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Rough Country 10745 Installation Instructions

Prerunner Bumper with 20-Inch Cool White DRL Bar for 4Runner

Part number: 10745

trailfortress.com/prerunner-bumper-4runner-rough-country-10745

Scan for fitment, price and install help

ROUGH COUNTRY
SUSPENSION SYSTEMS®

2014 - 2023 4 Runner Hybrid Bumper

Thank you for choosing Rough Country for all of your suspension needs.

Rough Country recommends that a certified technician install this system. In addition to these instructions, professional knowledge of disassemble/reassembly procedures as well as post installation checks must be known. Attempts to install this system without this knowledge and expertise may jeopardize the integrity and/or operating safety of the vehicle. Please read all the instructions before beginning the installation. Check the kit hardware against the ''Kit Contents'' list below. 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. Check and retighten wheels at 50 miles and again at 500 miles. Periodically check all hardware for tightness. Be sure you have all the needed parts and understand where they go. Also, please review the "Tools Needed" list to be certain you have the necessary tools to complete the installation.

PRODUCT USE INFORMATION

⚠WARNING As a general rule, the taller a vehicle is the easier it will roll. We strongly recommend that seat belts and shoulder harnesses be worn at all times. Braking performance and capabilities are decreased when significantly larger/heavier tires and wheels are used. Do not add, alter, or fabricate any factory or after-market parts which increase vehicle height over the intended height of the Rough Country product purchased. Rough Country makes no claims regarding lifting devices and excludes any and all implied claims. We will not be responsible for any product that is altered.

NOTICE TO DEALER AND VEHICLE OWNER

⚠NOTICE Any vehicle equipped with any Rough country product must have the "Warning to Driver" decal installed on the sun visor or dash. The decal is to act as a constant reminder for whoever is operating the vehicle of its unique handling characteristics. INSTALLING DEALER—It is your responsibility to install the warning decal and to forward these installation instructions on too the vehicle owner for review and to be kept in the vehicle for its service life.



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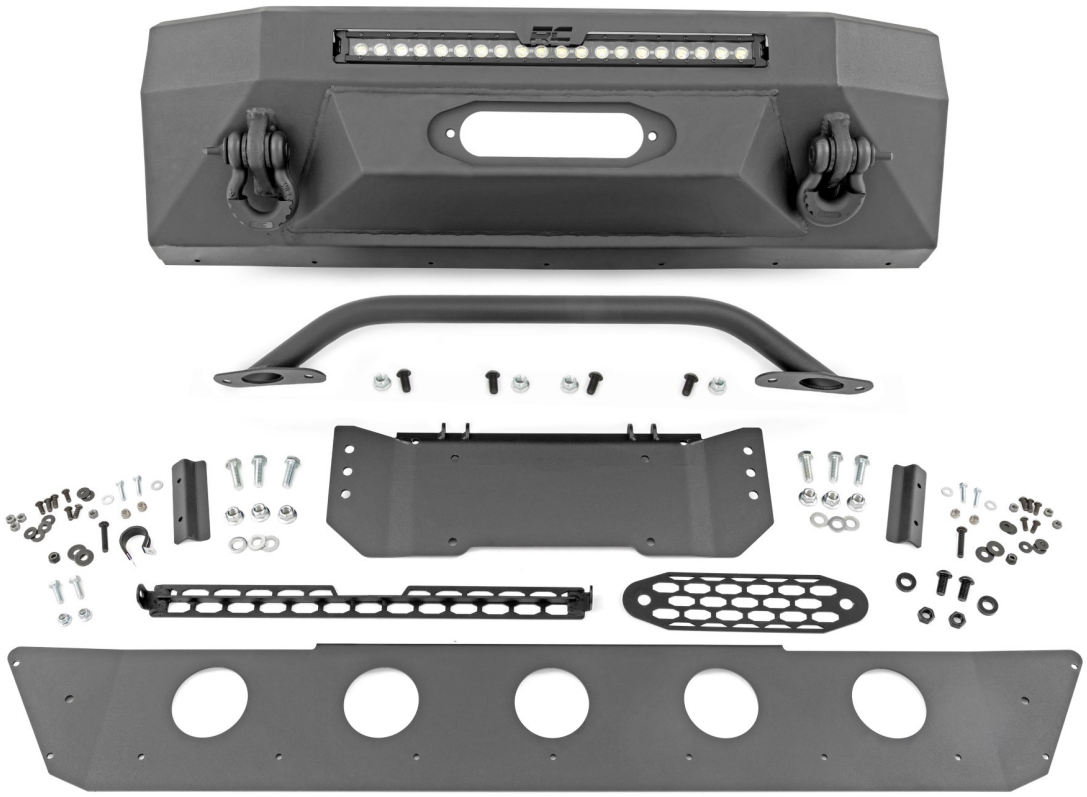
2014 - 2021 4 Runner Hybrid Bumper

TOOLS NEEDED:
Jack
Safety Stands
Wheel Chocks
Saw
Drill
1/2” Drill Bit
Tape
Pry Tool
Metric Wrench/Socket
10mm
14mm
16mm
18mm
19mm

