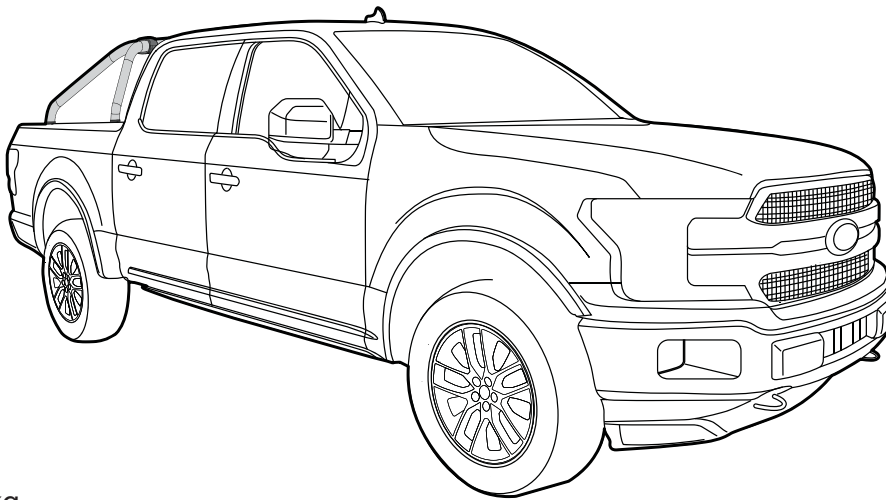


# F-150

## F-150 SPORTS BAR INSTALLATION INSTRUCTIONS



1 hour



TBA / TBA kg.

ACCESSORY PART NUMBER: 123456789ABC

MODEL YEAR: 10/11 ONWARDS



### IMPORTANT:

Please read each step of these instructions carefully prior to commencing installation!

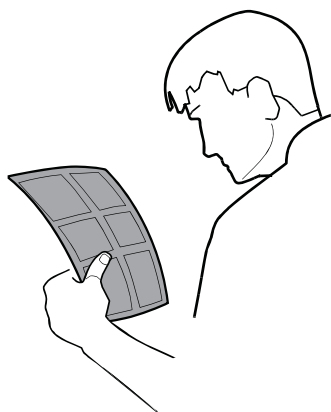
Place these instructions in the vehicle's glovebox after installation is complete



### IMPORTANT:

- Do not use this product in any other motor vehicle for which it is not designed.
- Do not use any other mounting location / method other than described in this instruction.
- It is advisable to seek assistance of another person when installing this product.
- Do not remove the label from the Sports Bar.
- Ensure all torque settings are followed.

**Beware of belts, buckles zippers, etc. when lifting Sportsbar as these will easily damage the finish.**



### SAFETY PRECAUTIONS

Follow all standard workshop and occupational health and safety practices during the installation and re-work process.

Safety glasses, hearing protection and gloves must be used where necessary.

Avoid contact with the hot steel when the vehicle tray is being drilled or cut.

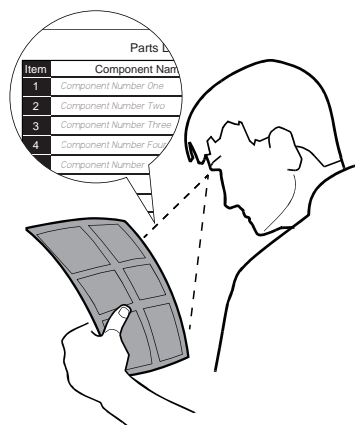
Clean up the swarf immediately to avoid a slipping hazard.

Important



Product is decorative only and is not a safety feature!  
Once installed, product does not enhance vehicle structure, integrity or safety.  
The sport bar is not designed to prevent injury or death in the event of a roll-over or other type of accident while the sportbar is installed

### ■ INSTALLATION PRECAUTIONS



### STOCKTAKE OF PARTS

Read instructions thoroughly and check all the supplied Sports Bar parts and fasteners against the bill of materials before commencing the assembly or installation of the Sports Bar.

### ■ STOCKTAKE OF PARTS ( PARTS LIST IN ILLUSTRATION IS AN EXAMPLE ONLY )



#### CLEANING

Use a firm water spray to remove any loose dirt from the part.

Wash with water, detergent and a soft cloth or sponge.

Do not use petroleum based solvents

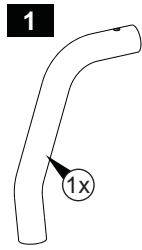
For polished parts surfaces can be maintained using metal polishes



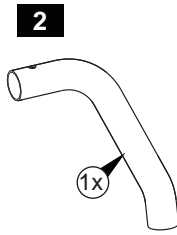
#### MAINTENANCE

Check and re-tighten all securing nuts and bolts every 20,000 km's.

