Rough Country 10756A Installation Instructions

Pre-Runner Front Bumper with Skid Plate for F-150 (2018-2020)

Part number: 10756A

trailfortress.com/pre-runner-front-bumper-f150-rough-country-10756a

Scan for fitment, price and install help

921075600

ROUGH COUNTRY
SUSPENSION SYSTEMS®

2018-20 Ford F-150 Pre-Runner Bumper

THANK YOU FOR CHOOSING ROUGH COUNTRY FOR YOUR OFF ROAD NEEDS.

Rough Country recommends a certified technician install this kit. In addition to these instructions, professional knowledge of disassemble/reassembly procedures as well as post installation checks must be known. Attempts to install this kit without this knowledge and expertise may jeopardize the integrity and/or operating safety of the vehicle.

Please read instructions before beginning installation. Check the kit hardware against the parts list. Be sure you have all needed parts and know where they go. Also please review tools needed list and make sure you have needed tools.

Kit Contents:

- 2” LED Light x1
- 20” LED Light Bar x1
- Bumper x1
- Middle Mesh for LED Mount x1
- License Plate Mount Tab x2
- LED Mounting Bracket x2
- License Plate Mounting Bracket x1
- Frame Bracket x2
- ACC Mounting Bracket x1
- ACC Transfer Bracket x1
- Rubber Foam x1

Skid Plate and Bag Hardware:

- Skid Plate x1
- 8mm Lock Washer x6
- 8mmx24mm Flat Washer x4
- 8mmx28mm Flat Washer x2
- 8mmx25mm Button Screw x6
- 8mm Clip Nuts x2

Tools Needed:

- 10mm Socket/Wrench
- 13mm Socket/Wrench
- 16mm Socket/Wrench
- 18mm Socket/Wrench
- 21mm Socket

Hardware List:

- 4mmWrench x1
- 6mm Lock Washer x6
- 6mm Flat Washer x13
- 6mmx25mm Button Screw x6
- 6mmx20mm Button Screw x2
- 6mm Hex Nut x6
- 6mm Lock Nut x2
- 8mm Lock Washer x7
- 8mm Flat Washer x14
- 8mm Hex Nut x7
- 8mmx25mm Button Screw x3
- 8mmx16mm Hex Bolt x2
- 8mmx25mm Hex Bolt x4
- 10mm Flat Washer x12
- 10mmx35mm Hex Bolt x6
- 10mm Lock Washer x6
- 10mm Hex Nut x6
- 12mm Lock Nut x2
- 12mmx35mm Hex Bolt x2
- 12mm Flat Washer x4
- Nylon Ties x10



Torque Specs:

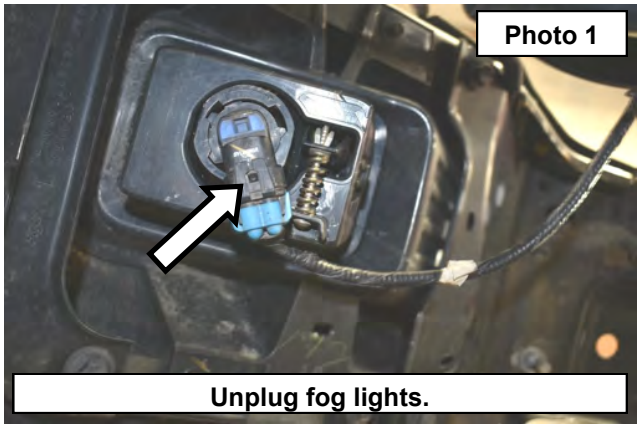
Size	Grade 5	Grade 8	Size	Class 8.8	Class 10.9
5/16”	15 ft/lbs	20ft/lbs	6MM	5ft/lbs	9ft/lbs
3/8”	30 ft/lbs	35ft/lbs	8MM	18ft/lbs	23ft/lbs
7/16”	45 ft/lbs	60ft/lbs	10MM	32ft/lbs	45ft/lbs
1/2”	65 ft/lbs	90ft/lbs	12MM	55ft/lbs	75ft/lbs
9/16”	95 ft/lbs	130ft/lbs	14MM	85ft/lbs	120ft/lbs
5/8”	135ft/lbs	175ft/lbs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

