

# INSTALL INSTRUCTIONS FOR 10-13 OG 4RUNNER BAJA MID-PRO FRONT BUMPER

**READ THROUGHOUT BEFORE INSTALLING BUMPER!**

## **DETAILS:**

- This version will work with 2010-13 "OG" Toyota 4runners only. The "wings" of the bumper are bent differently than the OG and non-limited versions.
- The bumper covers the important bits up front then the customer "viper" cuts the bumper the rest of the way to the fenders. This gives the customer a little more creative freedom and also allows for more options with aftermarket fenders.
- Cutting of factory plastic bumper is required.
- On OG models, it will work with stock body height and suspension lifted vehicles. Not designed to be used with body lifts.
- Lights are NOT included. View list of recommended lights under the RECOMMENDED LIGHTS tab.
- On raw steel orders there may be evidence of anti-spatter spray, oils, areas with light surface rust, small amounts of weld splatter, and shallow scratches caused during manufacturing and/or shipping.
- On powdercoated orders, there may be evidence of scratches or rub marks caused during handling and/or shipping. There may also be scratches or weld splatter underneath the coating. Powdercoat is NOT warranted in any way! However we try our best to package appropriately to avoid any damage during transit.
- Not guaranteed to work with all aftermarket skid plates. If the skid ends just under the lower crossmember or sticks past the front surface by less than 1-1/4", it should work.
- Winch fitment info
  - The bumper was designed using the Harbor Freight Badlands Apex 12K with synthetic line. Other similar sized or smaller winches may fit.
  - Must have a 4.5"x10" mounting pattern.
  - Depending on winch size you might have to relocate the control box, clock the winch drum, and/or bend/move AC and/or fluid lines.
- INTENDED FOR OFF-ROAD USE ONLY.

## WHAT'S INCLUDED:

- BUMPER PARTS
  - 1X BUMPER WELDMENT
  - 1X ALUMINUM COVER
  - 1X LOWER RADIATOR COVER
  - HARDWARE
    - 6X M8\*16MM FLANGED BUTTON HEAD BOLTS
    - 8X M10\*30MM FLANGED HEX HEAD BOLTS
      - (WILL ONLY GET 2 IF ORDERING WITH FRAME BRACKETS)
    - 2X ALUMINUM WASHER PLATES
    - 2X WASHERS (1.00 OD X .41 ID)
    - 3X M8\*20MM FLANGED HEX HEAD BOLTS
  
- (OPTIONAL) V2 FRAME BRACKETS
  - 1X LEFT FRAME BRACKET
  - 1X RIGHT FRAME BRACKET
  - HARDWARE
    - 2X M12\*30MM HEX HEAD BOLTS
    - 2X WASHERS (1.06 OD X .53 ID)
    - 2X M8\*20MM FLANGED HEX HEAD BOLTS
    - 2X WASHERS (.69 OD X .34 ID)
    - 6X M10\*30MM FLANGED HEX HEAD BOLTS
    - 6X WASHERS (1.00 OD X .41 ID)
    - 6X M10 FLANGE NUTS

\*Actual hardware provided may be slightly different (color/length) than hardware used in pics.

## WHAT YOU WILL NEED:

- TAPE MEASURE
- VEHICLE JACK
- CUTTING TOOL FOR TRIMMING STOCK PLASTIC BUMPER (Multitool recommended)
- PAINTERS TAPE
- SHARPIE
- DEBURRING/SANDING TOOL
- PROPER SAFETY GEAR / EYE PROTECTION
- BASIC MECHANIC / AUTOMOTIVE TOOLS (HAMMERS, WRENCHES, ECT...)

**ALWAYS USE PROPER SAFETY GEAR AND EYE PROTECTION  
WHEN CUTTING STOCK BUMPER!**

**HAVE ASSISTANCE WHEN LIFTING / INSTALLING AFTERMARKET BUMPER!**

## INSTALL STEPS:

- 1) If you ordered the new bumper as raw steel, prep and paint all the parts. Painting any aluminum parts is optional. Allow paint to cure before installing.
- 2) Leave the main portion of the stock bumper on for now. Remove plastic pieces underneath.



- 3) Remove fog light and turn signal housings from the bumper.
- 4) Using the measuring tape and jack, level out the 4runner by jacking up one side slightly (typically the driver's side is a little lower). Measure from the ground up to a common point on either side of the vehicle and adjust until the measurement is the same. Or the easier option is to use a laser level.
- 5) Recommended height is to cut even with the top edge of the fog light and center openings. Apply painters tape in the rough area.



**\*Some of the pics shown are of the old version of the bumper that has a lower cut line. But the process is the same for the new version.**

- 6) With the front of the vehicle level, perform one of the following:
  - a) Laser level (recommended)
    - i) Use a horizontal laser level and adjust the beam so it is on the mark you just made.
    - ii) Apply painters tape centered over wherever the laser level is hitting the front bumper.
    - iii) Trace over the laser with a sharpie on the painters tape.
    - iv) Continue all around the front of the vehicle into either wheel well.
  - b) Height scribe
    - i) Take a scrap piece of 2x4 and tape a sharpie to it so the point is at the same height as the mark you just made while the other end is flush against the ground (preferably smooth/level concrete).
    - ii) With a cap on the sharpie, use it as a reference to apply painters tape across the front of the vehicle centered on the sharpie.
    - iii) Take the cap off and carefully move the 2x4 along the floor while gently dragging the sharpie along the painters tape leaving a line at the same height as the mark.
    - iv) Continue all around the front of the vehicle into either wheel well.