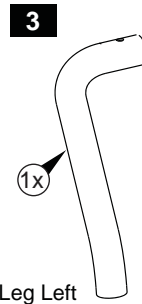
# PARTS LIST



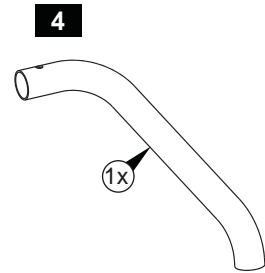
1x  
Front Leg Left



1x  
Front Leg Right



1x  
Rear Leg Left



1x  
Rear Leg Right



1x  
Left Rear Footcup



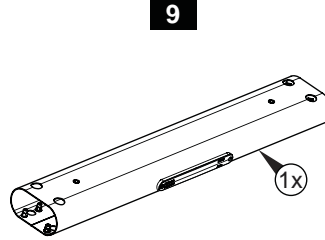
1x  
Left Front Footcup



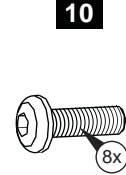
1x  
Right Rear Footcup



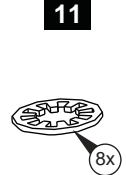
1x  
Right Front Footcup



1x  
Center Piece



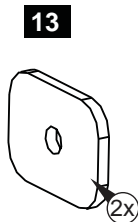
8x  
M8 x 30 mm  
Screw



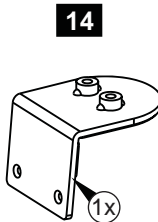
8x  
M8 Internal Lock  
Washer



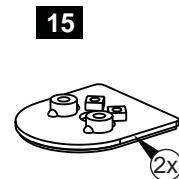
4x  
M8 x 16 Flat  
Washer



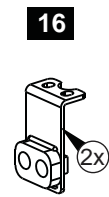
2x  
Spacer Plate with Foam  
46x32mm



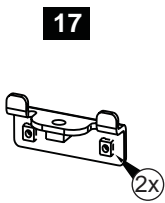
1x  
Rear Baseplate



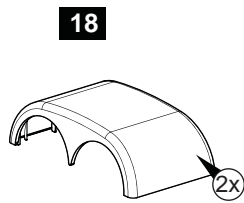
2x  
Front Foot Plate



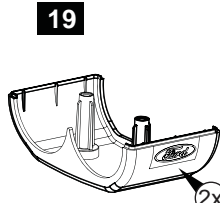
2x  
Front tube  
attachment Bkt



2x  
Rear Clamp  
Bkt



2x  
Cover Cap Upper



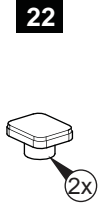
2x  
Cover Cap Lower



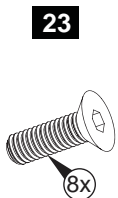
4x  
M5X90 Pan  
Head Screw



2x  
M10x65 Hex  
Head Bolt



2x  
Screw Cap



8x  
M8x30 Foot  
Counter Sink  
Screw



4x  
M6x16 Rear  
Bracket  
Screw



4x  
M8x20 Foot  
Screw



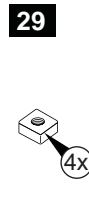
2x  
M8x40 Front  
Tub Screw



1x  
Stop Lamp  
Loom Plug



3x  
Cable  
Ties



4x  
M50 Square  
Nut

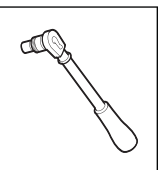
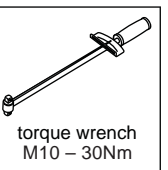
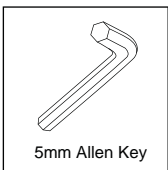
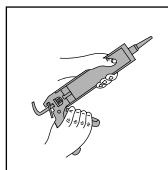
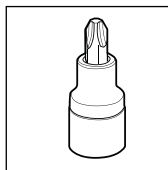
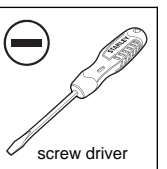
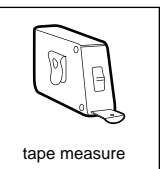
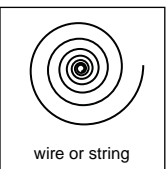
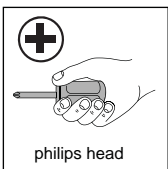
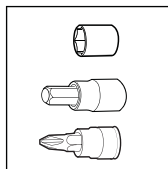
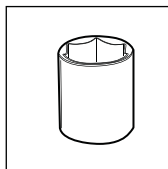
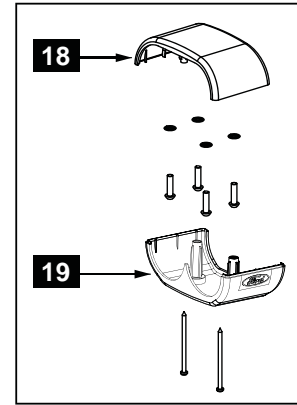
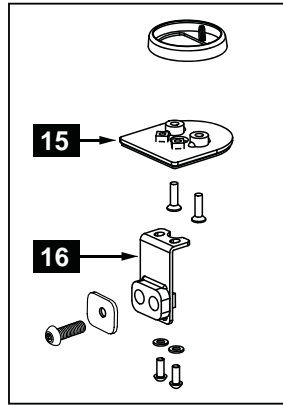
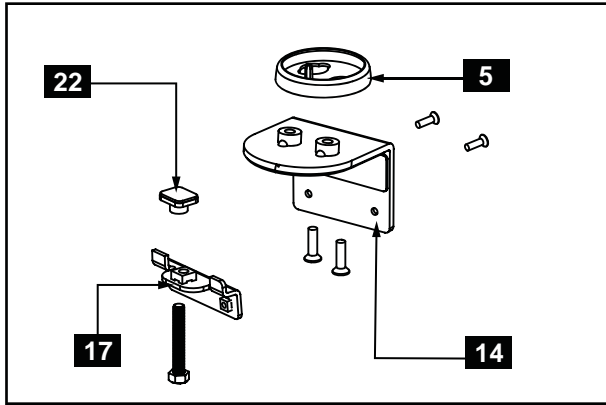
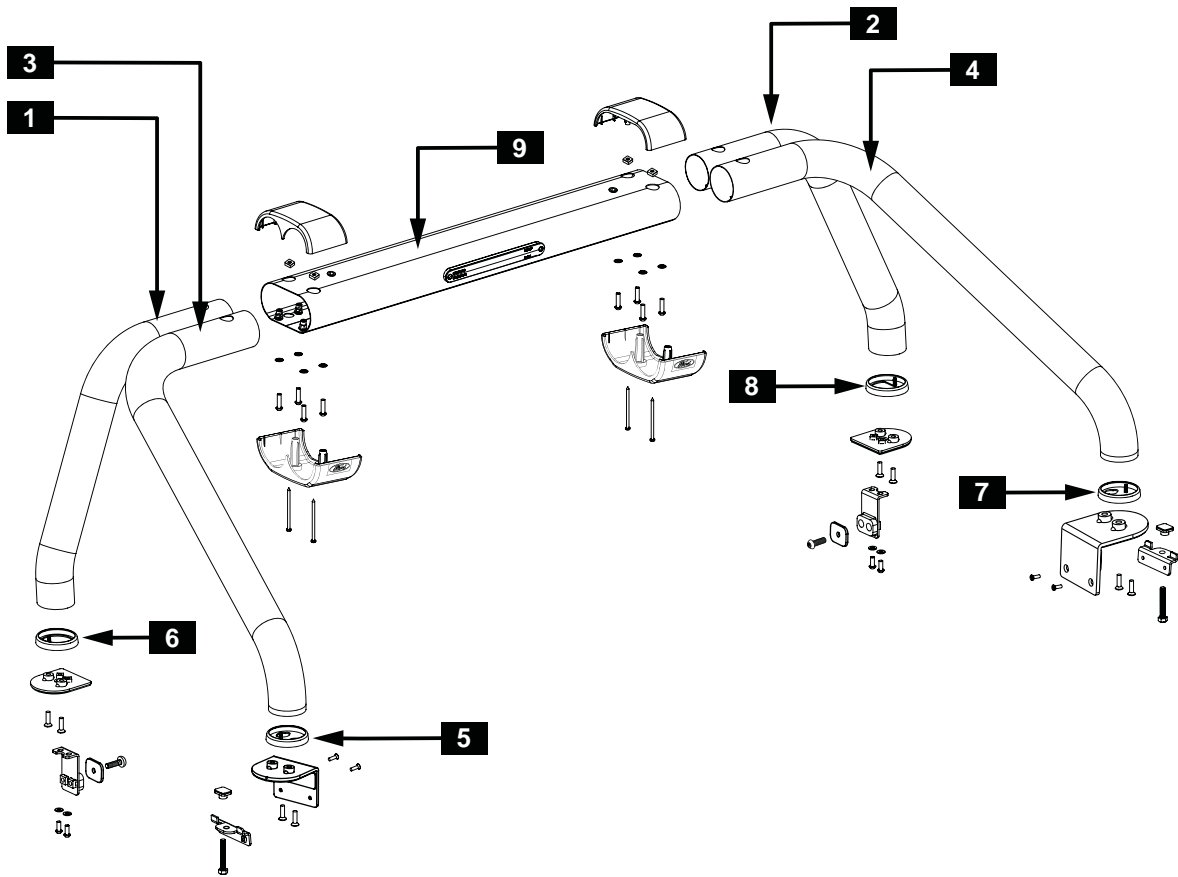