KIT CONTENTS:
Hybrid Bumper (1)
Winch Tray (1)
Fairlead Block Off Grill (1)
Light Bar Block Off Grill (1)
1/4” Thick Spacer (2)
Skid Plate (1)

HARDWARE INCLUDED:
12mm x 25mm Button Head Bolt (6)
12mm x 35mm Bolt (6)
12mm Flange Nut (6)
12mm Washer (6)
8mm x 25mm Bolt (2)
8mm Nut (2)
8mm Washer (4)
6mm x 25mm Bolt (5)
6mm Nut (5)
6mm Washer (10)
1/4” Button Head Bolts (11)
1/4” Washers (15)
1/4” Nuts (4)
1” Adel Clamp (1)



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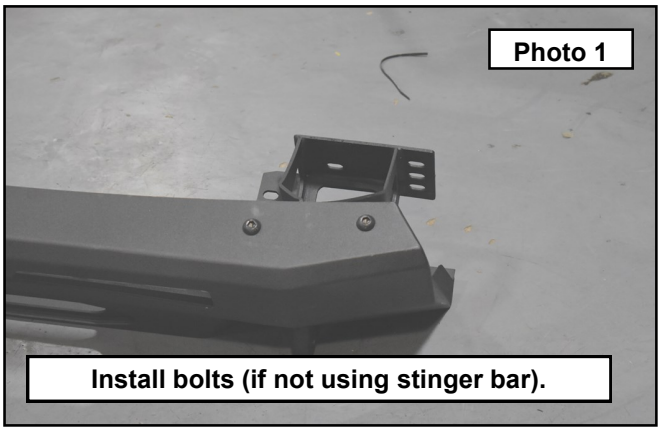
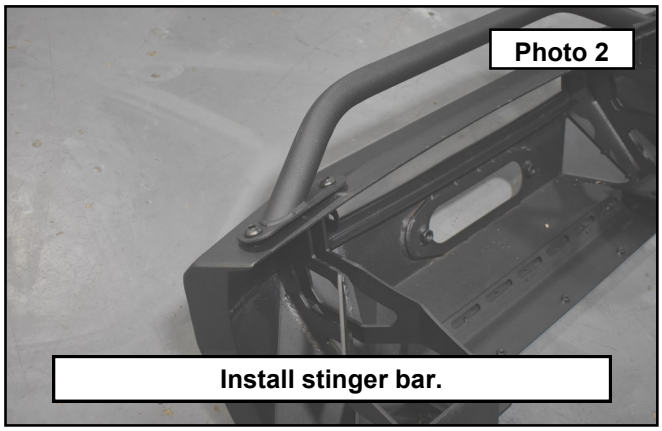
Stinger Bar Installation

1. If stinger bar was not purchased, use the supplied 12mm button head bolts and flange nuts to plug the holes in the bumper. Tighten with an 8mm Allen wrench and 18mm wrench. **See Photo 1.**
2. Install stinger bar using the supplied 12mm button head bolts and flange nuts. Tighten with an 8mm Allen wrench and 18mm wrench. **See Photo 2.**





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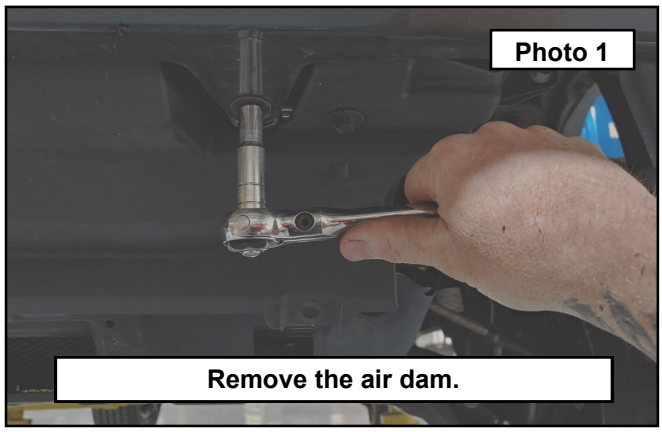
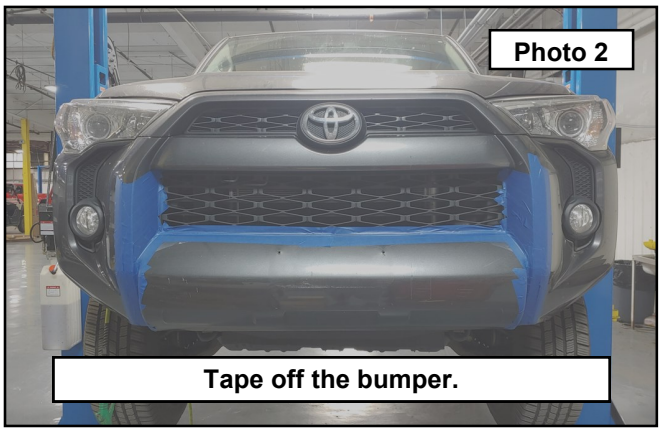
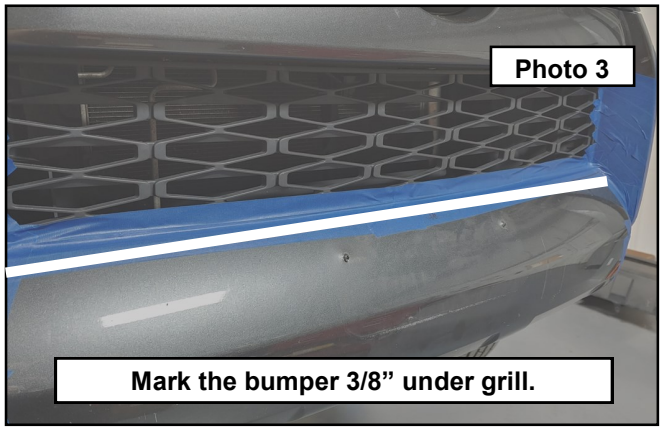
Front Installation