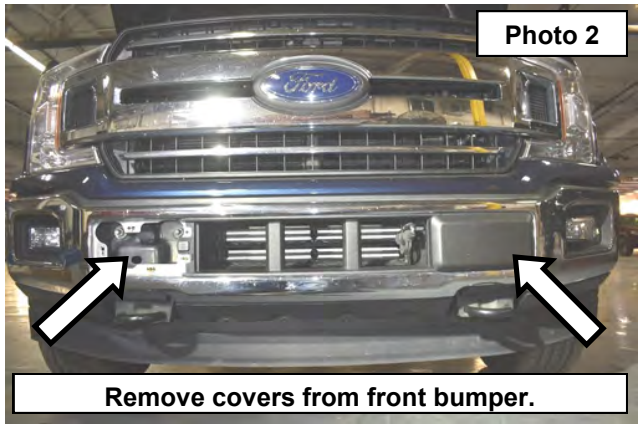
RC ROUGH COUNTRY

Installation Instructions

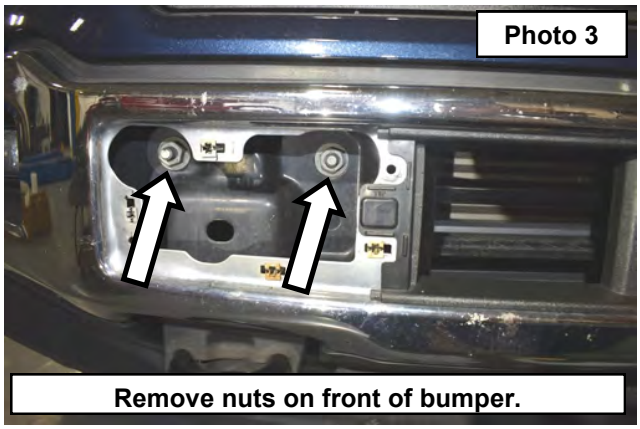
Remove Bumper

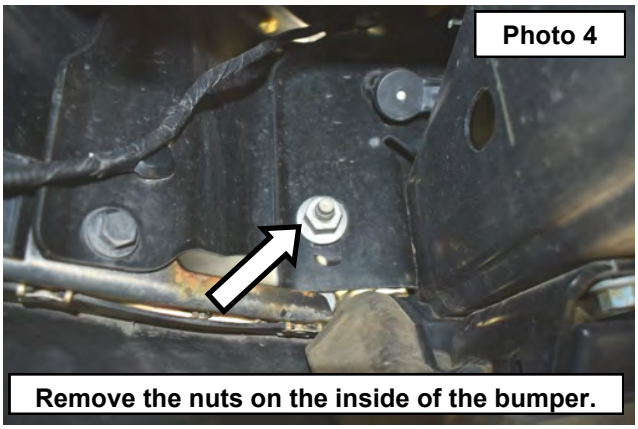
1. Unplug the fog light wiring harness on both sides of the vehicle. **See Photo 1**.
2. Remove plastic cover with flathead. **See Photo 2**.