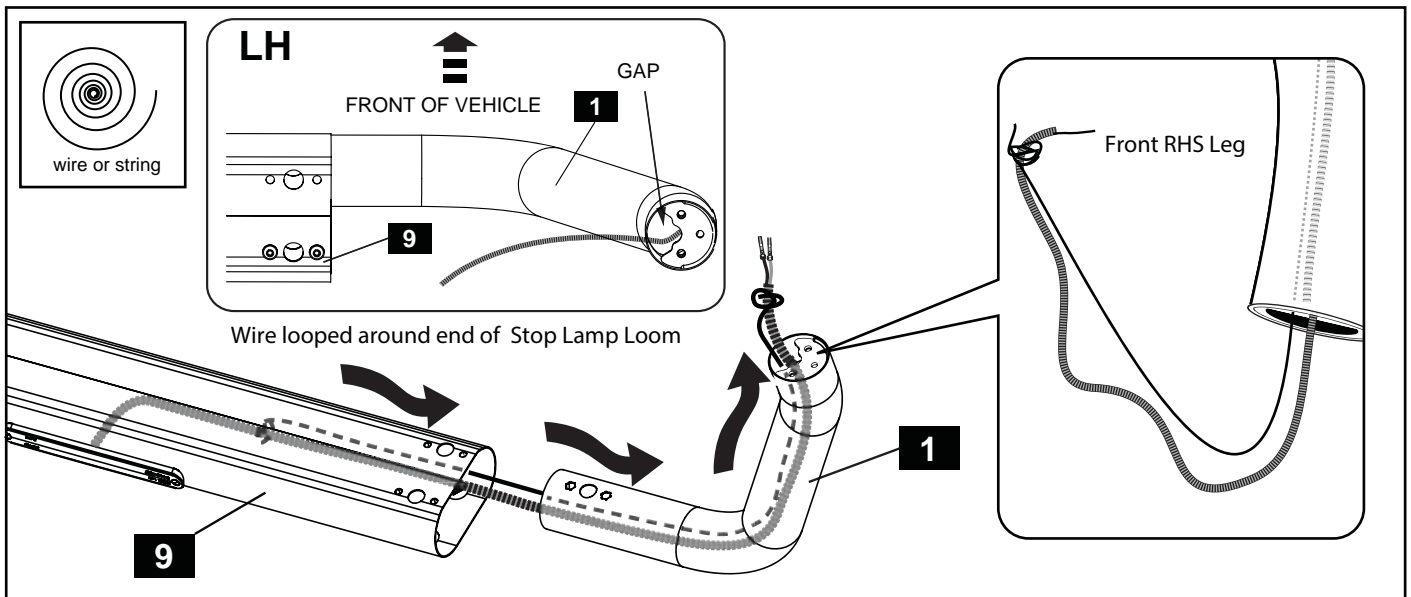
1x  
Vehicle Patch  
Loom



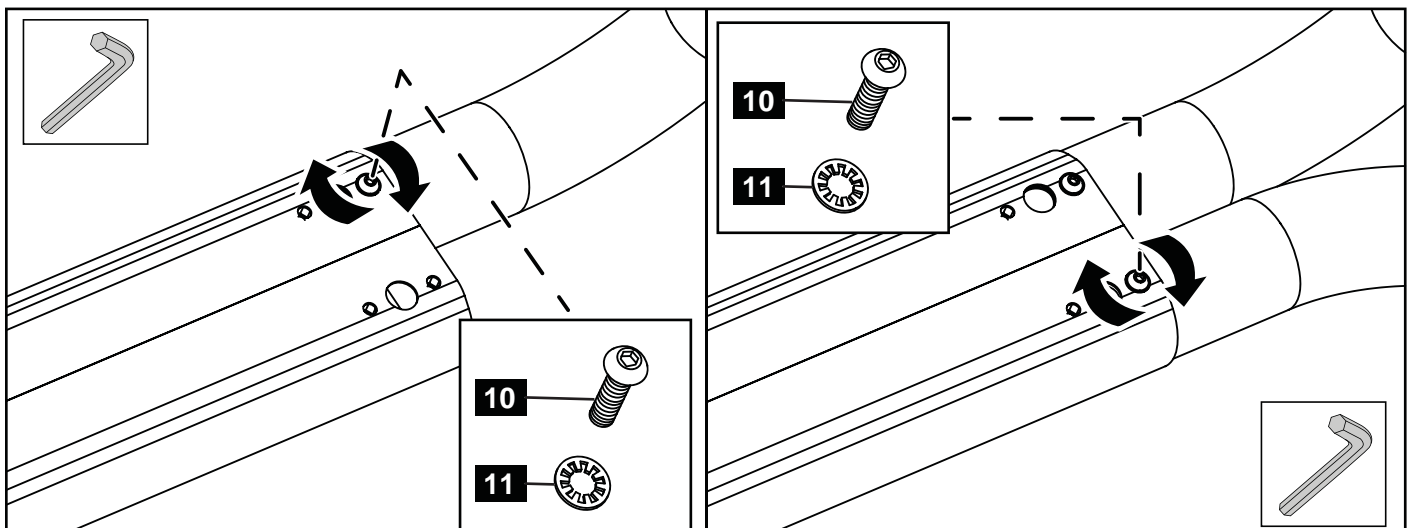
1x  
Extension  
Loom

# EXPLODED DRAWING AND REQUIRED TOOLS

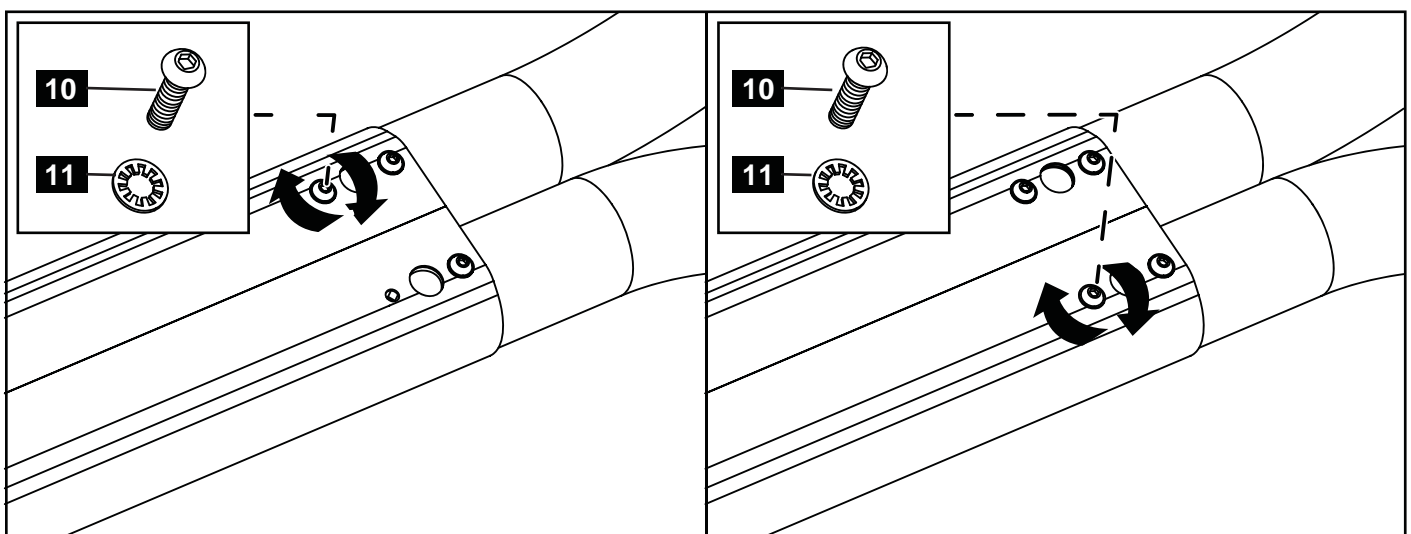




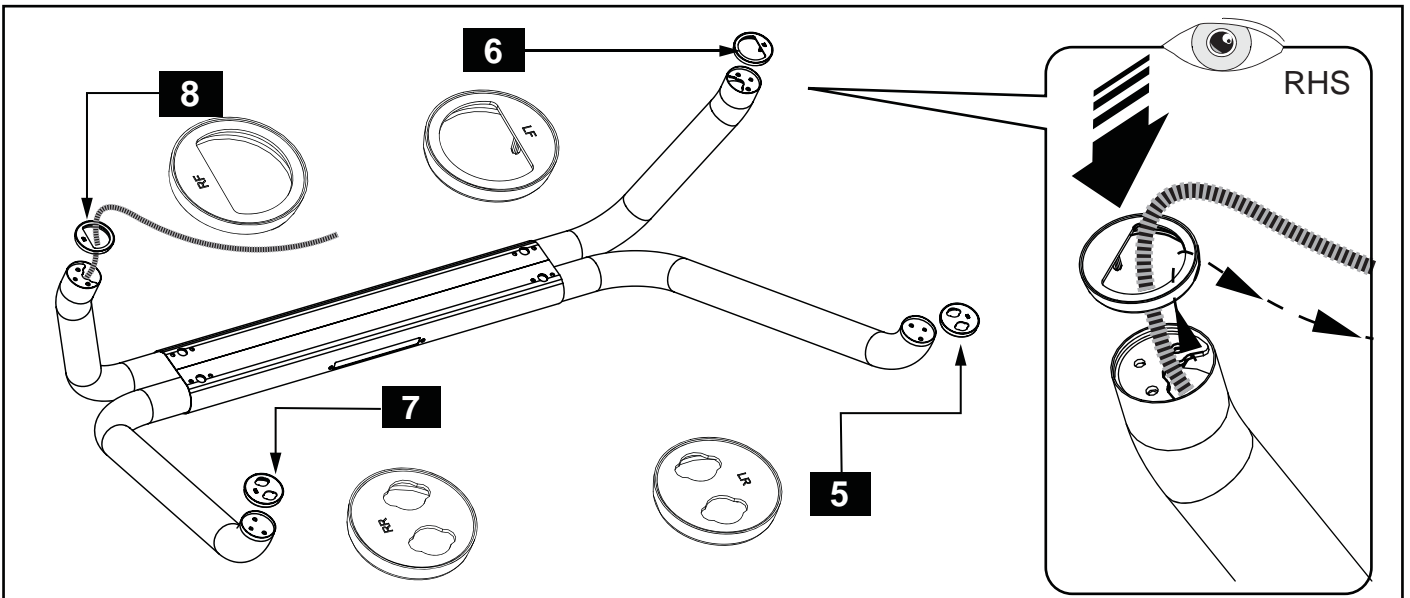
1. Place the center piece (9) on a soft surface so that the side with four holes is facing up (this is the bottom of the part). Locate the Stop Lamp Wiring Loom inside the center piece (9) and pull through as shown. Insert a wire or piece of string through the gap in the foot of the LHS Front Leg (1), and use this to pull the stop lamp loom through the leg.



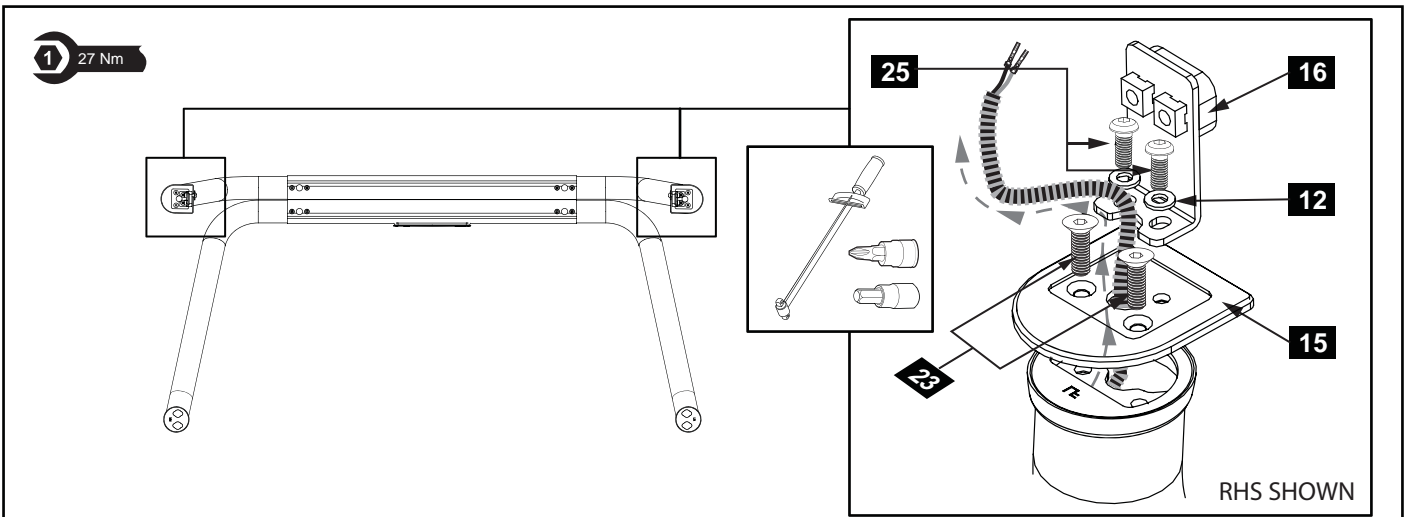
2. Take LH & RH Front Legs and install into the forward half of the Center Piece. Fasten using M8 Pan Head Screws (10) and M8 Internal Lock Washers (11). Do not fully tighten screws.
3. Take LH & RH Rear Legs and install into the forward half of the Center Piece. Fasten using M8 Pan Head Screws (10) and M8 Internal Lock Washers (11). Do not fully tighten screws.



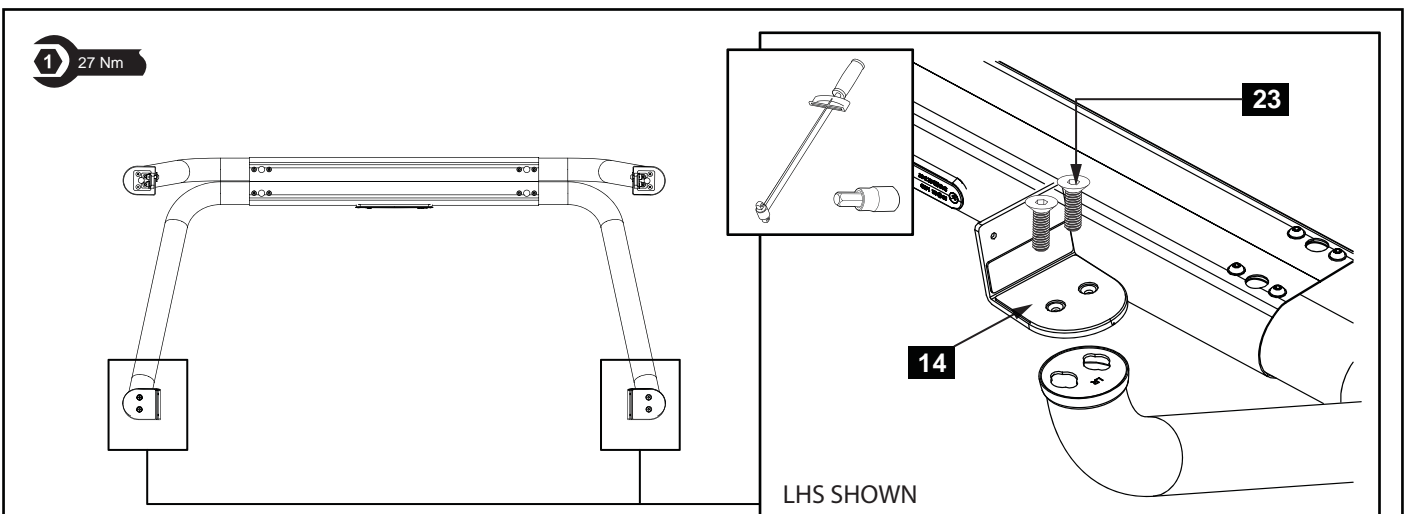
4. Flip the assembly over and install the remaining 2x M8 Pan HeadHex Screws (10) and M8 Internal Lock Washers (11) at each side. Do not fully tighten the screws.



