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# Rough Country 10783 Installation Instructions

LED Front Bumper for F-250/F-350 Super Duty (2011-2016)

Part number: 10783

trailfortress.com/led-front-bumper-f250-f350-super-duty-rough-country-10783

Scan for fitment, price and install help

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ROUGH COUNTRY SUSPENSION SYSTEMS®

# FORD 2011-16 F-250 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:**
**1-Front Bumper**
**1-Drivers Side Bracket**
**1-Passengers Side Bracket**
**1-License Plate Bracket**
**2-Sets of 2" Square LED Lights**
**1-20" LED Light**
**2-20" LED Mounting L-Brackets**

**TOOLS NEEDED:**
**13mm wrench or socket**
**17mm wrench and socket**
**18mm wrench and socket**
**19mm wrench and socket**
**Long Nose Plyers**
**Rachet**
**4mm Allen Wrench (included)**

**HARDWARE INCLUDED:**
**2-6mm x 20mm Button Screw**
**2-6mm Lock Nut**
**4-6mm Flat Washer**
**4-8mm Lock Washer**
**6-8mm Flat Washer**
**2-8mm Hex Nut**
**2-8mm x 16mm Hex Bolt**
**2-8mm x 25mm Hex Bolt**
**4-12mm x 35mm Hex Bolt**
**4-12mm Lock Washer**
**8-12mm Flat Washer**
**4-12mm Hex Nut**
**2-License Plate Mount Inserts**
**10-Nylon Ties**