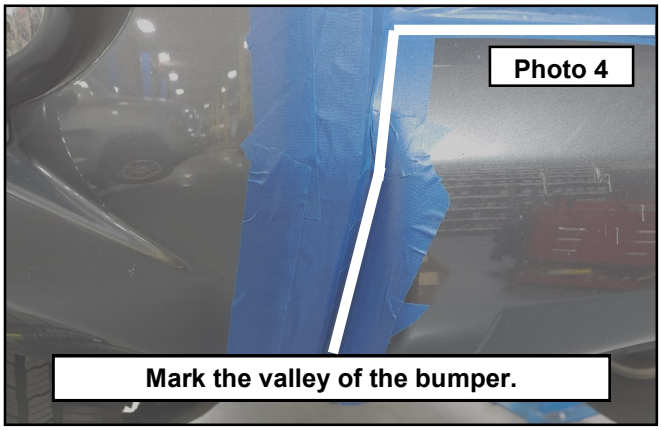
1. Park your vehicle on a clean flat surface, engage the parking brake and block the rear tires.
2. **Save all hardware removed from the vehicle unless otherwise noted.**
3. Open the hood and disconnect the negative terminal on the battery.
4. Remove the air dam attached to the bumper and skid plate if you have one using a 10mm socket. **Photo 1**
5. Tape off the area of your front bumper that will need to be cut for the installation of the Hybrid Bumper. **Photo 2**



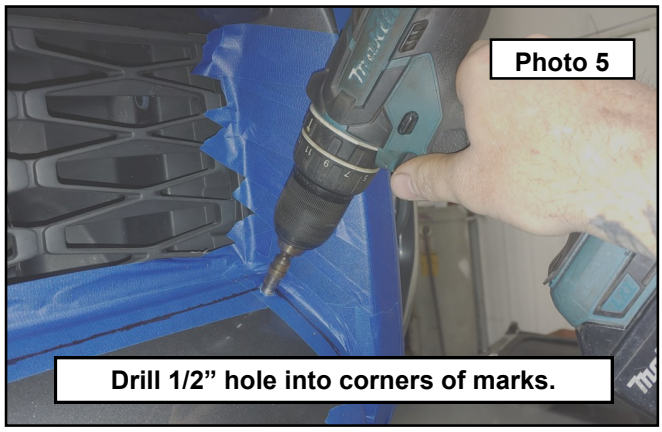


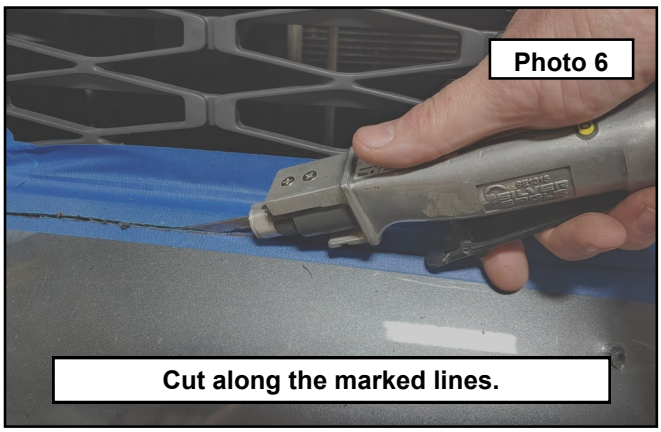
6. Mark a line 3/8” under the grill. **Photo 3**
7. Mark down the valley of the bumper where the middle meets the sides. This is your initial cut line. Photo 4
8. Cut to the inside of the valley so that you have room to clean up the edge later. Do not cut the grill. You will be able to pull the middle away far enough to finish the cut. **Photo 4**