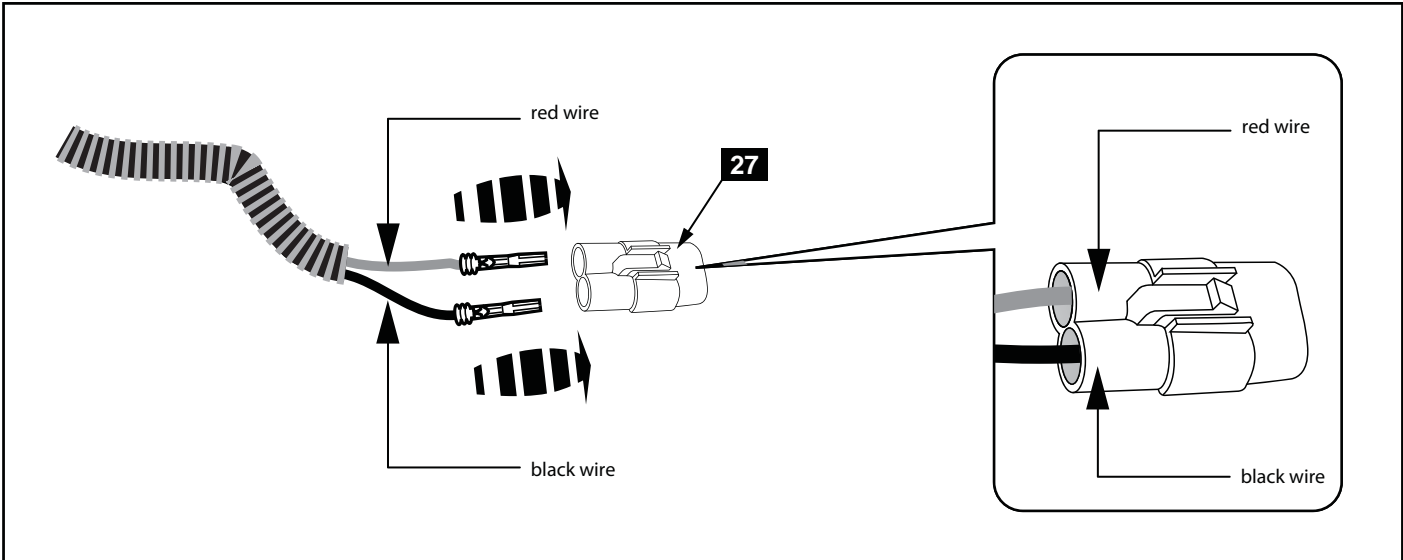
- 5.** Push the rubber Foot Cups (5), (6),(7),(8) onto the respective foot ends of each tube.  
Take care on the front RHS foot that the stop lamp wiring is pushed through the rubber foot cup hole.



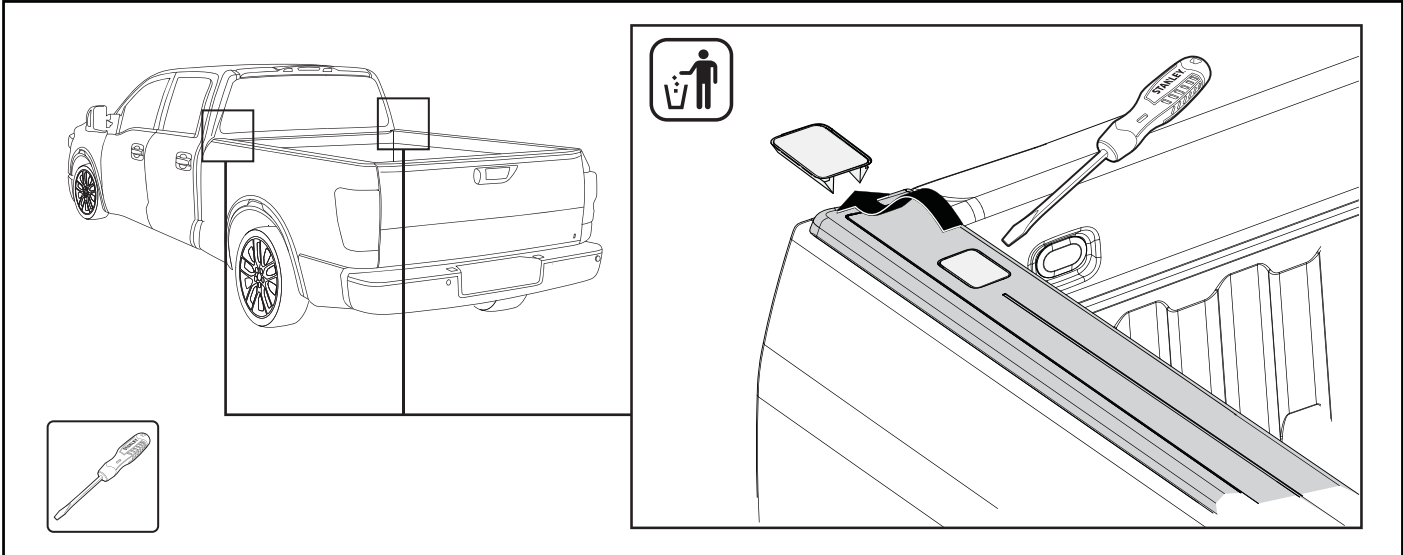
- 6.** Attach the front foot plate (15) to the foot end over the foot cup. Align the holes and secure (27Nm) using the two M8x30 Counter Sink screws (23). .Attach the front tube attachment bracket (16), align holes and secure (27Nm) using two M8 Foot Screws (25) and two washers (12). For the LHS foot carefully thread the stop lamp wiring through the hole in the footplate and notch in the bracket as shown.



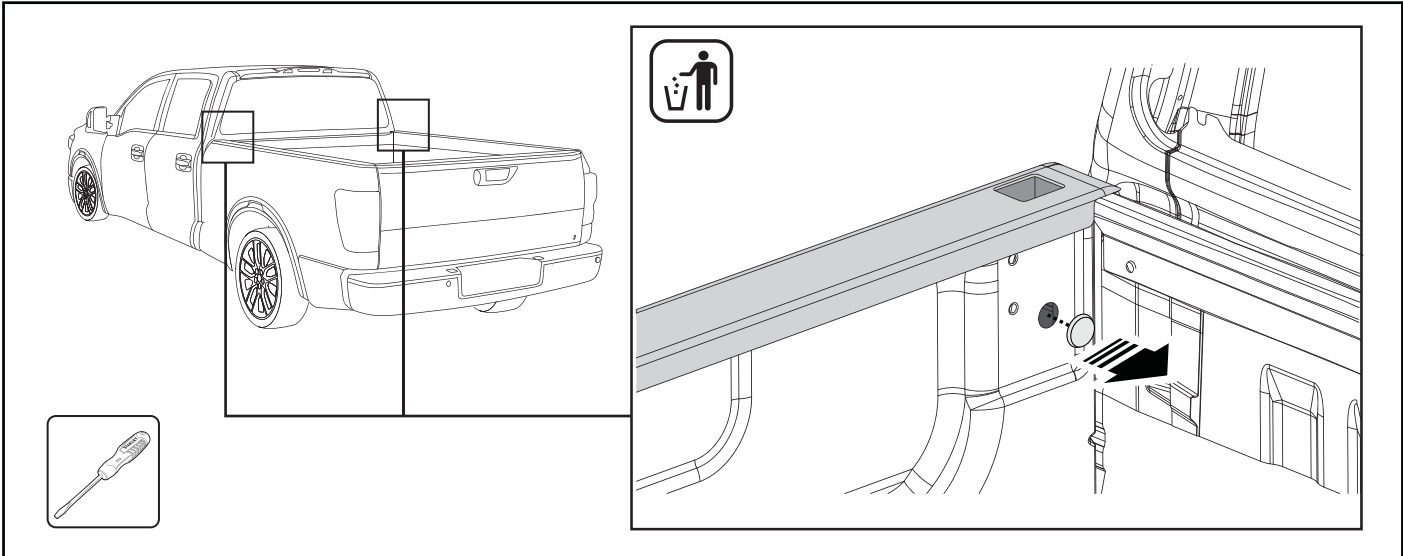
- 7.** Attach the rear foot plate (14) to the rear feet over the foot cups. Align the holes and secure using the two M8x30 screws (23). Torque to 27Nm.



