

(6", 5", 4") RUNNING BOARD  
For 2004-2008 Ford F-150 Super Cab (Excl. Heritage)

# Installation Instructions for IB06EJJ5-C

by APS Auto Parts Specialist Inc.

Application: For 2004-2008 Ford F-150 Super Cab (Excl. Heritage)

Estimated Time: 1 to 2 hours



Disclaimer: Instructions intended for persons aged 18+ please do not attempt without adult supervision. Instructions are not intended to replace professional installation. Damage from improper installation, misuse or modification to the product voids the manufacturer's warranty.

**PARTS LIST:**

| Item | QTY | Description                              | Item | QTY | Description         |
|------|-----|--|------|-----|---------------------|
| #1   | 2   | Running Board(use for right or left)     | #6   | 16  | M8 Lock Washers     |
| #2   | 4   | Mounting Brackets(use for right or left) | #7   | 8   | M8 Hex Nuts         |
| #3   | 8   | M8 Clip Nuts                             | #8   | 8   | M6X1 - 20mm T-Bolts |
| #4   | 16  | M8 x 1.25-30 Hex Bolts                   | #9   | 8   | M6 Flat Washers     |
| #5   | 24  | M8 Flat Washers                          | #10  | 8   | M6 Nylon Lock Nuts  |



**Mounting Brackets**

**PROCEDURE:**

- 1. REMOVE CONTENTS FROM BOX. VERIFY ALL PARTS ARE PRESENT. READ INSTRUCTIONS CAREFULLY BEFORE STARTING INSTALLATION.**
- Starting on the passenger side of the vehicle, locate the (2) holes in the bottom of the body panel, (pinch weld), toward the front tire. Next, locate the rectangular opening and (2) small holes in the inner body panel directly above the holes in the pinch weld, **(Figures 1 & 2)**. **NOTE:** The holes in the inner panel may be covered with sealing tape or insulation.
- Slide (1) 8mm Clip Nut into the rectangular opening with the nut towards the inside. Line up the threaded nut on the clip with the round hole, **(Figure 2)**. Repeat to install the 2nd 8mm Clip Nut in remaining hole location.
- Select a mounting Bracket,**(Figure 3)**. Attach the top of the Bracket to the (2) Clip Nuts with the included (2) 8mm x 30mm Hex Bolts, (2) 8mm Lock Washers and (2) 8mm x 24mm Flat Washers, **(Figure 4)**. Do not tighten hardware at this time.
- Align the bottom holes in the front Bracket with the (2) holes in the pinch weld. Attach the Bracket to the pinch weld with the included (2) 8mm x 30mm Hex Bolts, (4) 8mmx24mm Flat Washers, (2) 8mm Lock Washers and (2) 8mm Hex Nuts, **(Figure 4)**. **NOTE:** Insert the bolts up from the bottom of the pinch weld and through the Bracket. Do not tighten hardware at this time.
- Continue along the cab to the rear mounting location. Locate the last (2) mounting holes in the pinch weld towards the back of the cab, **(Figure 1 & 4)**. Select a mounting Bracket, **(Figure 3)**. Repeat **Steps 2—5** for rear mounting Bracket position installation, **(Figure 5)**. **NOTE:** The bracket is use for both right and left.
- Select a Running Board. Slip(4) 6mm T-bolts into each bottom channel**(Figure 6)**. Carefully position the Running Board onto the (2) Mounting Brackets. **IMPORTANT:** Do not slide, (front to back), the Running Board on the Brackets or damage to the finish may result. Attach the Running Board to the Mounting Brackets with(2) M6 T-bolts,(2)M6 flat washers and (2)M6 nylon lock nuts **(Figures 7)**. Do not tighten at this time.

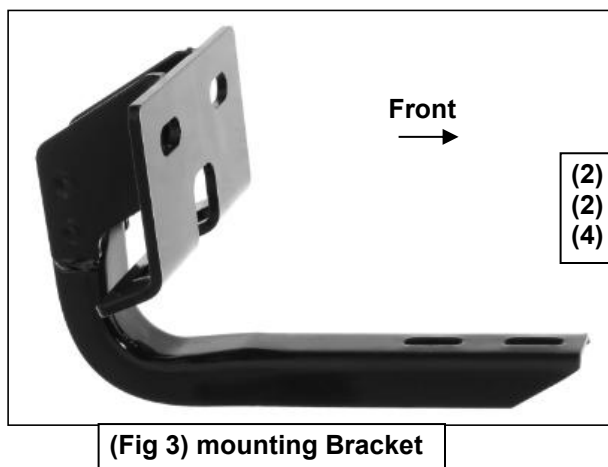
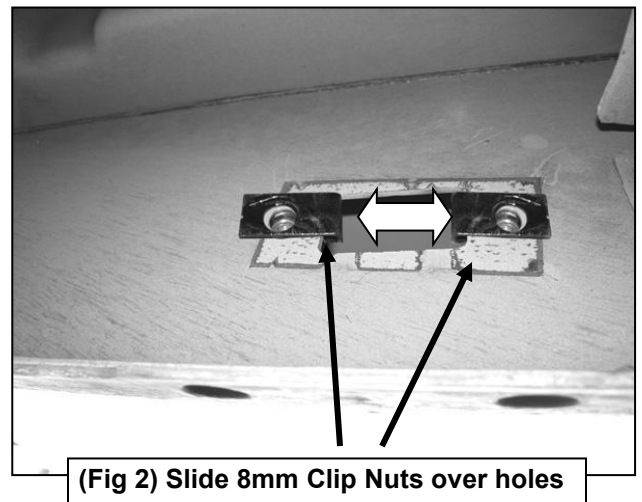
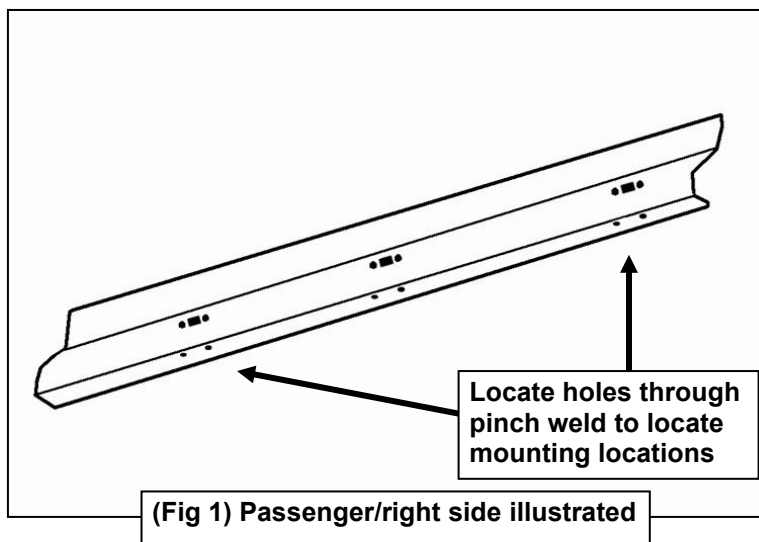
8. Level and adjust the Running Board and Brackets and tighten all hardware. **NOTE: Torque all M6 nylon lock nuts to 7.2 lb-ft.**
9. Repeat **Steps 2—8** for driver/left Side bar installation.
10. Do periodic inspections to the installation to make sure that all hardware is secure and tight.