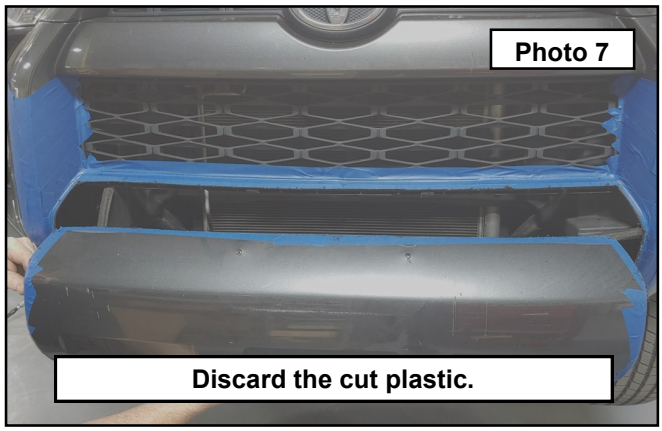


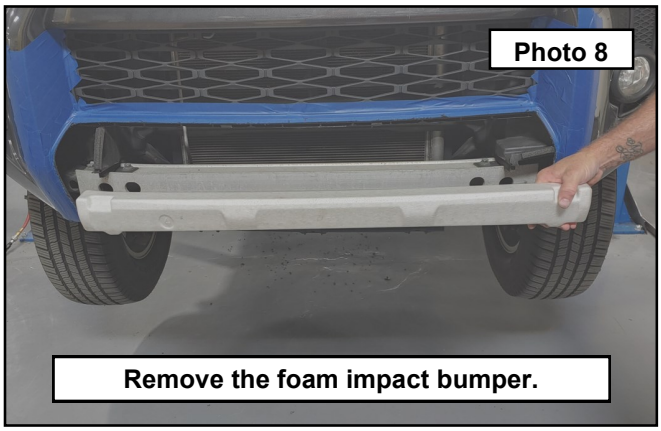
9. At the corner of your marked lines, drill a 1/2” hole. **Photo 5**
10. Using a suitable cutting tool (air body saw shown) cut along your marked lines. **Photo 6**



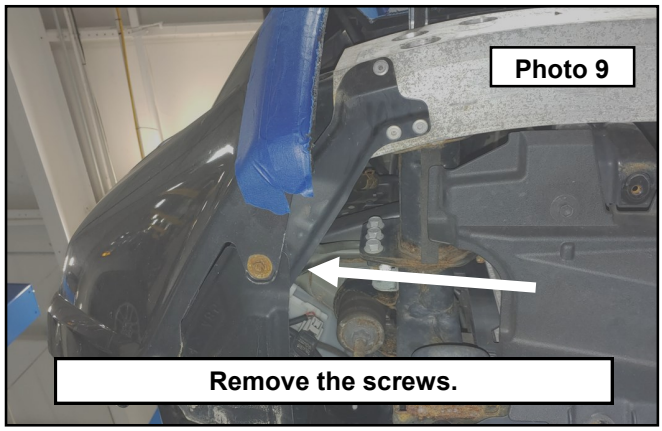


11. Remove the plastic and discard. **Photo 7**
12. Remove the foam low speed impact bumper by pulling it out of the aluminum bumper and discard. **Photo 8**



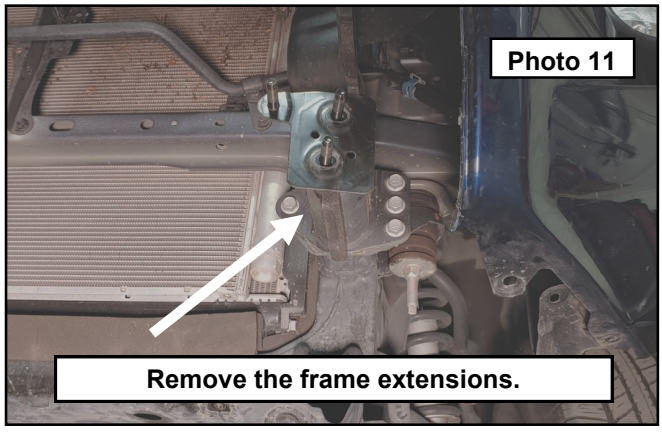


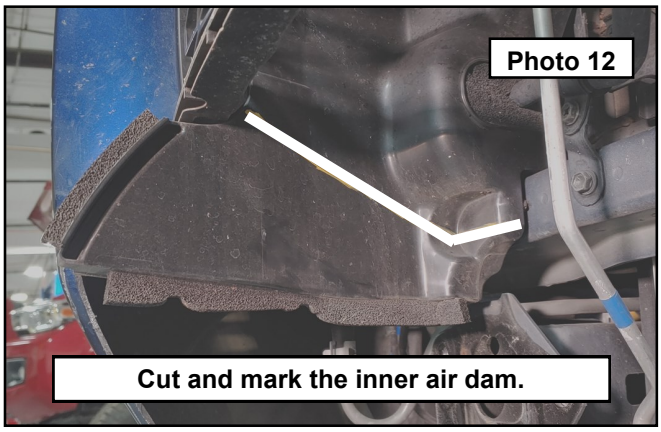
13. Under the vehicle, remove the screws holding the plastic bumper to the brackets coming from the aluminum bumper. **Photo 9**
14. Remove the aluminum bumper hardware through the holes in the front face using a 14mm socket. Rotate the aluminum bumper so that the front face is towards the ground. Slide the aluminum bumper to the passenger side behind the plastic bumper and then down and out of the way. Discard all. **Photo 10**