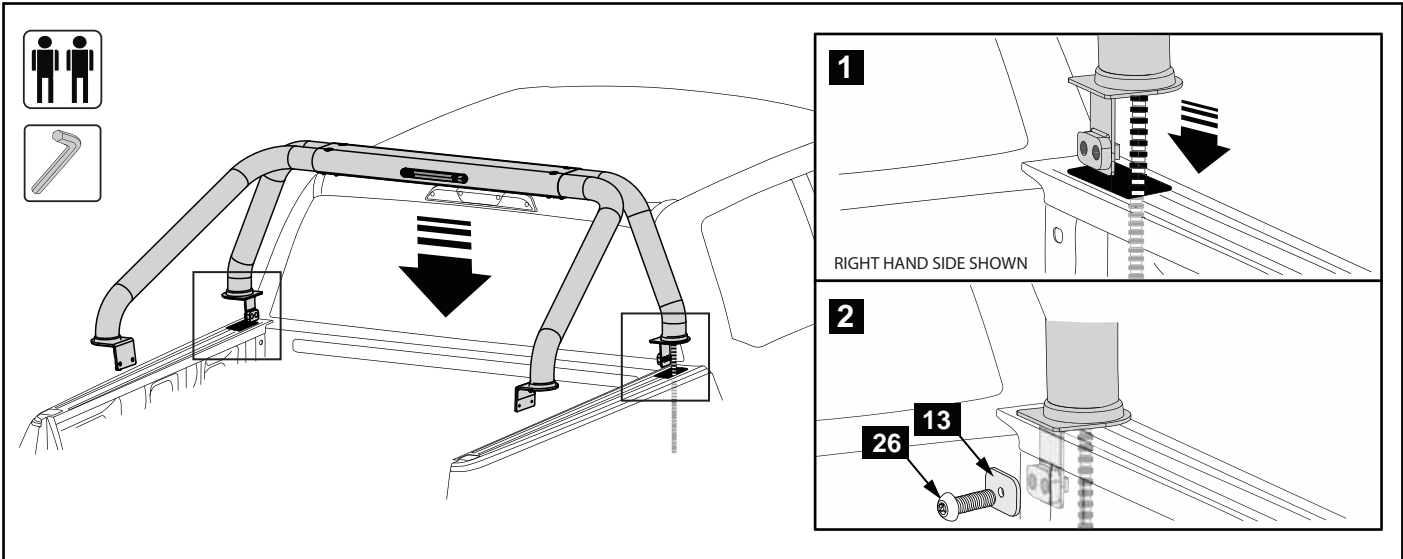
- 8.** Remove the Stop Lamp Loom Plug (27) from the fitting kit. Push the red and black wires from the Stop Lamp Wiring Loom into the Stop Lamp Loom Plug.



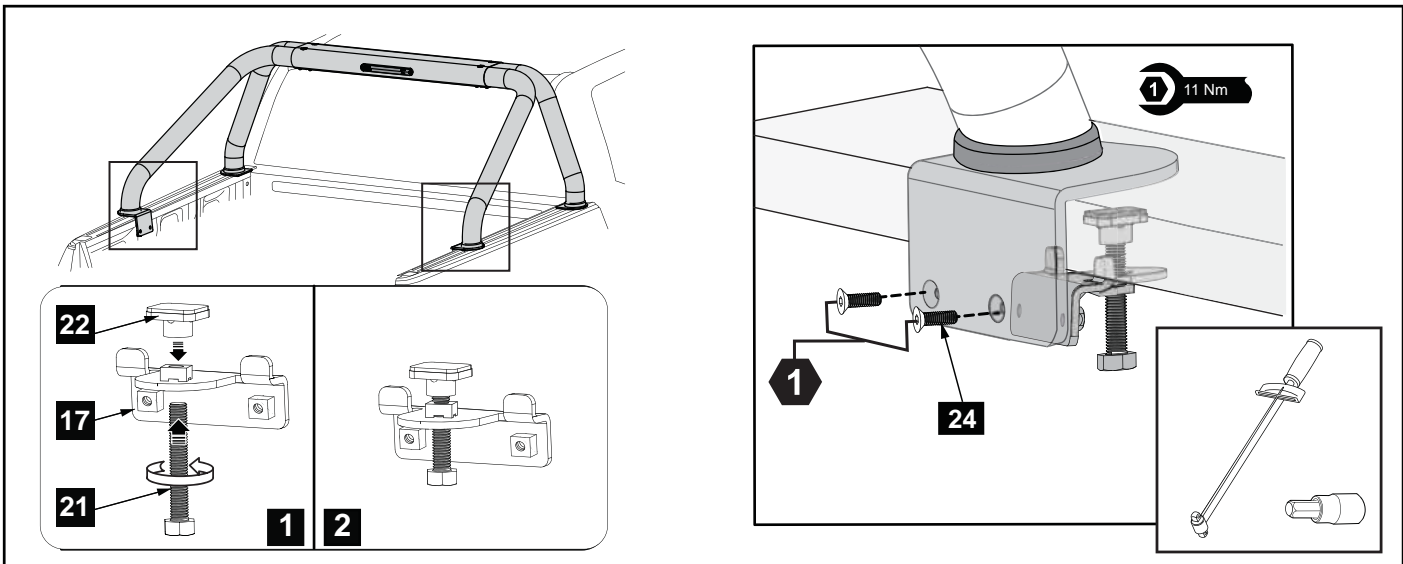
- 9.** Using a flat head screwdriver carefully pop out the plastic insert at the front of the LHS and RHS bed rail caps to open the clearance hole for the front feet of the Sports Bar.



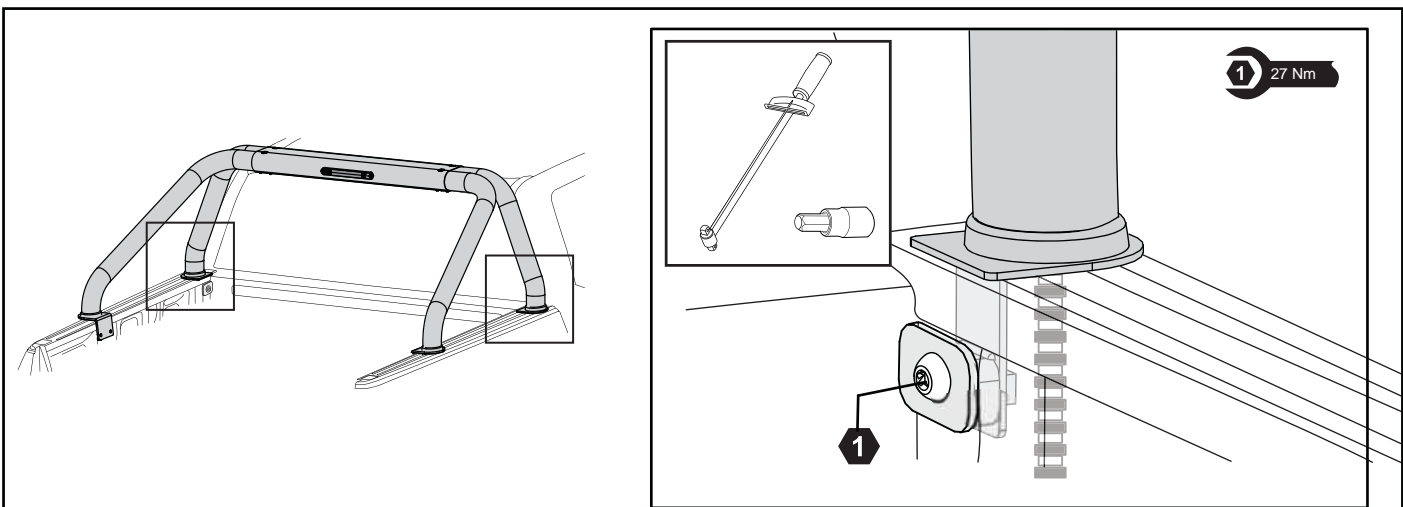
- 10.** Remove and discard the LHS and RHS plastic side plugs from the Tub.



- 11.** Using two people carefully lift the sports bar into position above the tub and on the RHS insert the LED cable through the hole in the bed rail cap. Slowly follow by lowering the sports bar front foot through the bed rail hole and lower the sports bar assembly onto the tub of the vehicle. Loosely Secure the front foot to the tub using Screw (26) and Washer Plate (13). Do not fully tighten. Repeat for the opposite side.

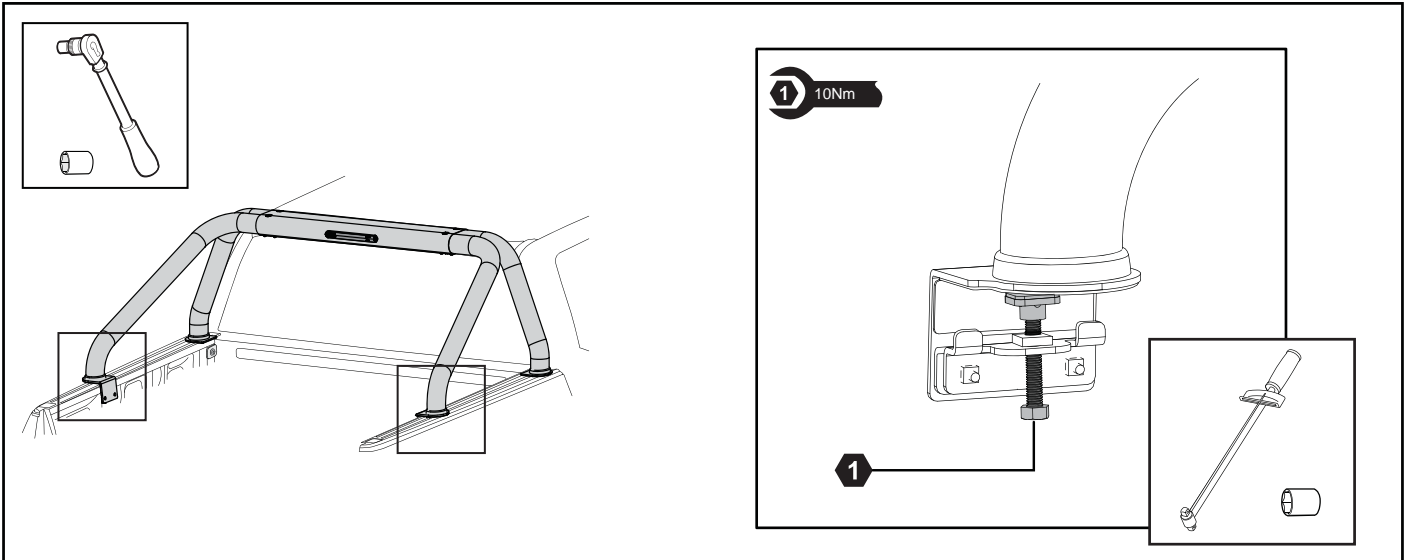


- 12.** Assemble the rear foot clamp plates by screwing the Hex head bolts (21) into the clamp body (17) and attach the Screw Cap (22). Position the assembly on the inside of the tub and attach the Clamp Plate assembly to the Rear foot of the sportsbar using screws (24). Repeat for the opposite side. Tighten the screws (24) to 11Nm using a Torque Wrench.

