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**IRON CROSS**  
AUTOMOTIVE INC.



Front Winch Bumper

**30-415-04**  
04-08 FORD F150

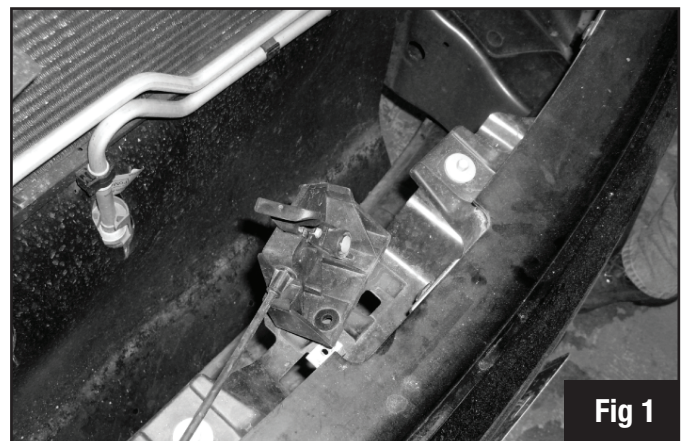
**30-415-09**  
09-14 FORD F150

## Installation Instructions

Hardware	
24	½" Flat Washers
12	½" Lock Washers
12	½" Hex Bolts
12	½" Hex Nuts
1	Driver Side Bracket
1	Passenger Side Bracket
1	Bumper
1	1/4" - 20 Flange Bolt
1	1/4" - 20 Flange Nut

## Stock Bumper Removal

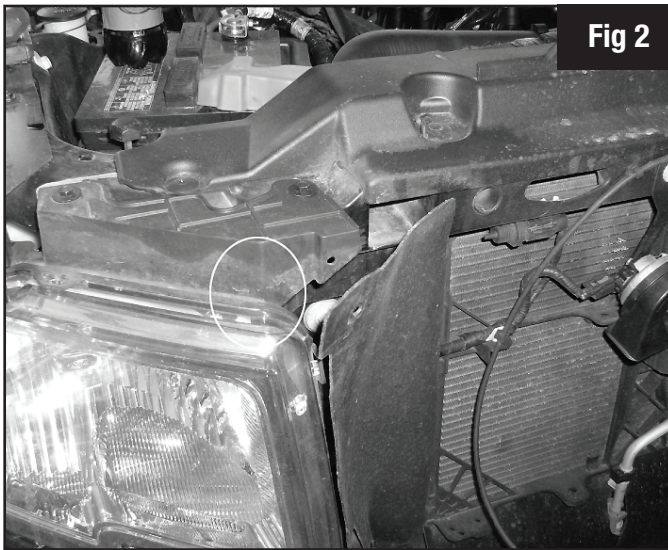
- A) Disconnect the factory fog light harness and tie up out of harm's way.
- B) Open Hood.
- C) Remove bolt holding hood release mechanism using a 10mm wrench.  
Fig 1.



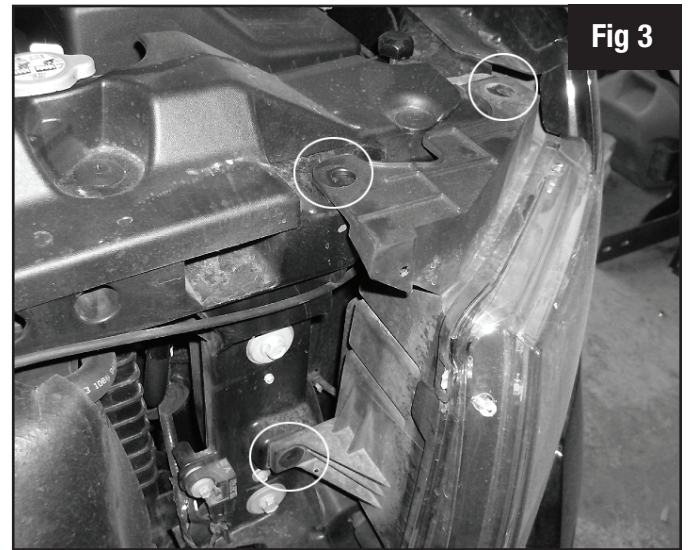
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# Stock Bumper Removal

