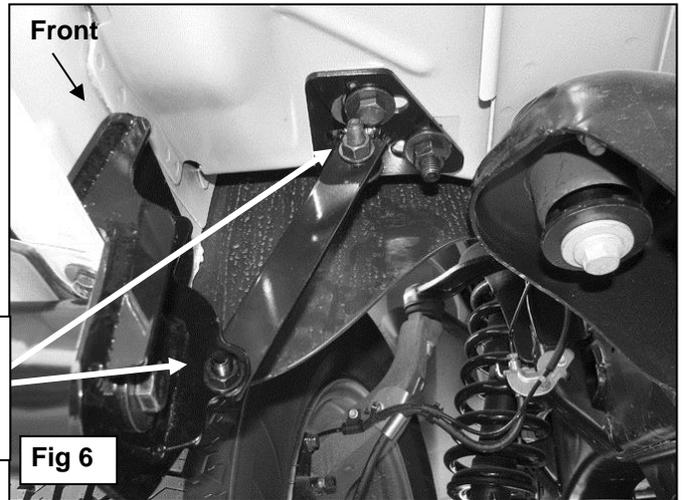
Fig 4

- (1) 12mm Flat Washer
- (1) 12mm Lock Washer
- (1) 12mm Hex Nut

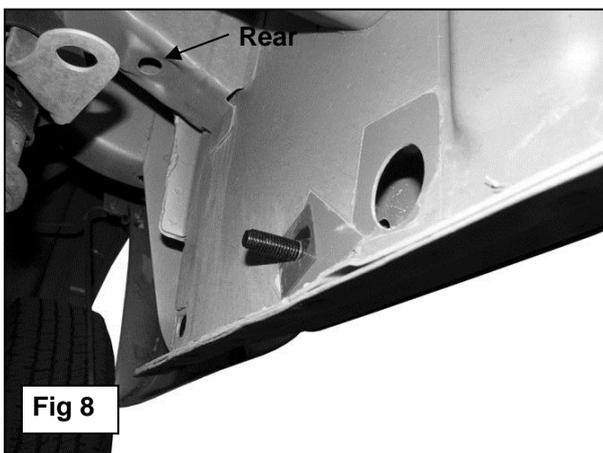
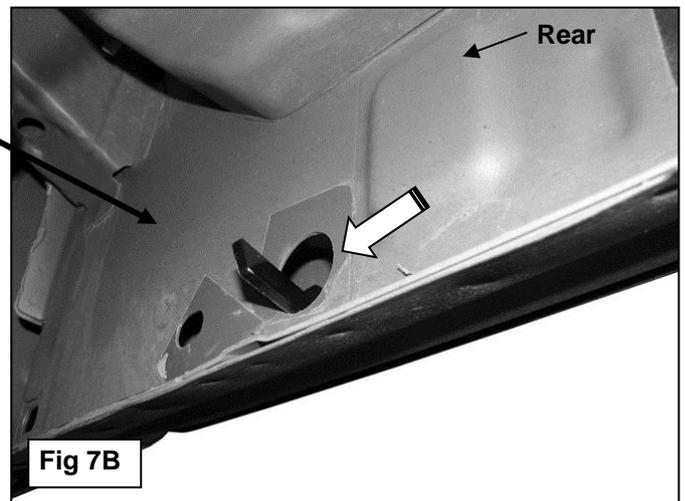
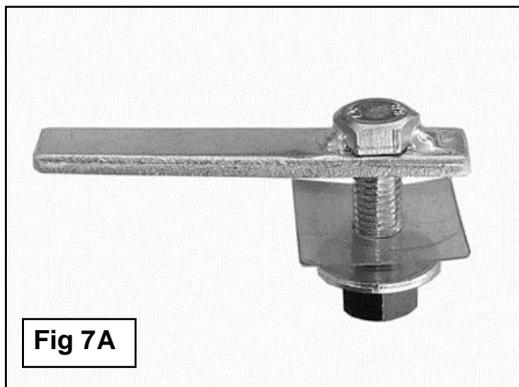
### Driver Side Installation Pictured