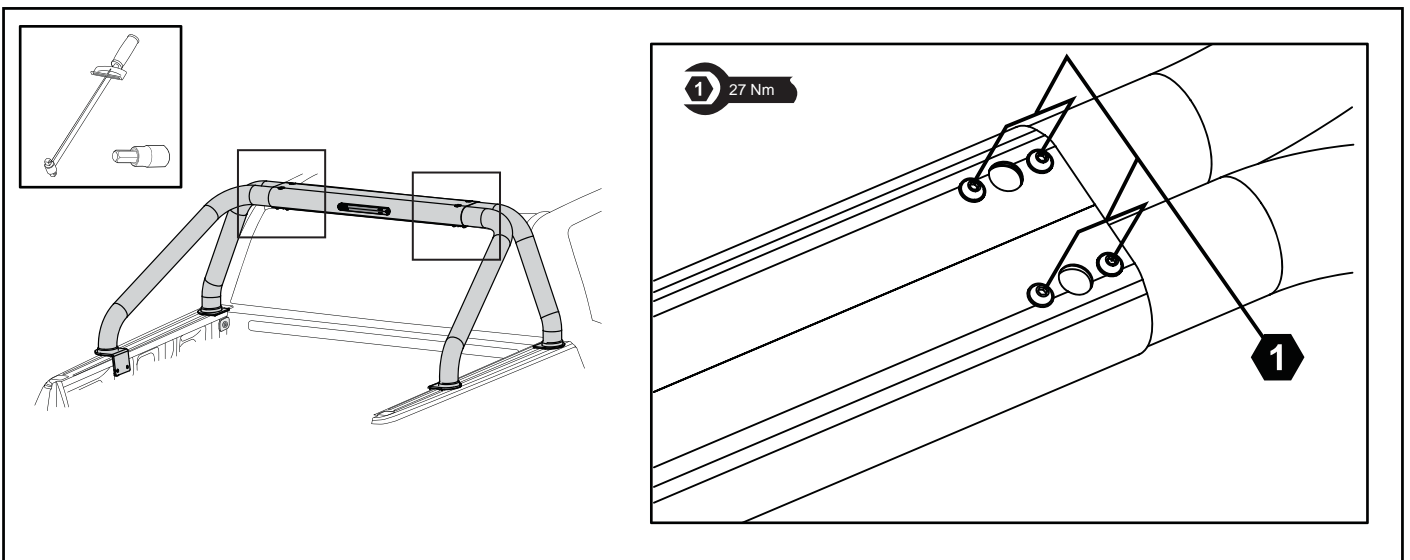


- 13.** Tighten up the front screw (26) to a torque of 27Nm. Repeat for the opposite side.

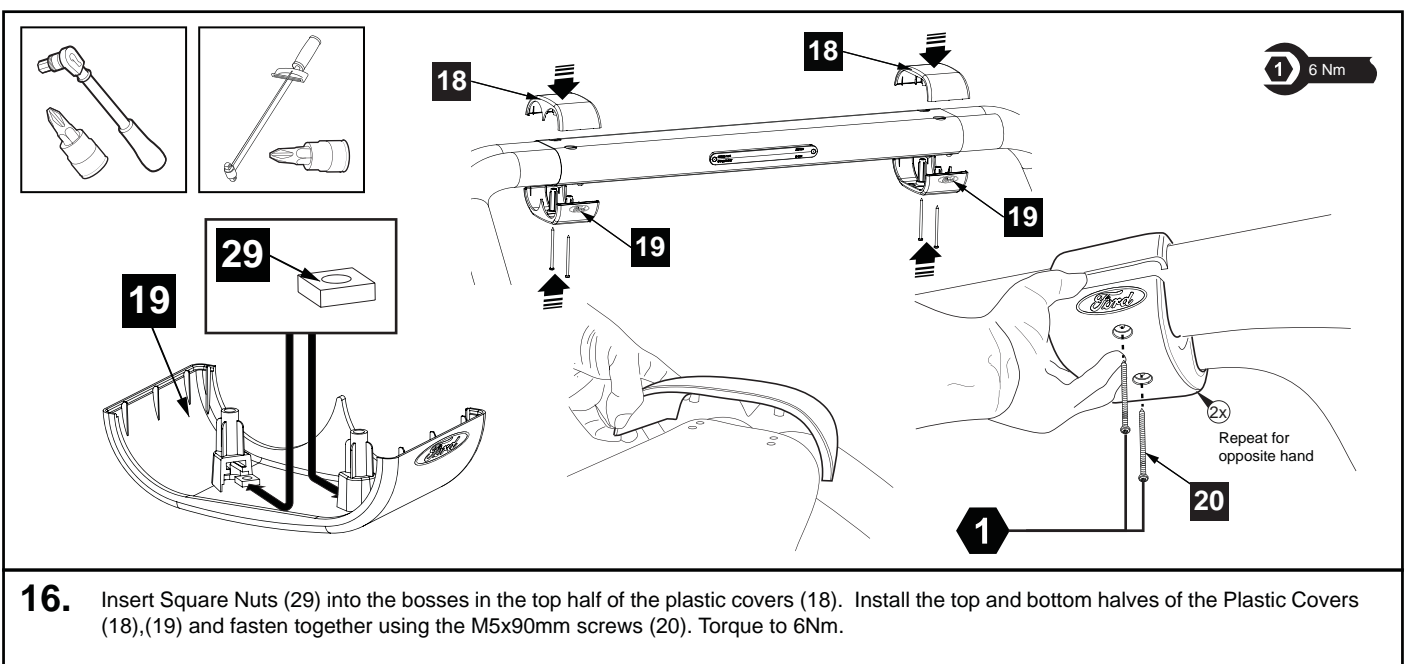




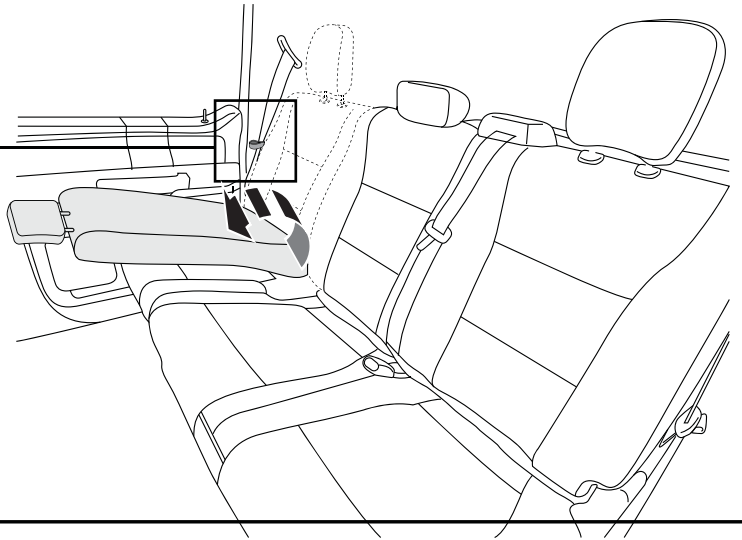
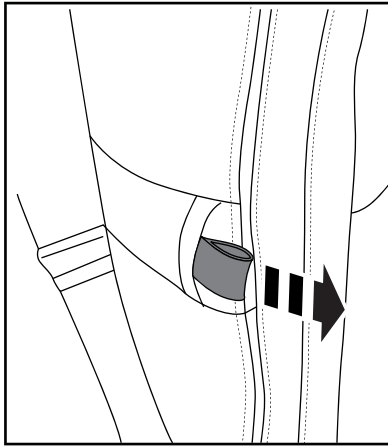
**14.** Tighten up the rear foot clamp plate bolts (21) to a torque of 10Nm. Repeat for the opposite side.



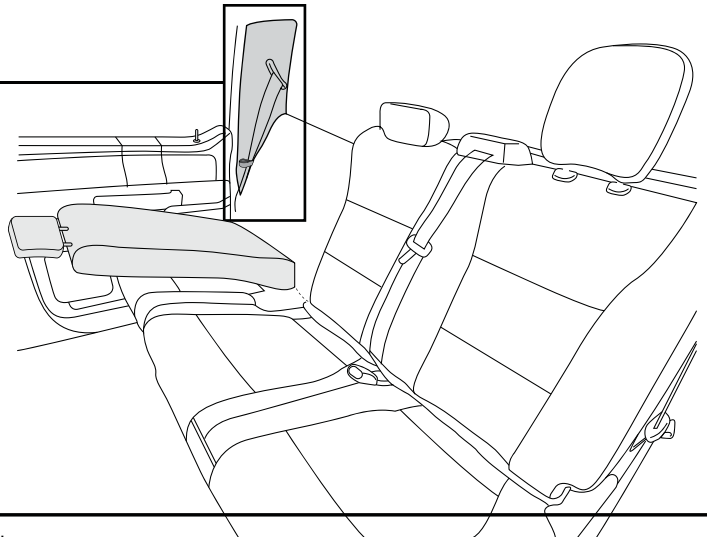
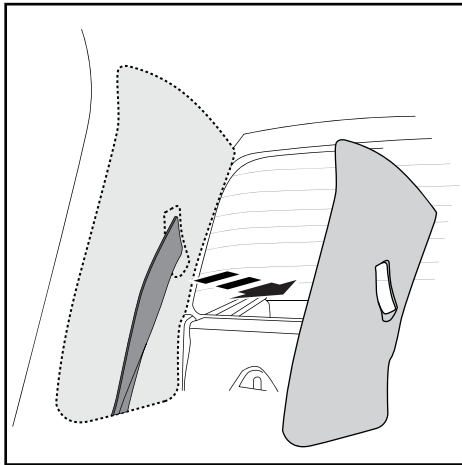
**15.** Fully tighten all 8 Leg to center piece bolts (10) to 27 Nm.



