



FRONT BUMPER INSTALLATION INSTRUCTIONS **2005-2007, Ford 250/350 F-Series Truck**

Please read before beginning

- *Stainless steel hardware may bind together when tightening—It is recommended that you apply an anti-seize assembly lubricant to the threads of each bolt before assembly*
- *This installation requires two people*
- *Unless otherwise specified, refer to the general torque value at the end of the instructions for specified torque values.*



Required tools

- Standard wrench set
- Leveling tool

Included hardware

Quantity

- | | |
|--|----|
| • Mounting hardware | |
| ○ 70036 - 1/2-13 x 1 1/2" Hex head bolt grade 8 | 8 |
| ○ 70033 - 1/2-13 Nuts Grade 8 with nylon insert | 8 |
| ○ 70035 - 1/2 Washer | 16 |
| • 400511- Winch, Fairlead Cover (preinstalled w/ the below hardware) | 1 |
| ○ 70008- 1/4-20 Nylock Nuts SS | 4 |
| ○ 70039- 1/4 x 7/8 Fender Washer SS | 8 |
| ○ 70060- 1/4-20 x 1" Button Head Bolt SS | 4 |
| • 400503.4 - Keys, tool box lock set | 1 |
| • Antiseize Packet, 2g | 1 |

Assembly instructions

1. Remove Stock Bumper
2. Hold Aluminess bumper up in position and put the 1/2" bolt through the bumper and frame
3. Next, put one bolt on each side (each bolt should have a washer on both the head and the nut sides)
4. The hole on the bumper that is furthest away from the frame is the easiest one to start with
5. Hand tighten the nut down so the bumper can be rested on the bolt
6. Insert the other four bolts that go from inside the toolbox to the frame
7. Tighten the nuts down so that the bumper is held up but can still be moved
8. Check that the bumper is level and aligned with the center of the truck
9. Tighten down all of the fasteners, and check again after driving 100 miles to make sure everything is still secure



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General Torque Values			
Size	Stainless Steel	Zinc	Grade 8
#6-32	10 lb-ft	--	--
#8-32	18.4 lb-ft	--	--
#10-32	26.6 lb-ft	--	--
1/4"-20	5.3 lb-ft	7.8 lb-ft	9 lb-ft
5/16"-18	10.9 lb-ft	16 lb-ft	18 lb-ft
3/8"-16	19.4 lb-ft	28.3 lb-ft	33 lb-ft
7/16"-14	31 lb-ft	45 lb-ft	52 lb-ft
1/2"-13	47 lb-ft	69 lb-ft	80 lb-ft
M6	4.7 lb-ft	5.8 lb-ft	--
M8	11.3 lb-ft	14.1 lb-ft	--
M10	22.3 lb-ft	27.9 lb-ft	--
M12	38.9 lb-ft	48.7 lb-ft	--



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