- (1) 10mm x 35mm Hex Bolt
- (1) 10mm Lock Washer
- (1) 10mm Large Flat Washer

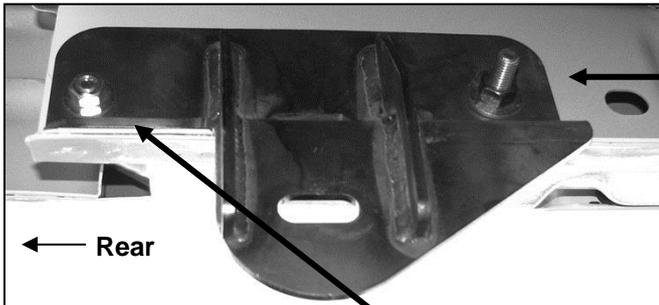


- (1) 10mm x 35mm Hex Bolt
- (2) 10mm Small Flat Washers
- (1) 10mm Lock Washer
- (1) 10mm Hex Nut



Insert Bolt Plate into large hole and out smaller hole toward rear. Thread Plastic Retainer onto Bolt Plate to hold in place

### Driver Side Installation Pictured



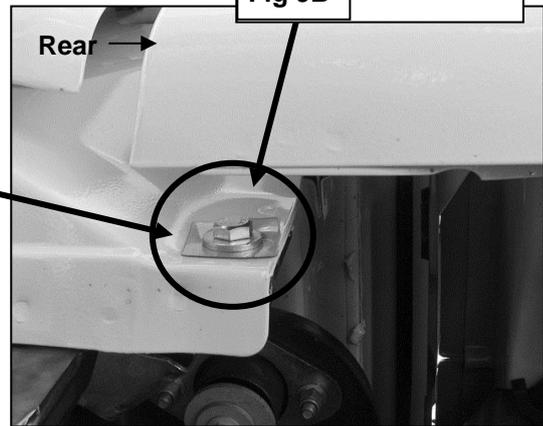
12mm Flat Washer  
12mm Lock Washer  
12mm Hex Nut

Fig 9A

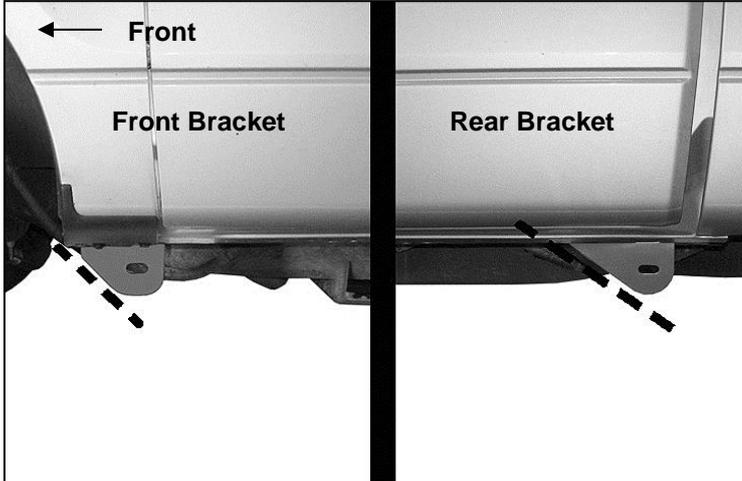
10mm x 35mm Hex Bolt  
10mm Plastic Retainer  
(2) 10mm Flat Washers  
10mm Lock Washer  
10mm Hex Nut



Fig 9B



(Fig 9C) Rear bolt on Rear Mounting Bracket pictured from outside of vehicle. Place the Plastic Washer between the 10mm Flat Washer and the painted surface of the truck body



(Fig 10) Driver side front and rear Bracket installation. Use angle on Bracket to determine front of Bracket