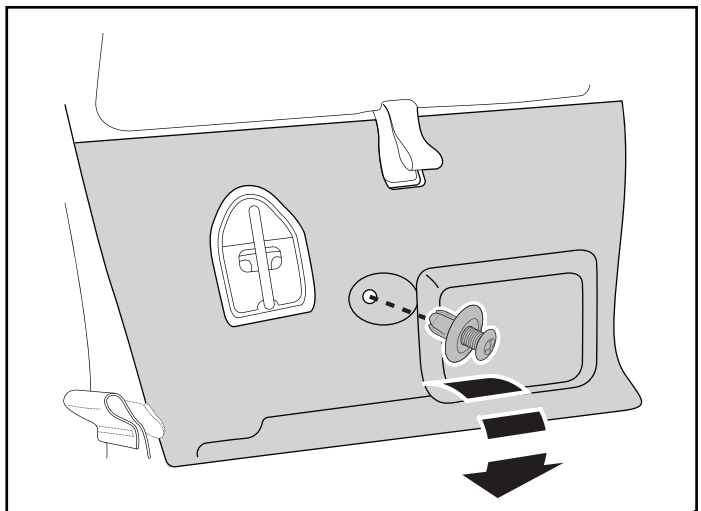
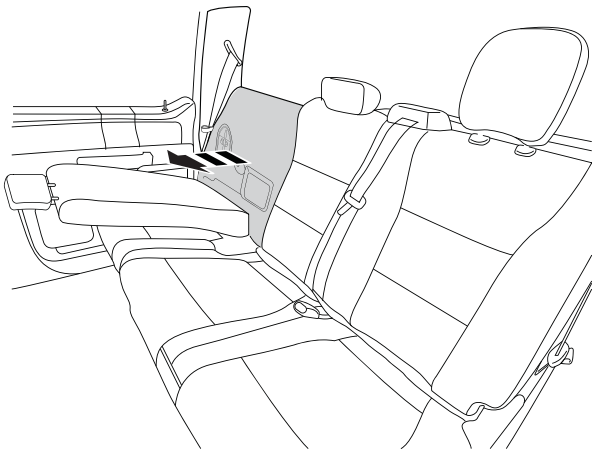
**16.** Insert Square Nuts (29) into the bosses in the top half of the plastic covers (18). Install the top and bottom halves of the Plastic Covers (18),(19) and fasten together using the M5x90mm screws (20). Torque to 6Nm.



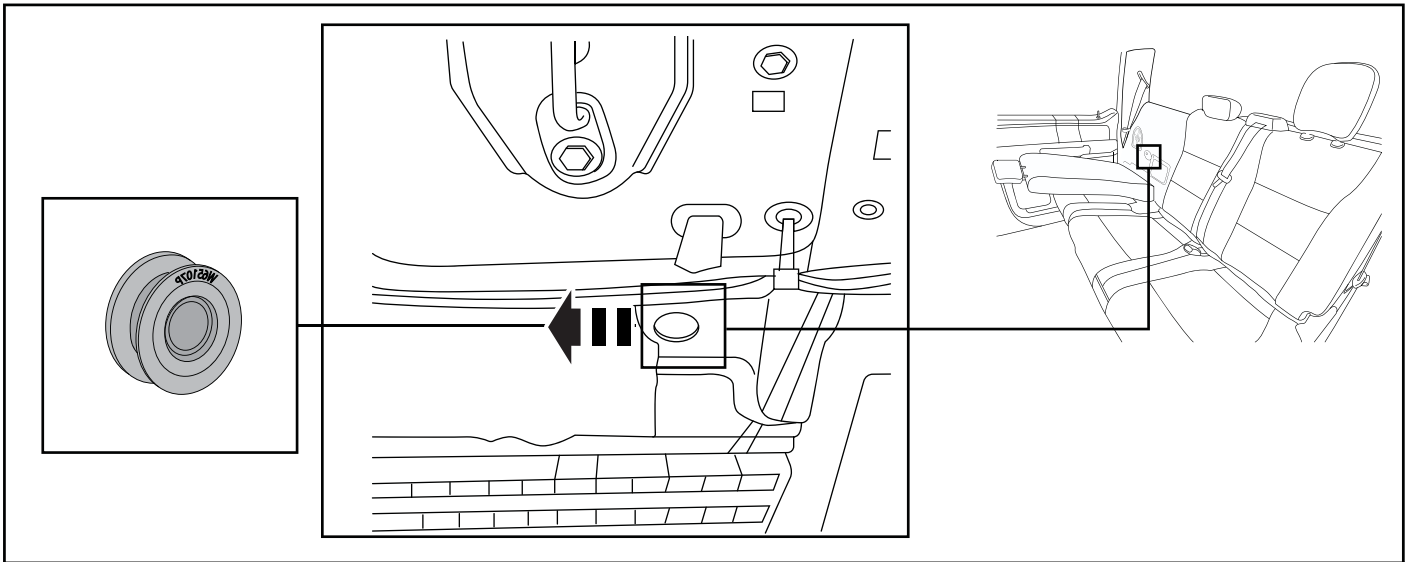
**17.** Lower the passenger rear seat by pulling on the loop on the side.



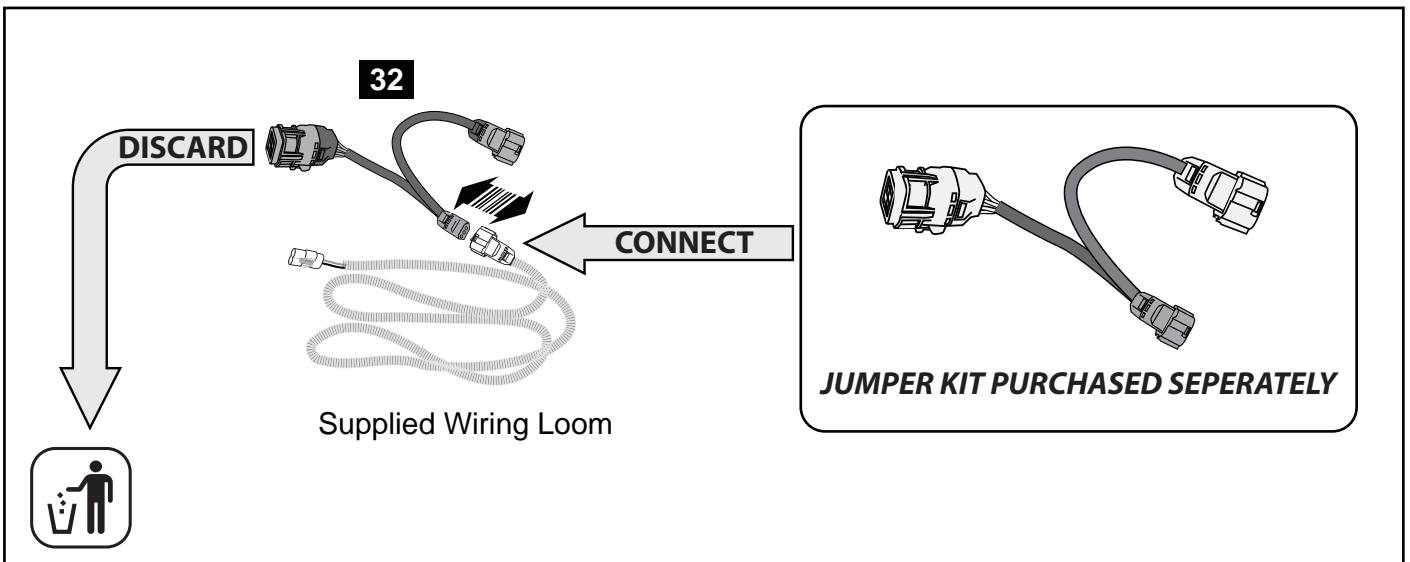
**18.** Carefully remove and retain the passenger side plastic pillar trim.



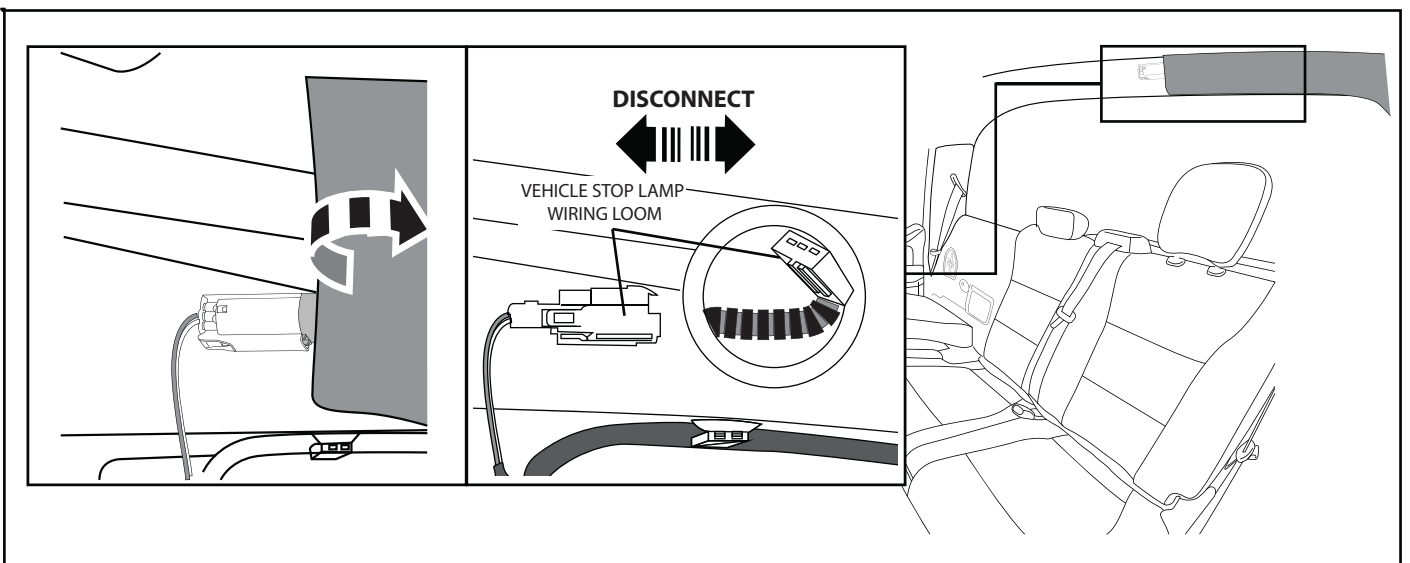
**19.** Remove the push-pin which secures the carpet backing and remove the carpet backing to expose metal surface of the cab. Retain the push pin and the carpet backing.