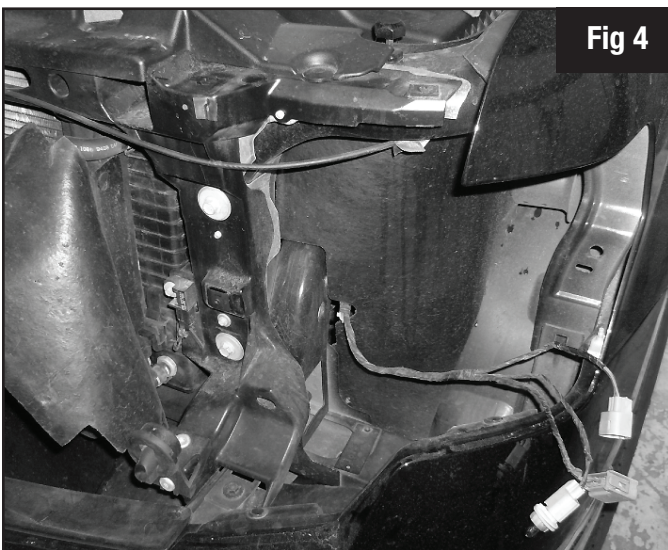
D) Remove bolt connecting rubber splash guard from headlight. **Fig 2.**



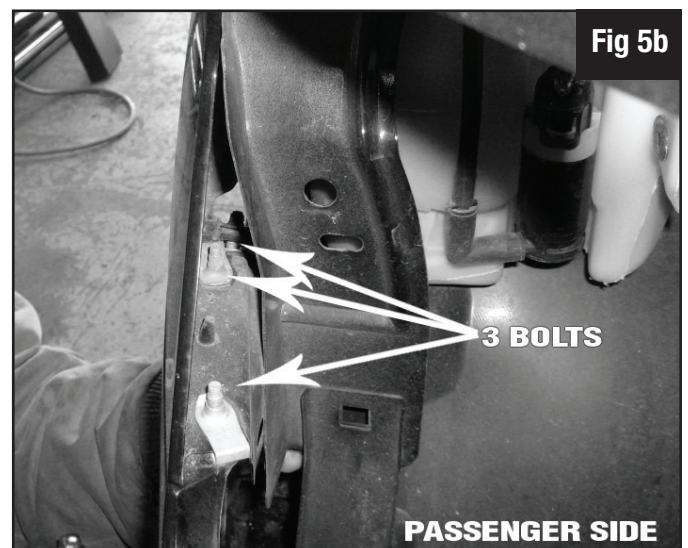
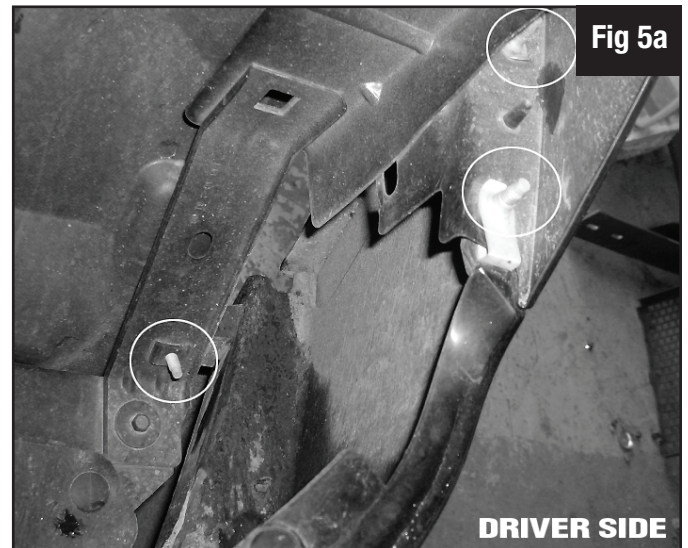
E) Remove (3) bolts from headlight. **Fig 3.**



F) Remove headlight. Be careful not to break plastic plugs that fit into the quarter panel. Unplug connecting light harness. **Fig 4.**



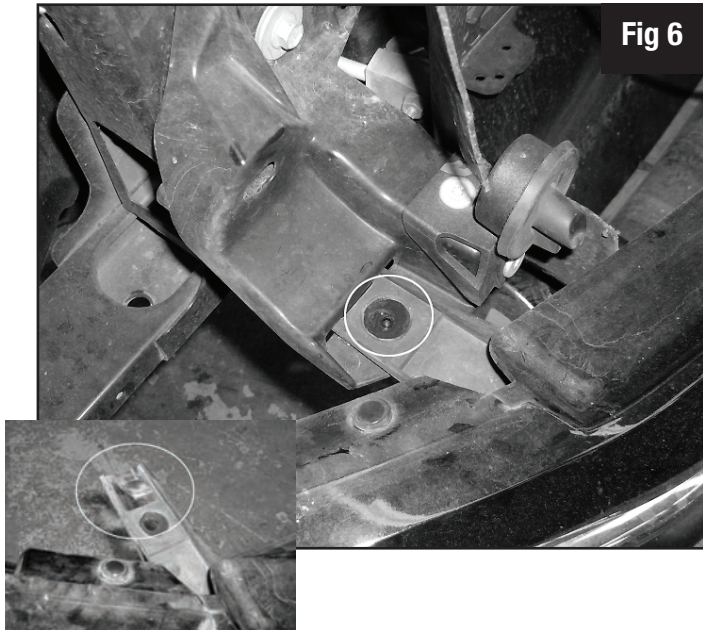
G) Remove (1) bolt from the bottom side and (3) bolts from the inside quarter panel. Use a small diameter extension to fit socket into narrow space. **Fig 5a & Fig 5b.**