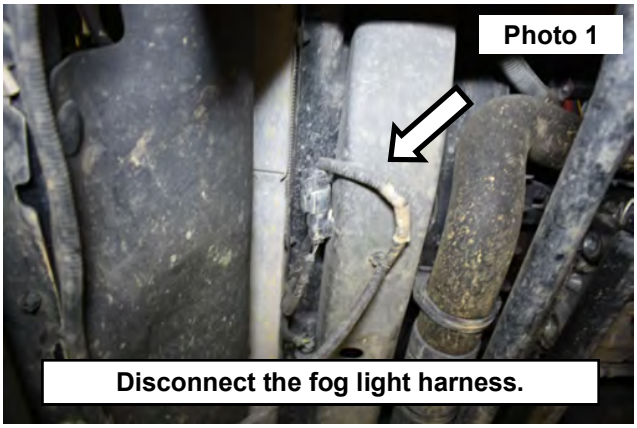


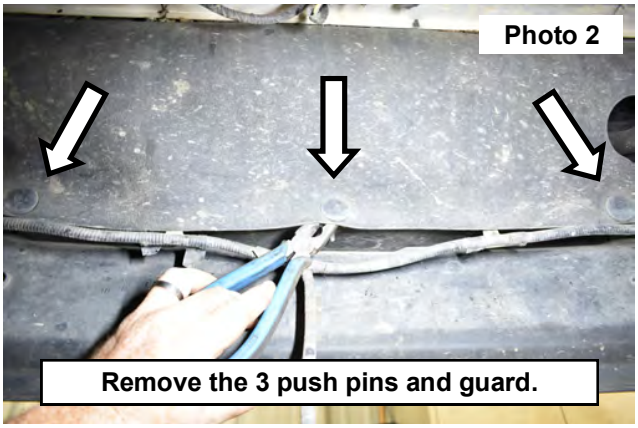
**Torque Specs:**

| 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 |

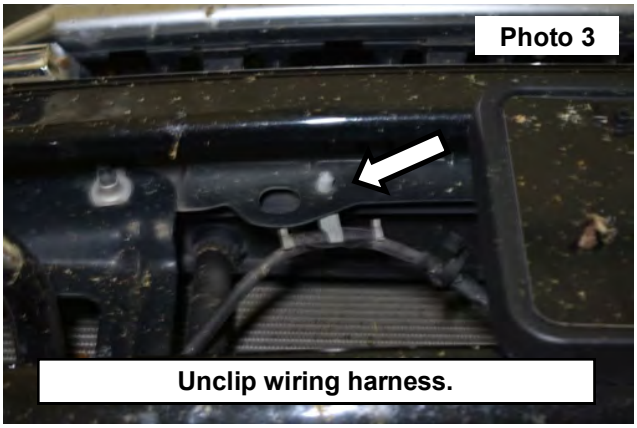
## INSTALLATION INSTRUCTONS

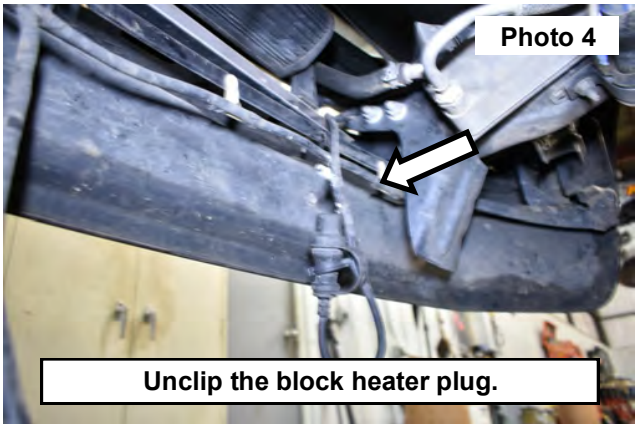
1. If equipped unplug the fog light wiring harness. **See Photo 1.**
2. Remove the 3 push pins holding the factory splash guard onto the back side of the bumper using long nose plyers. Remove from the vehicle this will not be reused. **See Photo 2.**



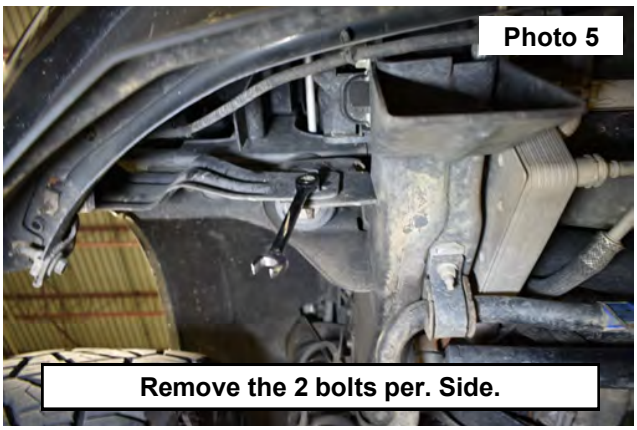




3. Remove the push pins on the inside of the bumper holding the block heater plug to the bumper. **See Photo 3 and 4.**




4. Remove the 2 bolt in the bumper brace using a 13mm wrench. **See Photo 5.** Repeat on opposite side of the vehicle.
5. Remove the 2 bolts on the drivers side bumper mount using a 18mm socket. Save bolts and flag nut plate for later use. **See Photo 6.**





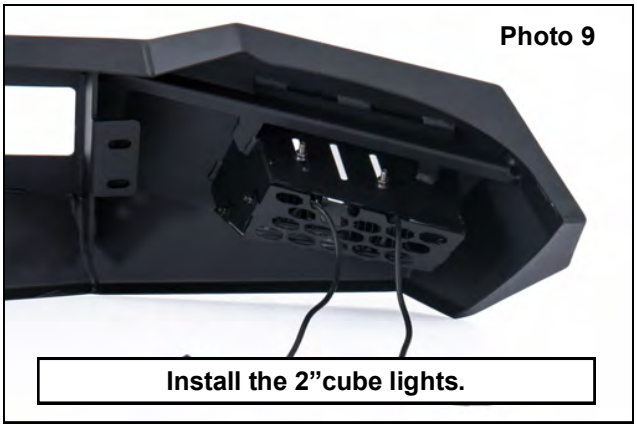

6. Remove the 2 bolts on the passengers side bumper mount using a 18mm socket. Save bolts and flag nut plate for later use. **See Photo 7.**
7. Remove the stock bumper. **See Photo 8.**