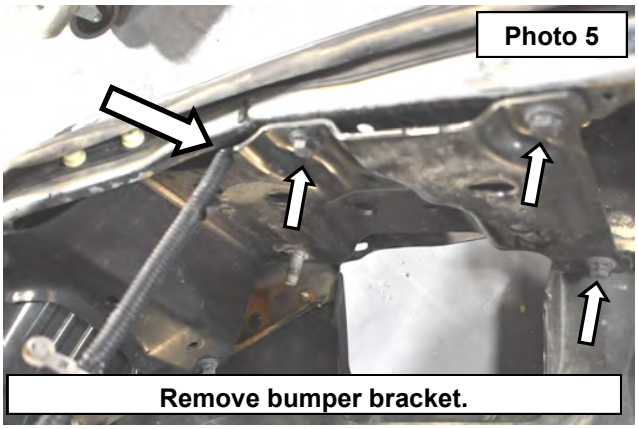


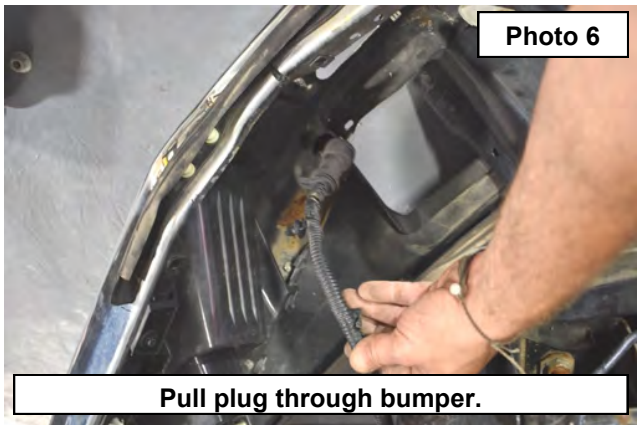
3. After supporting the bumper, remove the nuts from the front bumper on both sides using a 21MM socket. **See Photo 3**.
4. Remove the nut on the inside of bumper on both sides using a 21MM socket. **See Photo 4**.



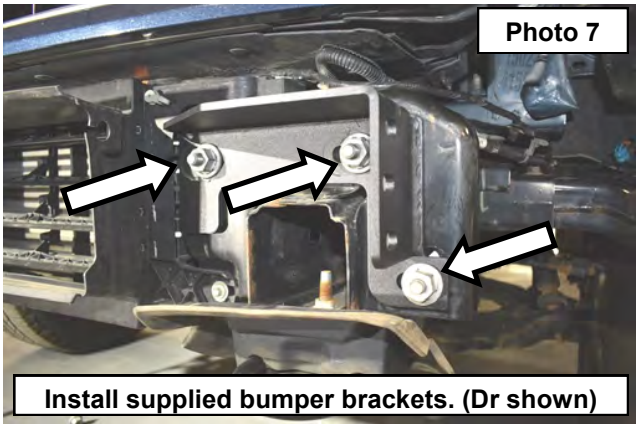


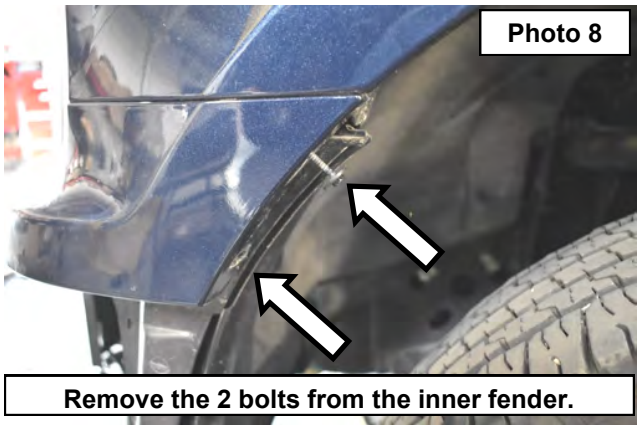
5. Remove the bumper and lower to remove heater harness if factory equipped.
6. Remove the bumper bracket using a 13mm socket. Then pull the plug through the bumper. **See Photo 5**.
7. Pull plug through bumper if factory equipped. **See Photo 6.**