15. Remove the bumper frame extensions using a 14mm socket on both sides of the vehicle. Discard the frame extensions but save the hardware. **Photo 11**
16. Mark the inner air dam on the passenger side as shown. Cut along the marked line and discard. Sand any burrs smooth. **Photo 12**





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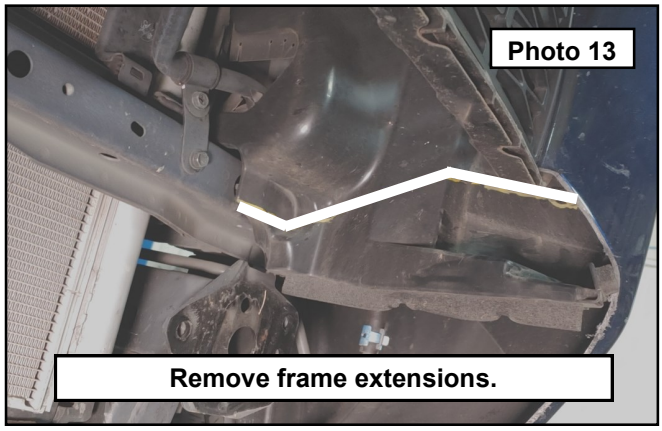
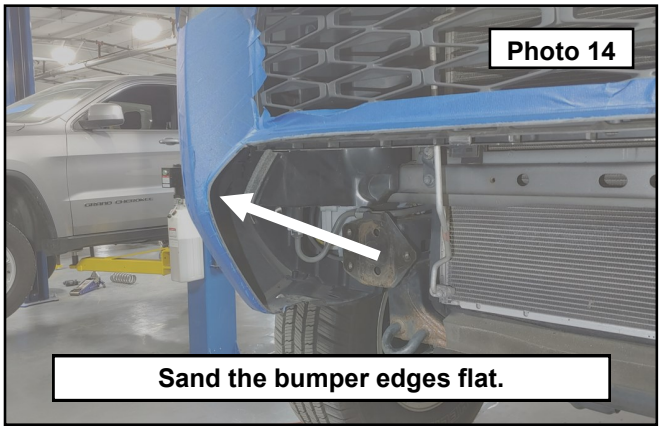
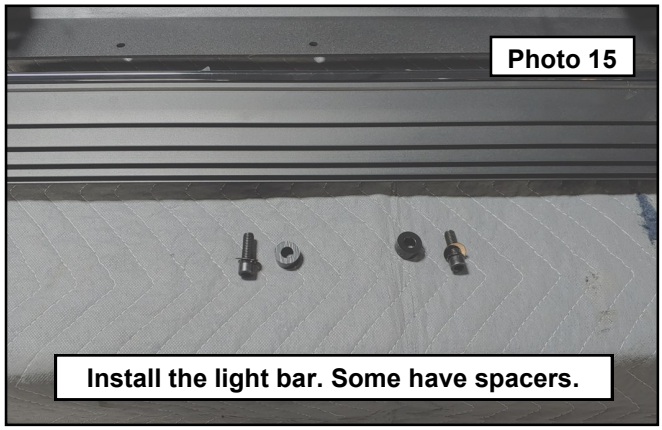
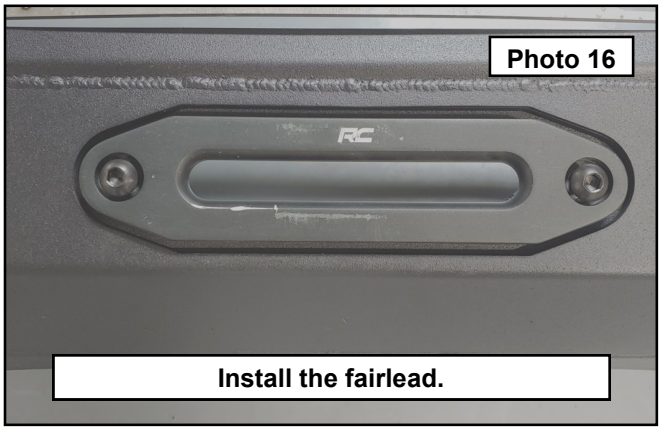
17. Mark the inner air dam on the driver side as shown. Cut along the marked line and discard. Sand any burrs smooth. **Photo 13**
18. Use a suitable sanding tool, clean up the edge of the plastic bumper. You will want to sand any remaining lip flush with the bumper side so that it is a flat surface for the bumper end caps. **Photo 14**