- 7) Undo any nuts / bolts / wiring attaching the stock plastic bumper to the vehicle and remove it. Or can leave it on the vehicle if desired, just make sure to not cut too deep behind the bumper and accidentally cut any wiring / fluid lines.

- 8) CAREFULLY cut along the lines. Once cut all the way across, use a sander and/or deburring tool to clean up the cut.



- 9) Remove the crash bar.



- 10) Cut wheel well liners.



11) Cut air dams at the same height or above height of the bumper.



12) If running a winch, perform the following:

- a) Bend in passenger side AC line.
- b) Hammer in flange on center support brace.
- c) Prep wiring for winch / lights.

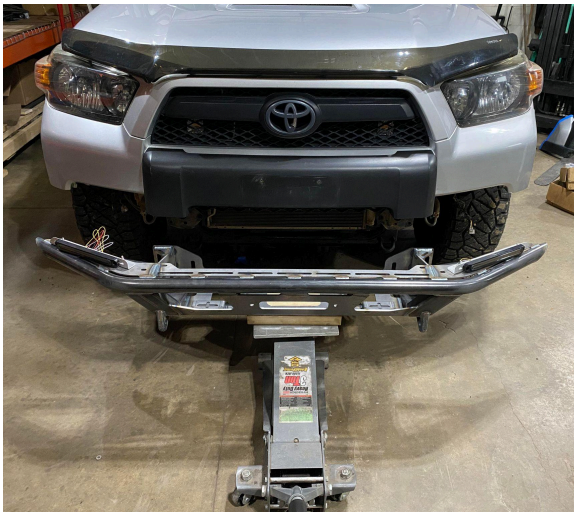


13) If running the frame brackets, refer to the separate frame brackets install instructions and install them now.

14) If you haven't already, reinstall the top cut portion of the stock bumper and reattach any wiring.

15) If running a winch or lights within the bumper, install them now.

16) Using either a jack or two people, carefully lift the new bumper up to the vehicle so it is against the front frame plates. While holding it in place loosely install the inner M10 bolts with washers. Raise the new bumper till it is against the cut edge of the stock bumper. It is recommended to leave a  $\frac{1}{8}$ " to  $\frac{1}{4}$ " gap to prevent rubbing. There is also a little side to side adjustability. Once raised, tighten down the inner M10 bolts enough to hold the bumper.



17) Apply painters tape going from the ends of the bumper wings up to the wheel wells, recommended to leave 2.5" of material below the body line.



18) Use a flexible straight edge to draw a line from the outer wing of the bumper to the 2.5" mark on the edge of the wheel well.



19) Loosen the M10 bolts and lower the bumper to prevent damaging it.

20) Cut along lines. Once cut, use a sander and/or deburring tool to clean up the cut.





21) If desired, apply some weather stripping / edge guard to the cut edges of the stock bumper.



22) Raise the bumper back up to the cut edge. Install and tighten inner M10 bolts with washers.

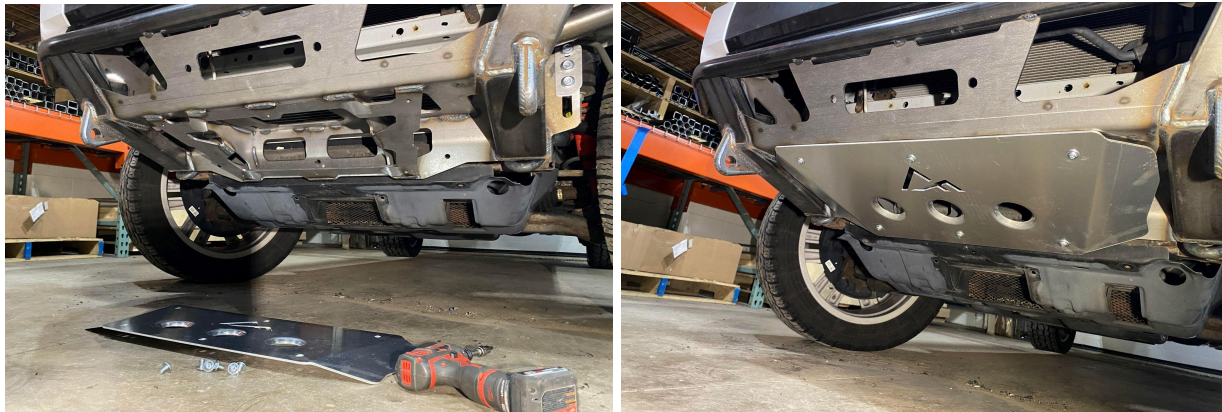
23) Install and tighten all 3x outer M10 bolts with aluminum washer plate per side.



24) Install the lower radiator cover using the 3x M8 flanged hex head bolts.



25) Install the lower aluminum cover using the 6x M8 flanged button bolts.



26) Relocate fog lights. You can rewire them into your headlights to replace the marker/running lights. Or can drill a couple holes in the plastic bumper below the headlights and install some small flush mount round LEDs.

27) Send in cool pictures!

