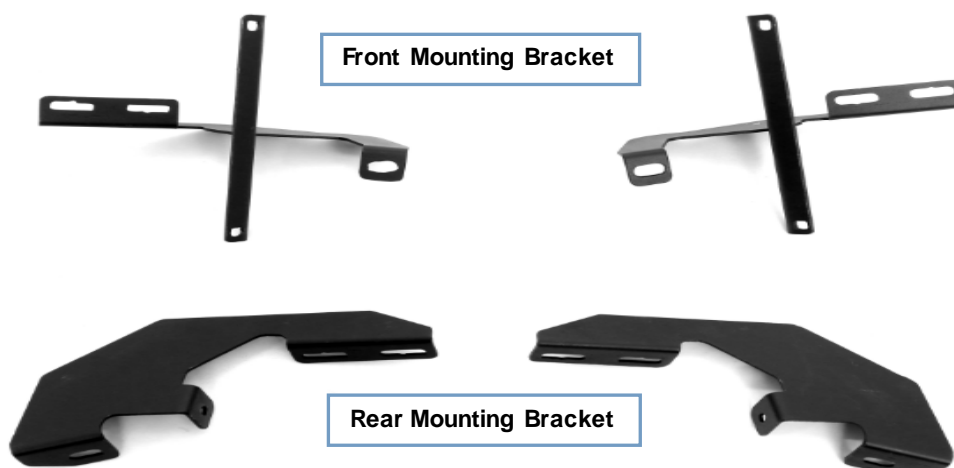


iRunning Board Installation Instruction

Application: 2011-2017 Ford Explorer 4-Door

Item	Part Name	QTY	Item	Part Name	QTY
1	Running Boards (Driver+Passenger)	2	12	M10 Lock Washers	4
2	Front Mounting Bracket Driver Side	1	13	M10 Hex Nut	4
3	Front Mounting Bracket Passenger Side	1	14	M8X1.25-20mm Hex Bolt	2
4	Rear Mounting Bracket Driver Side	1	15	M8 Flat Washers	4
5	Rear Mounting Bracket Passenger Side	1	16	M8 Lock Washers	2
6	M12x40 Bolt Plates	4	17	M8 Hex Nut	2
7	M12 Flat Washers	4	18	M6 Square Head Bolt	8
8	M12 Lock Washers	4	19	M6 Flat Washers	8
9	M12 Hex Nuts	4	20	M6 Nylon Lock Nuts	8
10	M10 J-Bolt	4	21	Plastic Retainers	4
11	M10 Flat Washers	4			



Step	Description
1	Verify all parts listed are present and free from damage. Carefully read and understand all instructions before attempting installation.
2	Unsecure the driver side rocker panel trim by releasing the plastic retainers along the bottom using a pair of small screwdrivers. With the doors open remove the two forward most retainers by sliding them down and off of the plastic rocker panel trim. (Fig1,2).
3	Insert (2) J-Bolts into the two slots no longer covered by the plastic retainers. Slight trimming of the plastic is recommended to add clearance for nuts and washers. (Fig 3)
4	Insert (1) bolt plate into the front driver side slot under the vehicle (Fig 4). Use a clear plastic retainer to prevent losing the bolt plate in the body while installing the bracket. NOTE: Some models have additional sheet metal within the uni-body on the driver side front slot. Installation of bolt plate requires inserting the bolt plate threaded end first and pulling the bolt into an appropriate position with a magnet prior to installing the plastic retainer.

The instruction here is for your reference only. We strongly recommend the professional installer for best result. We are not responsible for any damage caused by the installation. Thank you for choosing our product!

iRunning Board Installation Instruction

Application: 2011-2017 Ford Explorer 4-Door

5	Lift the rocker panel trim away from the body and install the driver side front bracket over the two j-bolts and bolt plate. Secure using (1) M12 flat washer, (1) M12 split lock washer, (1) M12 hex nut, (2) M10 flat washers, (2) 3/8" split lock washers and (2) 3/8" hex nuts. The step bar cradle faces the rear of the vehicle (Fig 5). Do not tighten fully at this time.
6	Insert (1) bolt plate into the rear driver side slot under the vehicle using a plastic retainer. Use the rear bracket to line up where the pinch weld must be drilled such that the bracket will be square and level. The step bar cradle faces the front of the vehicle. Center punch and drill a 3/8"-7/16" hole. (Fig 6 and 7)
7	Install driver side rear bracket and secure using (1) M12 flat washer, (1) M12 split lock washer, (1) M12 hex nut, (1) M8 hex head bolt, (2) M8 flat washers, (1) M8 split lock washer and (1) M8 hex nut. Do not tighten fully at this time.
8	Take the driver side running board and place (4) M6 square head bolts in the grooves underneath the board, then align with the mounting brackets and attach using (4) M6 flat washers, and (4) M6 nylock nuts. Do not fully tighten at this time
9	Repeat steps 2-8 for passenger side
10	Align and adjust the step bars as needed then fully tighten all hardware at this time. Torque all M12 hardware to 50-55 ft lbs, M8 to 30-35, and M10 to 35 ft lbs

CARE INSTRUCTIONS

- REGULAR WAXING IS RECOMMENDED. DO NOT USE ANY TYPE OF POLISH OR WAX THAT MAY CONTAIN ABRASIVES
- STAINLESS STEEL PRODUCTS CAN BE CLEANED WITH MILD SOAP AND WATER. STAINLESS STEEL POLISH SHOULD BE USED TO POLISH SMALL SCRATCHES.
- GLOSS BLACK FINISHES SHOULD BE CLEANED WITH MILD SOAP AND WATER

Driver/left Side Installation Pictured



***Pictures are for reference only, actual bars may be a little different.**

The instruction here is for your reference only. We strongly recommend the professional installer for best result. We are not responsible for any damage caused by the installation. Thank you for choosing our product!

iRunning Board Installation Instruction

Application: 2011-2017 Ford Explorer 4-Door



Fig 3



Fig 6



Fig 4



Fig 7

***Pictures are for reference only,
actual bars may be a little
different.**

The instruction here is for your reference only. We strongly recommend the professional installer for best result. We are not responsible for any damage caused by the installation. Thank you for choosing our product!

iRunning Board Installation Instruction

Application: 2011-2017 Ford Explorer 4-Door



Fig 5

Attach using (2) M10 flat washers, and (2) 3/8" hex nuts

***Pictures are for reference only, actual bars may be a little different.**



Fig 7



The instruction here is for your reference only. We strongly recommend the professional installer for best result. We are not responsible for any damage caused by the installation. Thank you for choosing our product!