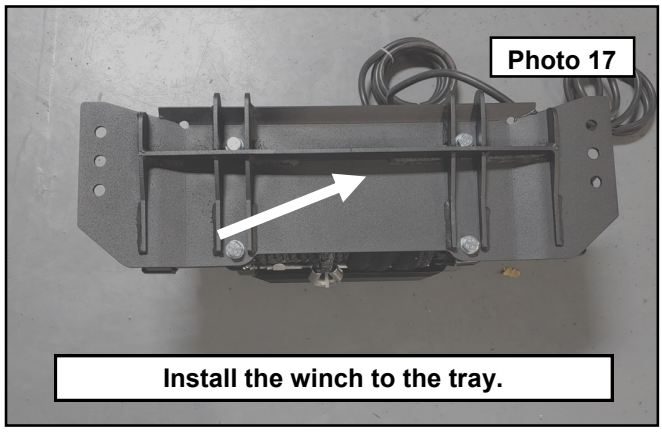


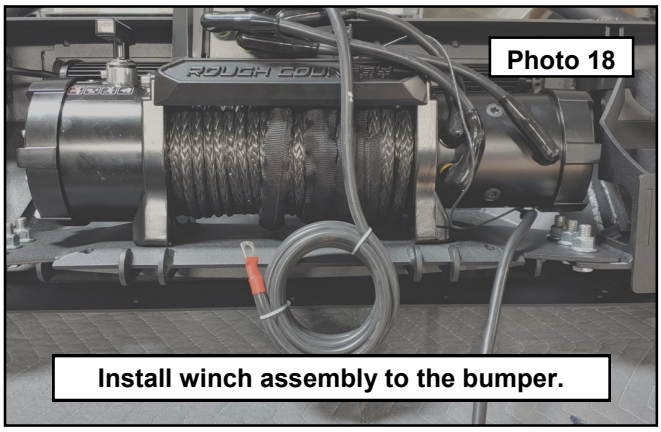
19. **Light Bar Option Kits:** Install the light bar to the mount using the hardware provided in the light bar kit. Some light bars will require spacers that are provided with the light bar so check all hardware bags. **Photo 15**
20. **Winch Option Kits:** This bumper is designed around the Rough Country synthetic rope fairlead which comes in the winch box, install with the provided button head bolts from the bumper kit. If you are using another brand winch, make sure it is a synthetic rope version. You can purchase the RC fairlead separately on the website or from one of our dealers. **Photo 16**





21. **Winch Option Kits:** Install your winch to the winch tray using the provided hardware with the winch. **Photo 17**
22. **Winch Option Kits:** Install the winch tray and winch to the bumper using the 12mm bolts, washers, and flange nuts. Torque to 95ft-lbs. **Photo 18**





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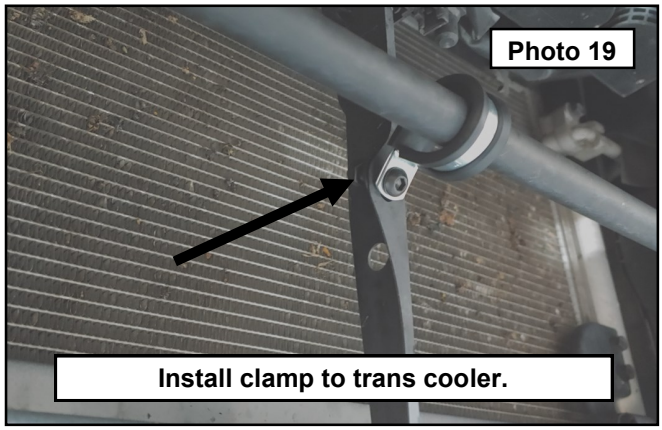
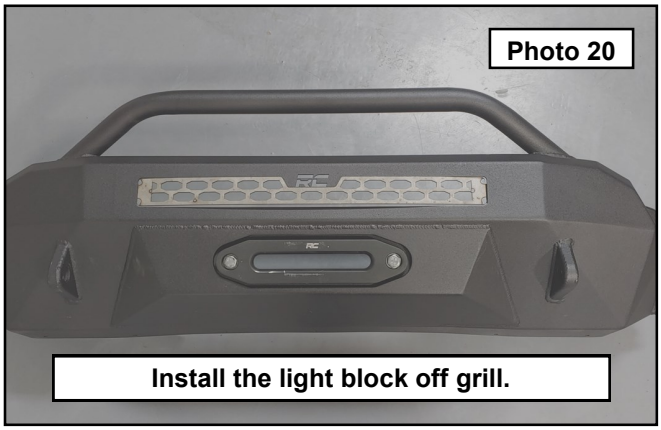
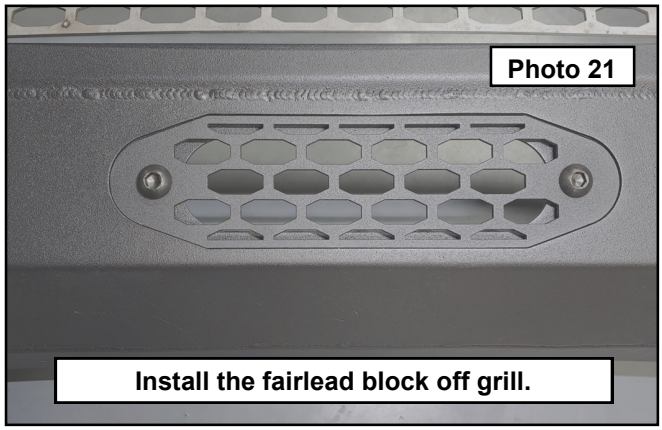
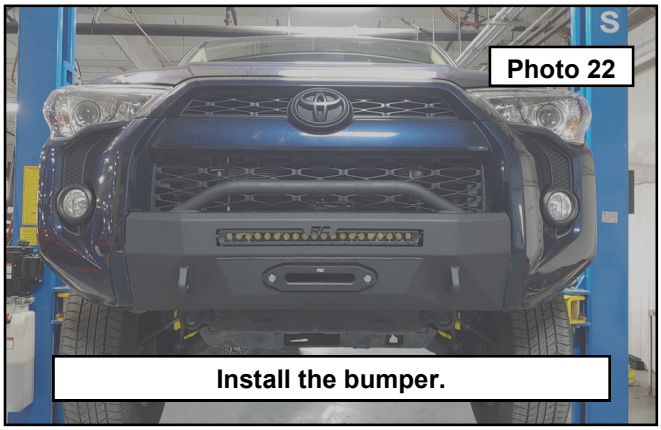
23. **Winch Option Kits:** If your vehicle is equipped with a trans cooler line, gently rotate the line towards the center support rib. Install the 1” rubber coated clamp around the line and to the support rib using the supplied 6mm bolt, washers, and nut. This is hold the line off the winch control box. **Photo 19**
24. **Non Light Option Kits:** Install the light block off grill using the provided 8mm bolts, washers, and nuts from the bumper kit hardware bag. **Photo 20**