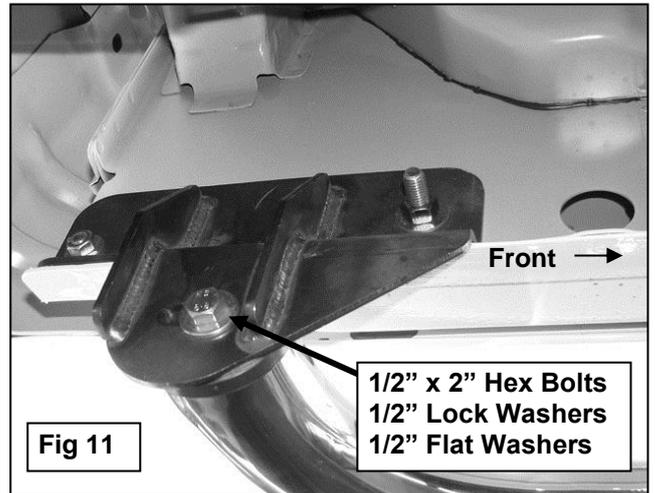


Fig 11

1/2" x 2" Hex Bolts  
1/2" Lock Washers  
1/2" Flat Washers

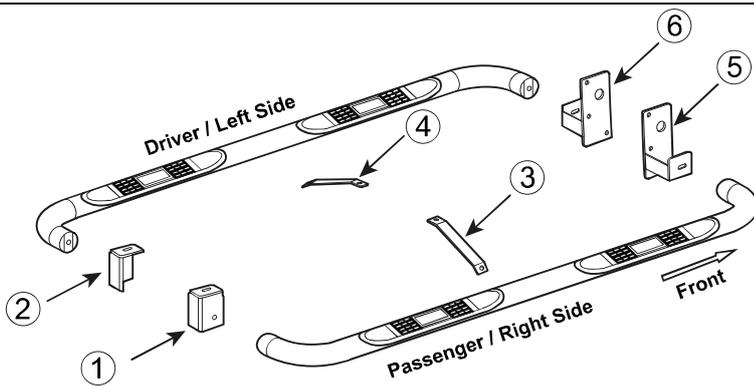


Complete Installation

**PARTS IDENTIFICATION GUIDE**

**Driver Side tube packed using "Green" color foam sheet. Passenger Side tube packed using "White" color foam sheet**

No.	Parts Identification
1	Passenger / Right 'Rear' Bracket marked "PR"
2	Driver / Left 'Rear' Bracket marked "DR"
3	Passenger / Right 'Center' Bracket marked "PC"
4	Driver / Left 'Center' Bracket marked "DC"
5	Passenger / Right 'Front' Bracket marked "PF"
6	Driver / Left 'Front' Bracket marked "DF"



**Note:**  
 > This guide is to identify the parts and not a reference for part count.  
 > For part count, refer Parts List.  
 > Product / Bracket image is representative and actual design may vary.

**PRODUCT CARE**

- Periodically check the product to ensure all fasteners are tight and components are intact.
- Regular waxing is recommended to protect the finish of the product.
- **Use ONLY Non-Abrasive automotive wax.** Use of any soap, polish or wax that contains an abrasive is detrimental and can scratch the finish leading to corrosion.
- Aluminum polish may be used to polish small scratches and scuffs for **Stainless Steel finish.**
- Mild soap may be used to clean the product for both **Stainless Steel and Black finish.**

**FAQ's**

- 1. Hardware's are not of correct size.**  
*In GMC / Chevrolet truck model 2006 & up, customer needs to reuse the factory body bolts to install the bracket. If your vehicle is not GMC / Chevrolet 2006 & up, ensure that holes are not partially covered with any plastic grommet or rust? If it is, remove the plastic grommet & rust from the thread holes & re-try the installation.*
- 2. Mounting Bracket are not getting Installed properly.**  
*In some cases Illustration images shown in Installation manual may not be the exactly same as per actual vehicle images ,also if Driver / Passenger side mounting brackets are very identical in the design, suggest referring Parts Identification guide to avoid fitment issue.*
- 3. Products are thumping / rattling after installation.**  
*Ensure that all required mounting brackets / hardware's are installed & tighten correctly. Suggest using white lithium / regular grease between the metal to metal contact surfaces.*
- 4. Side Bar is not aligning with vehicle / Step Pads are not aligning with vehicle doors.**  
*Side bar may be interchanged or mounting brackets are not installed at the correct position in the vehicle. Refer Parts identification guide.*
- 5. Missing / Excess Hardware.**  
*Recheck hardware count as per the part list.*
- 6. Product not installing properly.**  
*Ensure make model year, cab length and bed size of your vehicle is listed in the application. All installation steps are followed correctly.*

**Check out these other TrailFX Products!!**

www.TrailFX.com



Keystone Automotive Operations Inc. (KAO) warrants this product to be free of defects in material and workmanship at the time of purchase by the original retail consumer. KAO disclaims any other warranties, express or implied, including the warranty of fitness for a particular purpose or an intended use. If the product is found to be defective, KAO may replace or repair the product at our option, when the product is returned prepaid, with proof of purchase. Alteration to, improper installation, or misuse of this product voids the warranty. KAO's liability is limited to repair or replacement of products found to be defective, and specifically excludes liability for any incidental or consequential loss or damage.