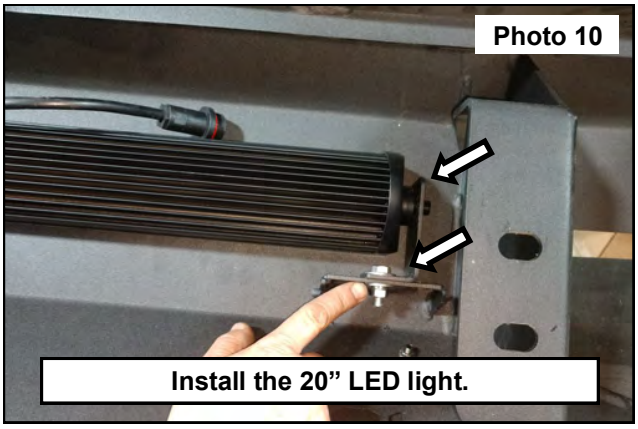




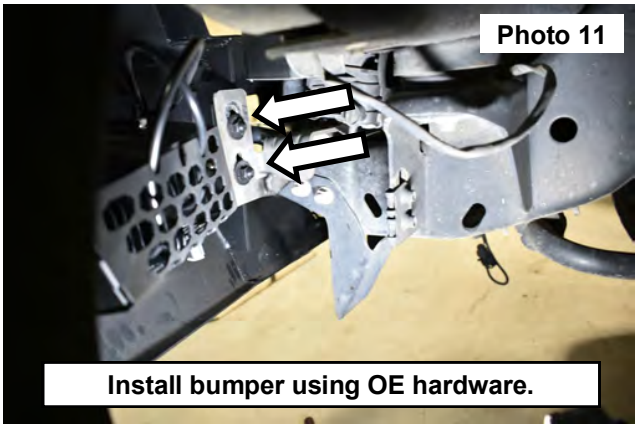


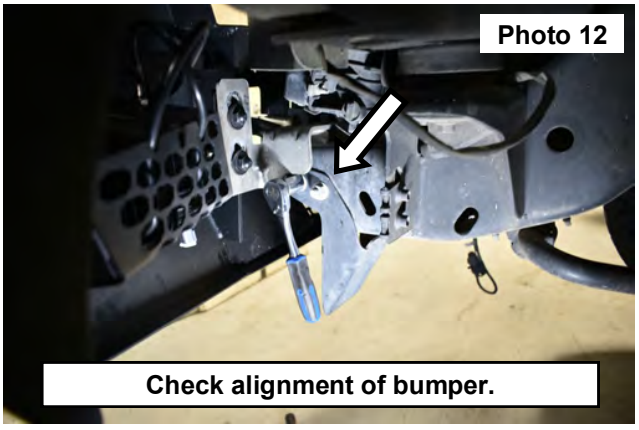
8. Install the (2) sets of 2” LED lights using the corresponding instruction sheets supplied in those kits. **See Photo 9.**
9. Install the 20” LED light into the center of the bumper using the 2 L-brackets and hardware supplied with the bumper. Wire the lights using the instruction sheets supplied in that kit. **See Photo 10.**



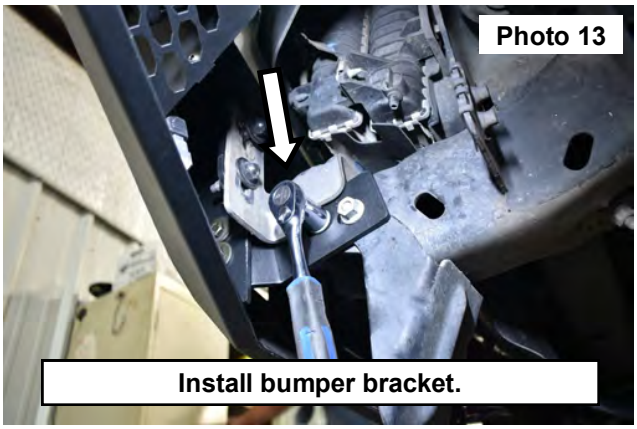

10. Install the new rough country bumper onto the vehicle using the OE bolts and nut plate on the back side of the bumper into the stock bumper mount on the driver and passengers side. **See Photo 11.**
11. Snug the bolts using an 18mm socket. Do not fully tighten at this time.
12. Remove the nuts from the bolts plate attaching the lower crash guard to the frame using a 18mm socket. **See Photo 12.**
13. Install the supplied bumper bracket on the frame with the stock hardware. **See Photo 13.**
14. Install the new rough country bumper brace onto the bumper using the supplied 12mm x 35mm bolts, washers and

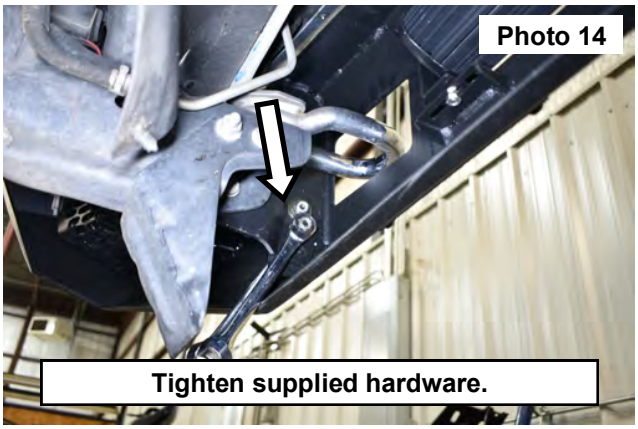


nuts into the bumper. **See Photo 13.**

15. Position the bumper on the vehicle and torque the factory nuts on the bumper using a 18mm wrench to 55ft/lbs.
16. Torque the 12mm x 35mm bolts and nuts to 55 ft-lbs using an 18mm socket.
17. Torque the supplied hardware in the bumper mount to 55 ft-lbs. Using a 17mm wrench on the bolt and a 18mm wrench on the nuts. **See Photo 14.**
18. Connect all installed LED lights to the wiring harness supplied in those kits.
19. Secure the block heater plug back to an accessible area.




20. Check angle of LED lights and adjust to the desired angle.

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