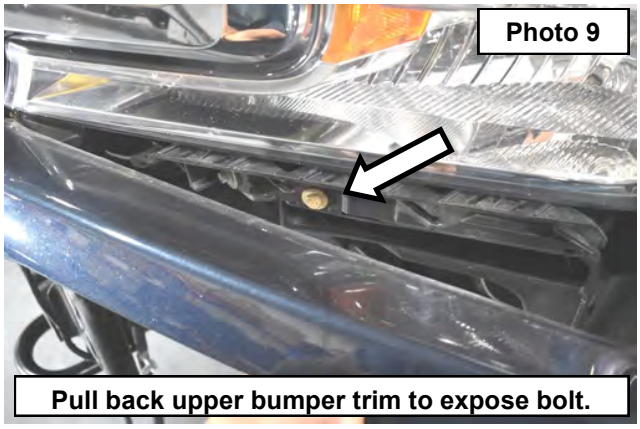


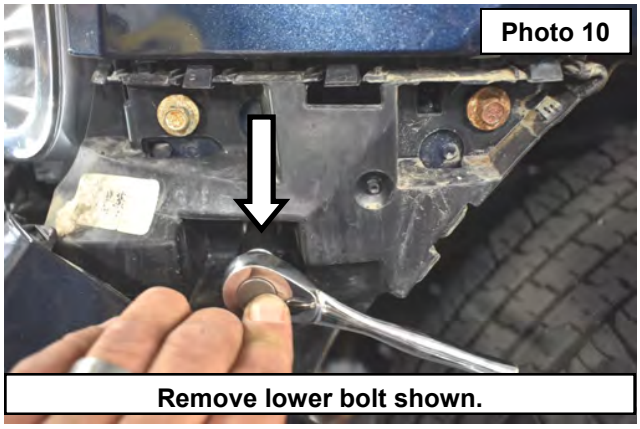
8. Install the supplied bumper brackets reusing the stock hardware. **See Photo 7**. Do not tighten at this time.
9. Remove the (2) bolts on the side of bumper using a 7mm socket. **See Photo 8**.



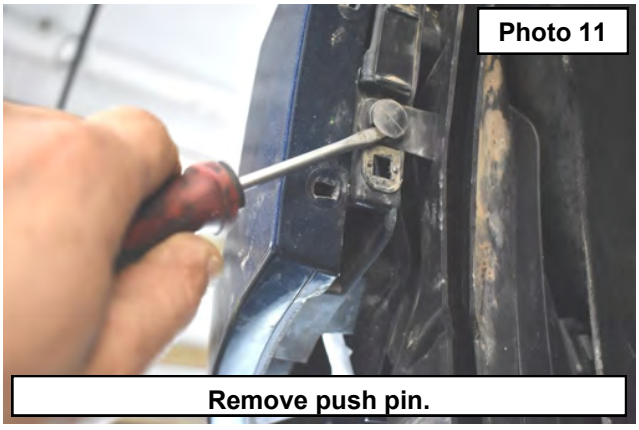


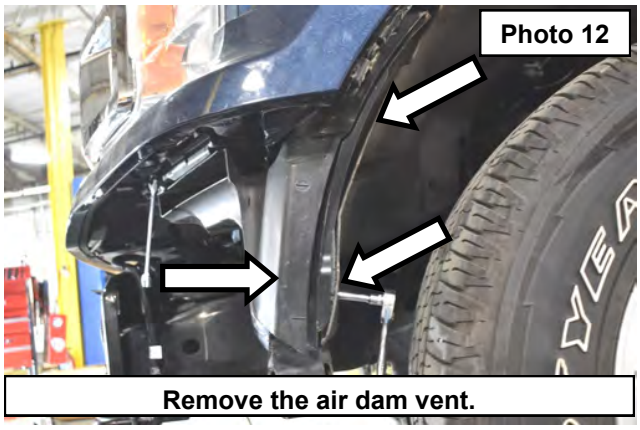
10. Pull the upper bumper trim back to remove the bolt under the headlight using a 10mm socket. **See Photo 9**.
11. Remove the lower bolt in the plastic vent using a 10mm socket. **See Photo 10**.





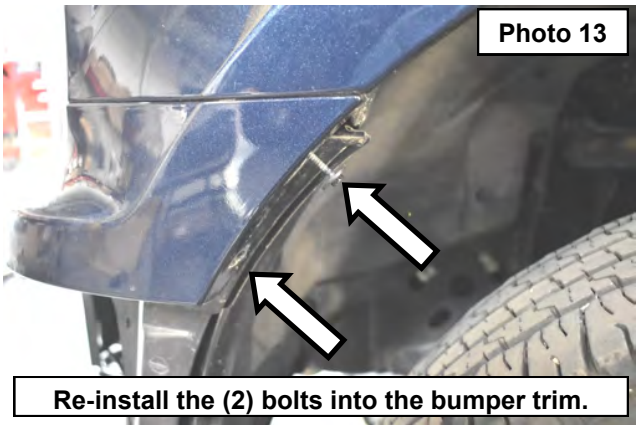
12. Remove the push pin behind the upper bumper trim using an automotive trim puller. **See Photo 11.**
13. Remove bolts securing the inner fender. Then remove the air dam vent using a 5.5mm socket. **See Photo 12**.