**To protect your investment**, wax this product after installing. Regular waxing is recommended to add a protective layer over the finish. Do not use any type of polish or wax that may contain abrasives that could damage the finish.

**For Polished Finishes:** Aluminum polish may be used to polish small scratches and scuffs on the finish. Mild soap may be used also to clean the Running Board.

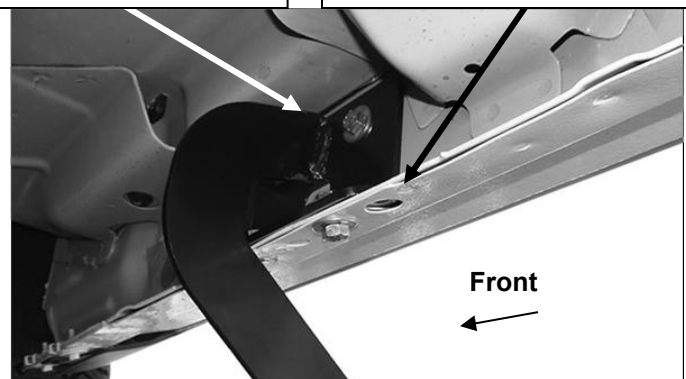
**For Black Finishes:** Mild soap may be used to clean the Running Board.

### Passenger Side Installation Pictured



- (2) 8mm x 30mm Hex Bolts
- (2) 8mm Lock Washers
- (4) 8mm x 24mm Flat Washers

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- (4) 8mmx24mm Flat Washers
- (2) 8mm Lock Washers
- (2) 8mm Hex Nuts

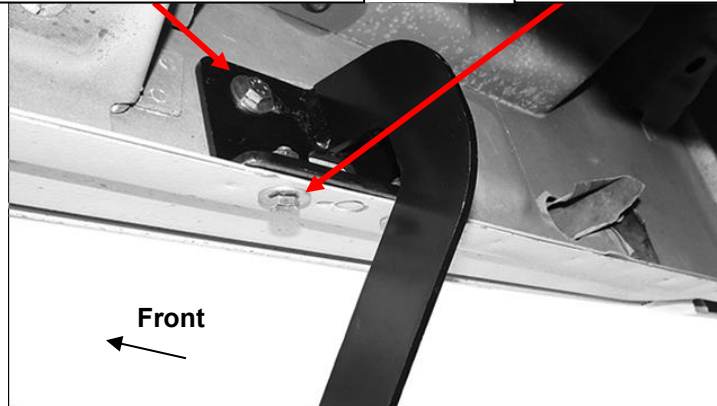


(Fig 4) Passenger/right front mounting Bracket position

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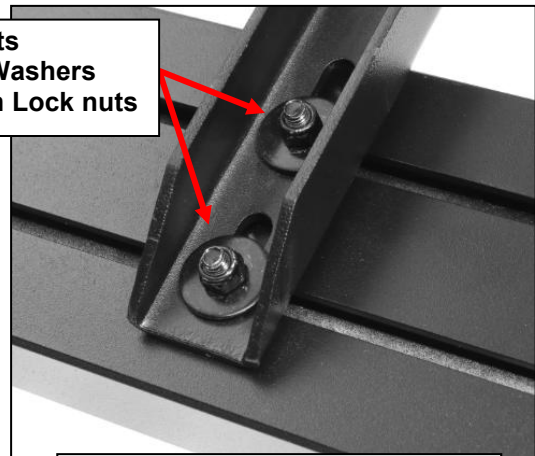


(Fig 5) Passenger/right rear Bracket position



(Fig 6) Slip M6 T-bolts into the bottom channel

- (2) M6 T-bolts
- (2) M6 Flat Washers
- (2) M6 Nylon Lock nuts



(Fig 7) Running Board Installation