



# INSTALLATION INSTRUCTIONS

**PART No.**

**FB22062**

**Jeep® JK Wrangler  
Manowar JK Front Winch Bumper**



**REQUIRED TOOLS**

- 18mm Wrench/Socket
- 16mm Wrench/Socket
- Phillips Screwdriver

**KIT CONTAINS**

- M12 Hex Bolt
- M12 Flat Washer
- M12 Lock Washer
- M12 Nut
- M10 Flat Washer
- M10 Lock Washer
- M10 Nut
- M4 Card Holder Nut
- M4 Screw
- M4 Lock Washer
- M4 Flat Washer
- D-Rings

**QTY**

- 4
- 8
- 4
- 4
- 8
- 8
- 8
- 8
- 8
- 8
- 8
- 2

### Jeep® JK Wrangler Manowar JK Front Winch Bumper

**1) REMOVE YOUR FACTORY BUMPER**

Begin by removing your factory bumper. Ensure you disconnect your factory fog lights before you pull your bumper away.

Remove your factory fog lights carefully to be reused in the new bumper.

**2) PREP YOUR NEW BUMPER FOR INSTALL**

Before installing your bumper on your Jeep, we suggest attaching the winch plate, fairlead, and fog lights.

**INSTALL WINCH PLATE**

If you are going to run a winch, you will need to install the winch plate using the four (4) M12 bolts, eight (8) washers, four (4) lock washers, and four (4) nuts.



**INSTALL FACTORY FOG LIGHTS**

If you wish to run your factory fogs in your new bumper, install them using the M4 card holder nuts. These nuts will be installed on the inside bumper brackets. Use the M4 pan head screws and lock washers to secure each fog light in place.



**INSTALL YOUR FAIRLEAD AND WINCH**

We recommend installing the fairlead first as you'll have access to the bolts at this time. Follow the instructions that came with your winch to install the fairlead and winch body.



**3) INSTALL YOUR BUMPER**

**2 PERSON LIFT**



**WITH THE WEIGHT OF THE WINCH AND BUMPER, IT IS HIGHLY ADVISED TO HAVE HELP WHEN INSTALLING THE BUMPER!**

## Jeep® JK Wrangler Manowar JK Front Winch Bumper

With the help from a second pair of hands, lift the bumper up to the frame of the Jeep and insert the bumper studs into the frame. Using one (1) M10 nut, lock washer, and flat washer per stud, secure the bumper to the Jeep.



#### 4) MOUNT THE SUPPLIED D-RINGS



#### 5) ELECTRICAL

Reconnect your factory fog lights and wire your winch following the manufacturer's instructions.

#### 6) ENJOY YOUR NEW FISHBONE OFFROAD BUMPER!