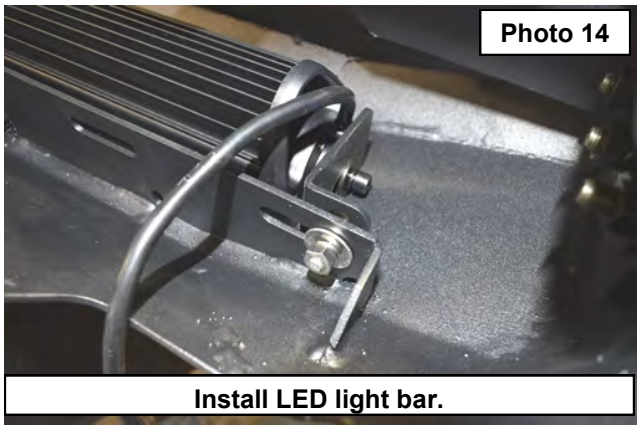


Install RC Bumper and Skid Plate

14. Re-install the (2) retained bolts into the bumper trim using a 7mm socket. **See Photo 13.**
15. Install the LED light bar with the supplied mounting brackets, 8MM bolts, nuts, and washers, and the hardware supplied with the LED light bar. **See Photo 14**.

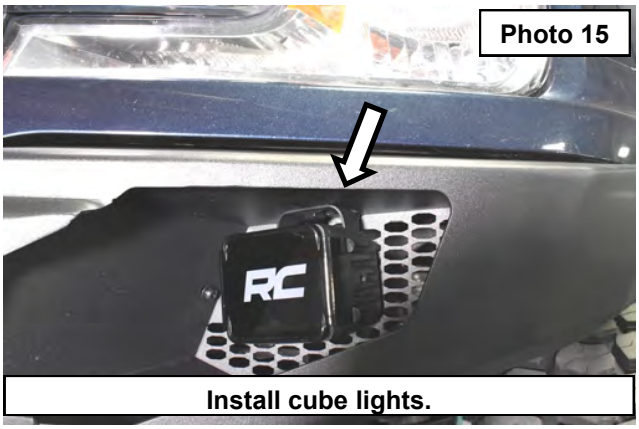


Re-install the (2) bolts into the bumper trim.

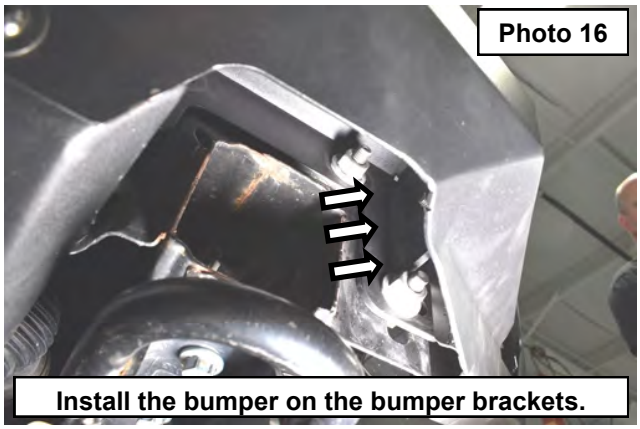


Install LED light bar.

16. Install cube lights in the bumper with hardware supplied with the lights. **See Photo 15**.
17. Install the RC bumper on the bumper brackets that were installed in Photo 7 using (3) the supplied 10MM bolts, nuts, and washers. **See Photo 16**. Do not tighten at this time.

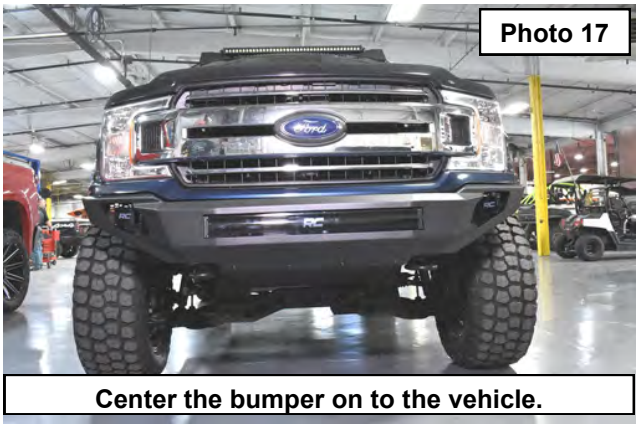


Install cube lights.