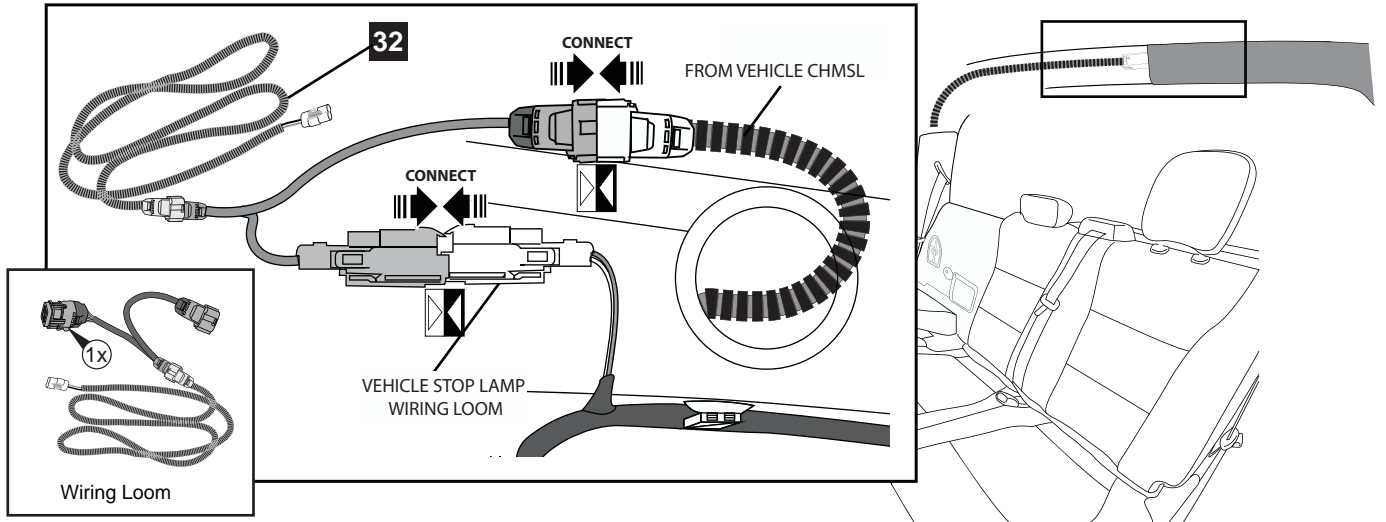
**20.** Remove the rubber plug by pushing it out between the cab and the bed



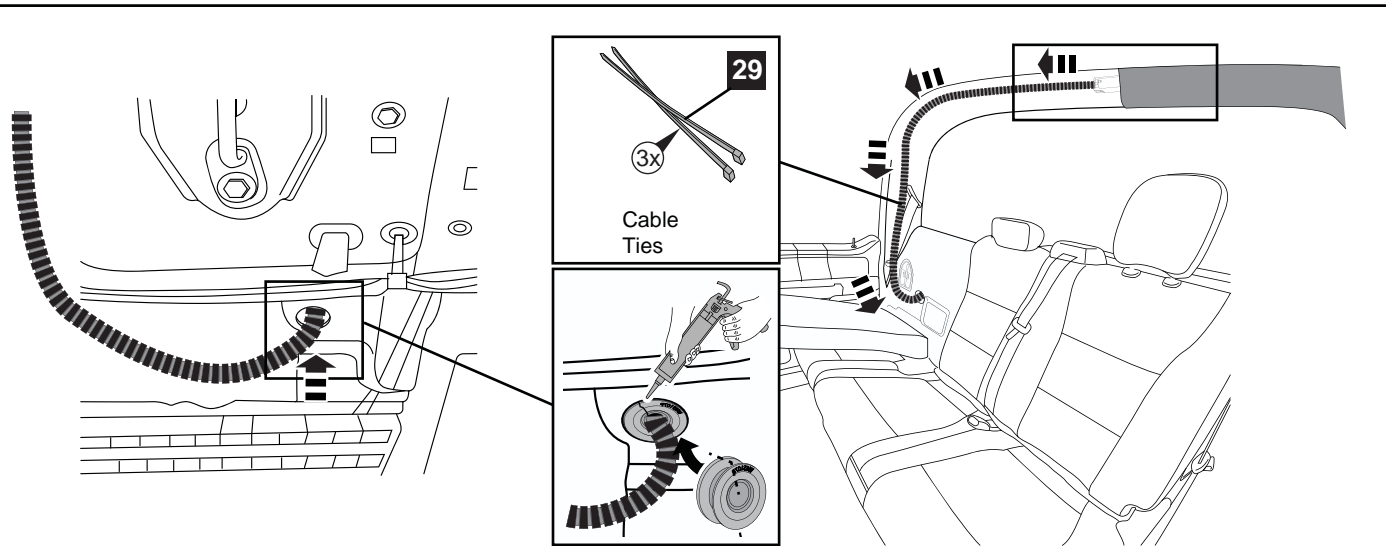
**21.** If your vehicle is a lower spec model disconnect the T piece on the supplied loom (32) and replace with the specific jumper kit for your vehicle (purchased seperately).



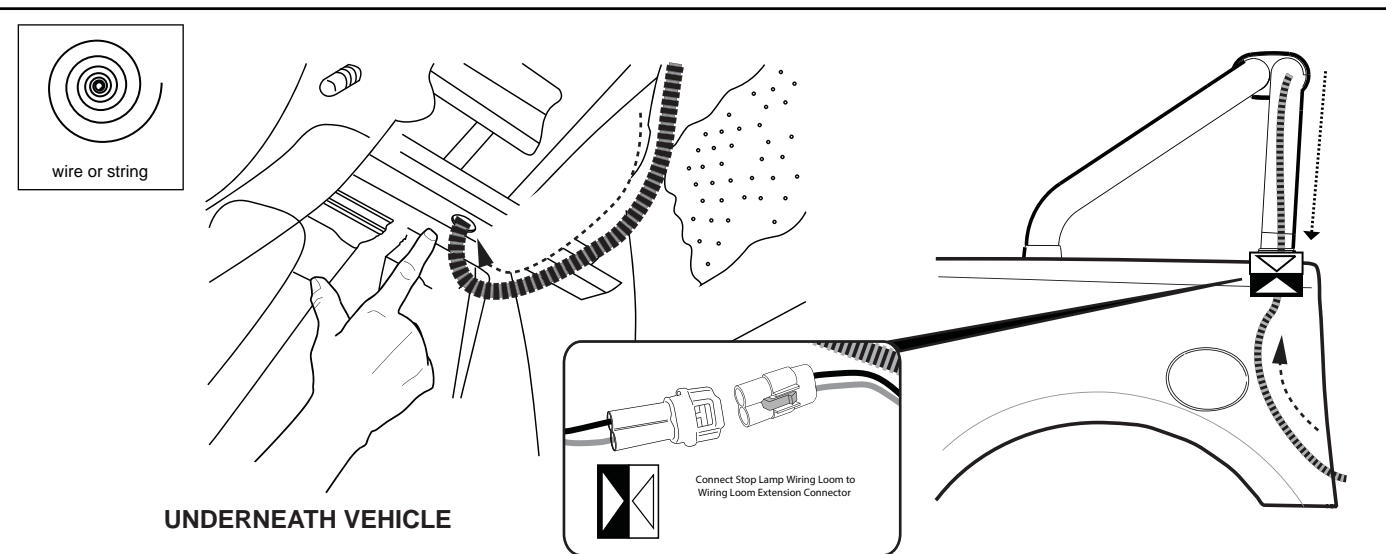
**22.** Lower the roof headliner directly opposite the rear Center high mounted stoplight (3rd stoplight). Locate the connector and disconnect.



- 23.** Plug both connectors on the T piece attached to the supplied loom in the kit (32) into the plug coming from the vehicle stop lamp loom. Tuck plug connection back under the headliner and feed the loom across to the passenger side pillar.



- 24.** Feed the harness across the roof and down the pillar securing with the supplied cable ties. Feed the plug end of the loom through the grommet hole outside the vehicle to the gap between the cab and the bed. Take the previously removed grommet, cut ad re-install around the loom. Apply clear silicone to the plug to re-seal and make waterproof. Replace pillar and backcovers and raise seat.



- 25.** Feed the loom under the bottom of the bed edge and back up inside the bed through the stake pocket on the passenger side. Secure loom with cable ties where needed. Use wire or string to help pull the wires through. Connect the loom to the connector on the sports bar.



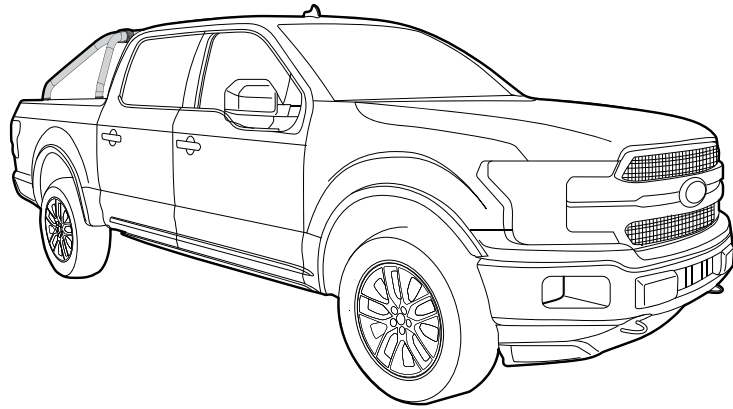
CHECK TORQUE



CHECK STOP LAMP



WASH VEHICLE



- 26.** Test Center High Mounted Stop Light on the sports bar and confirm that it operates when the brakes are depressed. Re-check the torque on all bolts and fully clean vehicle.