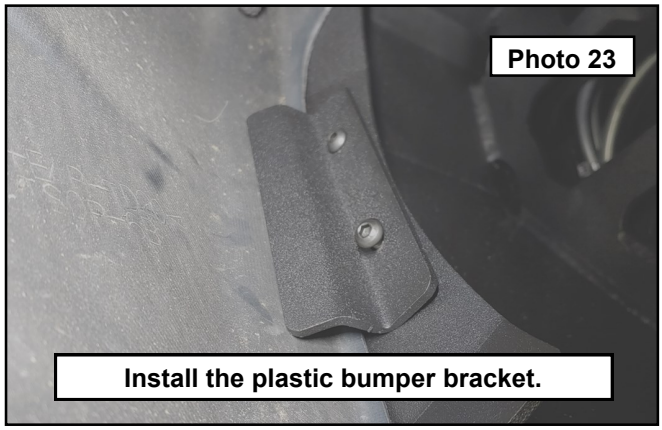


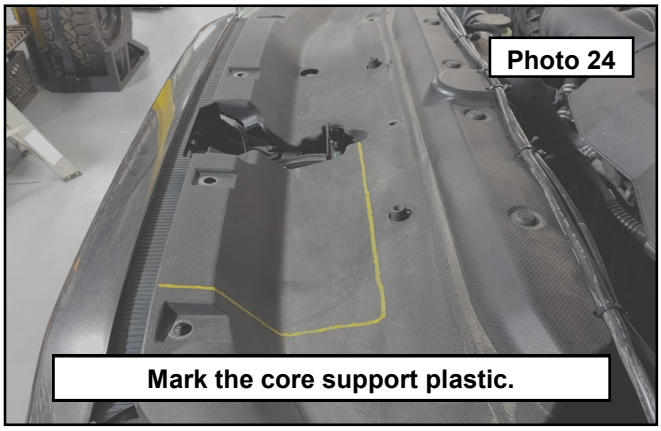
25. **Non Winch Option Kits:** Install the fairlead block off grill using the provided 12mm button head bolts and 1/4” thick spacers behind the grill. Center the grill and tighten the bolts. **Photo 21**
26. Install the bumper to the vehicle using the factory hardware. Center the bumper and torque to 45ft-lbs. **Photo 22**





27. Once everything is tight, you have the plastic bumper holders that will bolt to the sides of the bumper. Push the plastic bumper so that it lines up with the fabricated hybrid bumper. Install the plastic bumper brackets using the provided 6mm bolts, washers, and nuts. This is designed to keep the front bumper plastic from walking behind the new bumper when flexing occurs. **Photo 23**
28. **Winch option kits:** This step is completely optional but will allow you access to the winch free spool handle. Mark the plastic core support filler as shown. **Photo 24**