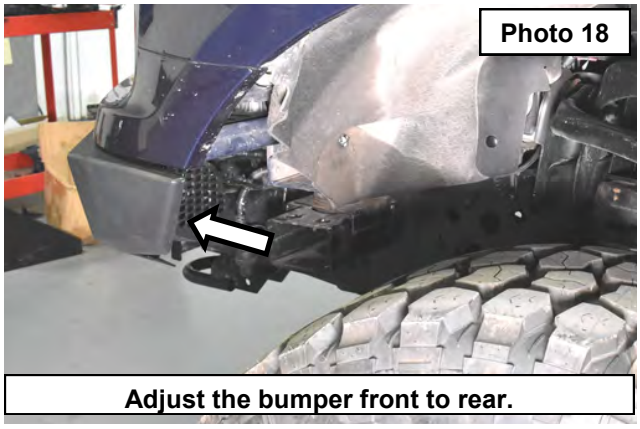


Install the bumper on the bumper brackets.

18. Adjust the bumper to center. Then tighten the (3) OE nuts on the frame to bumper brackets using a 21mm wrench. **See Photo 17.**
19. Align the bumper front to rear. Then tighten the 10mm hardware using a 17mm wrench and socket. **See Photo 18.**

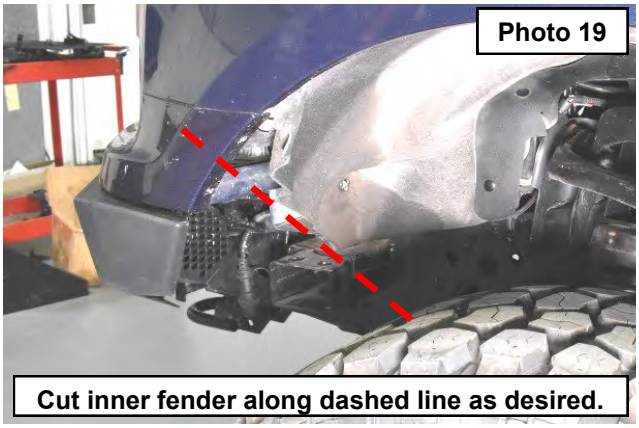


Center the bumper on to the vehicle.

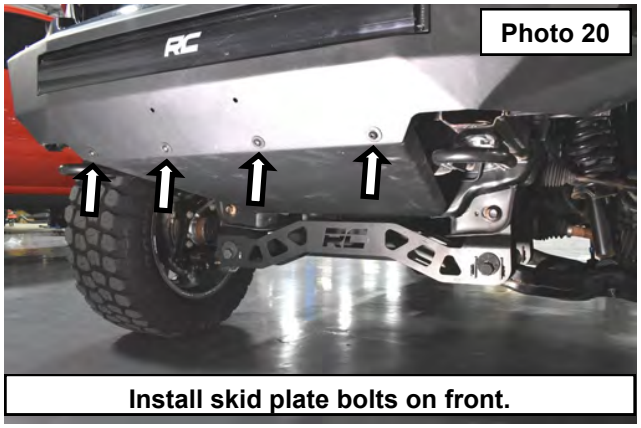


Adjust the bumper front to rear.

20. Cut inner fender carpet along dashed line as desired to fit new bumper using a razor blade. **See Photo 19**.
21. Install the skid plate using the supplied 8MM bolts, nuts, and washers. Tighten using a 6mm allen wrench. **See Photo 20 and 21**.

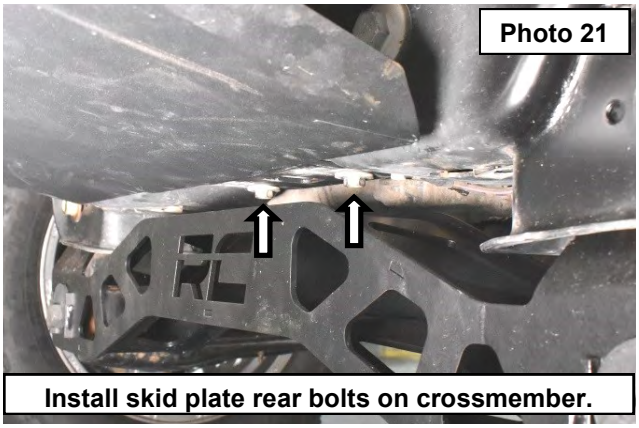


Cut inner fender along dashed line as desired.



Install skid plate bolts on front.

22. Periodically check all hardware for tightness.



Install skid plate rear bolts on crossmember.



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