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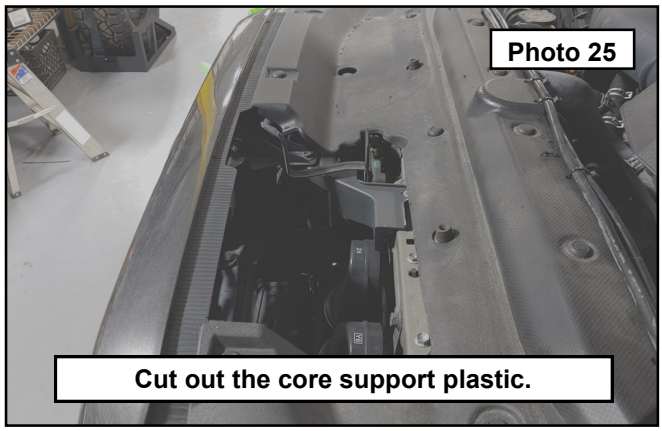
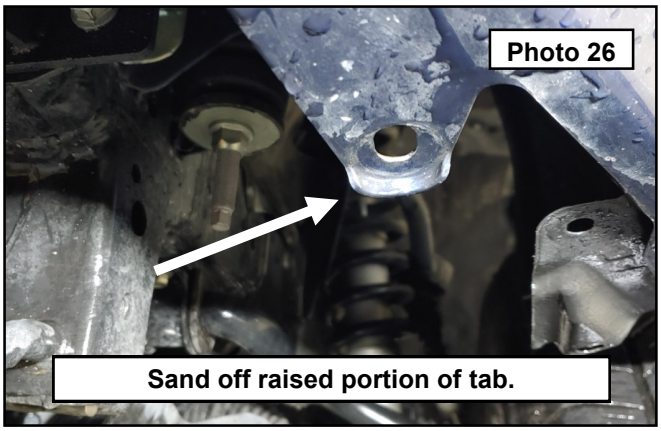
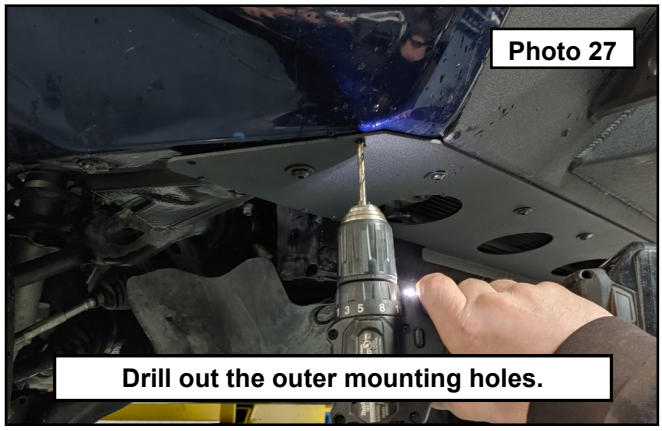
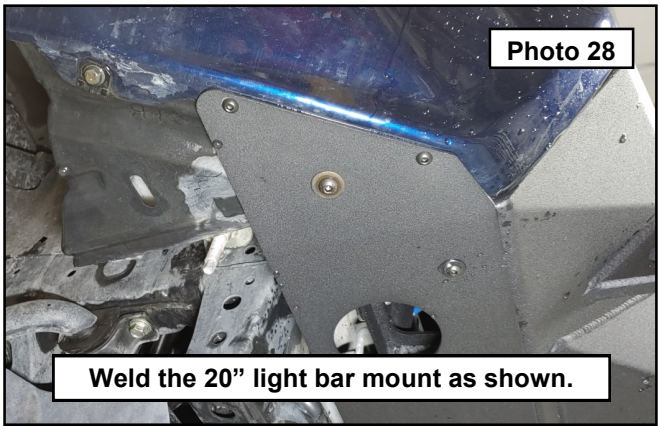
29. Cut the plastic using a suitable tool and sand any burrs. There will be a tab hanging off the grill that can be removed as well. You can permanently attach the winch controller lead to the winch box and tuck out of the way or if you have purchased the Rough Country winch, you can purchase an extension lead to install in your preferred location. **Photo 25**
30. Under the vehicle, on the plastic bumper tabs there is a lip, use a suitable tool to sand this off. **Photo 26**

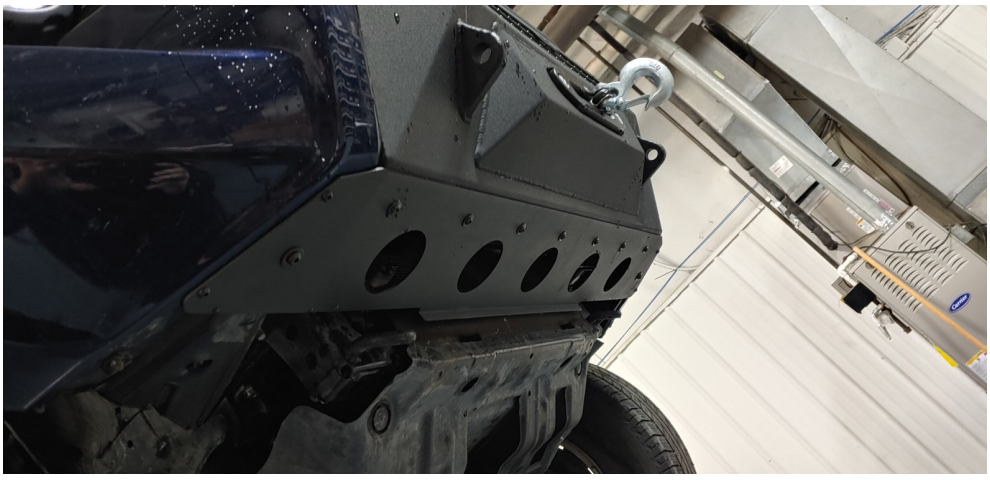




31. Install the lower skid plate using the 1/4” button head bolts, and washers to the bumper bottom edge. Drill out the outer plastic bumper mounting holes using a 1/4” drill bit. **Photo 27**
32. Install the provided 1/4” button head bolts, washers and nuts to the outer holes and the 8mm button head bolt, large washers and nuts to hold the inner fender liner to the skid plate. Run any and all electrical for light and winch to suit. **Photo 28**









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