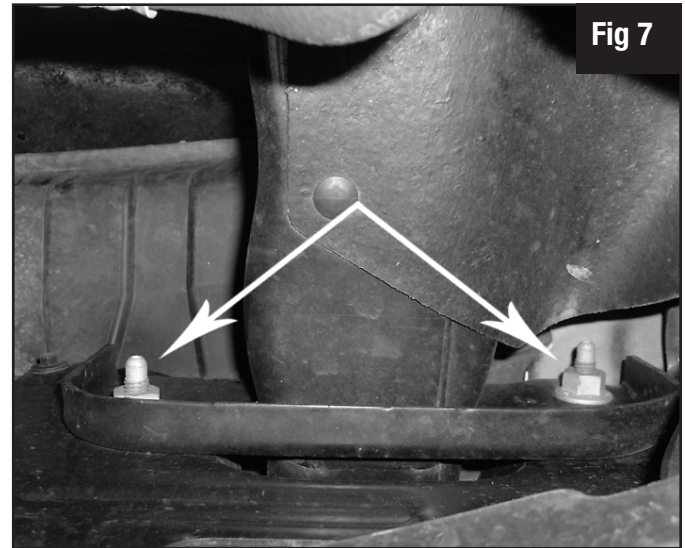
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## Stock Bumper Removal Continued...

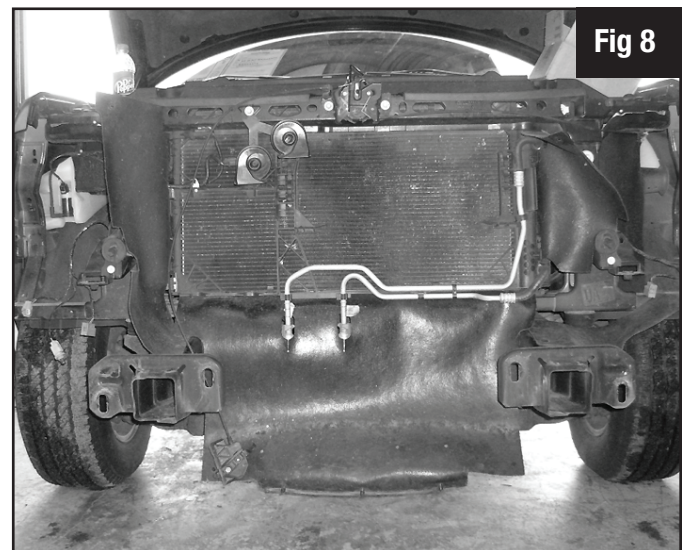
H) Remove bolts from each side connecting plastic bumper bracket. **NOTE:** there is a lip on the end of plastic bracket that you cannot see. Be careful once removing bumper that you do not break this plastic bracket. Tap will have to be pulled from bottom side to allow plastic bracket to release. **Fig 6.**



I) Remove (2) bolts from each side of frame holding bumper to frame. Be sure to place your jacks or have a person hold bumper once these bolts have been removed. **Fig 7.**



J) Remove bumper and place to side. Now your F-150 is ready for new bumper installation. **Fig 8.**

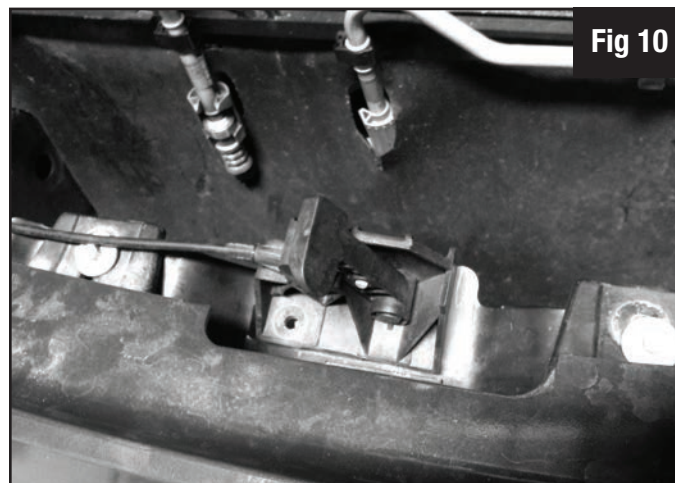
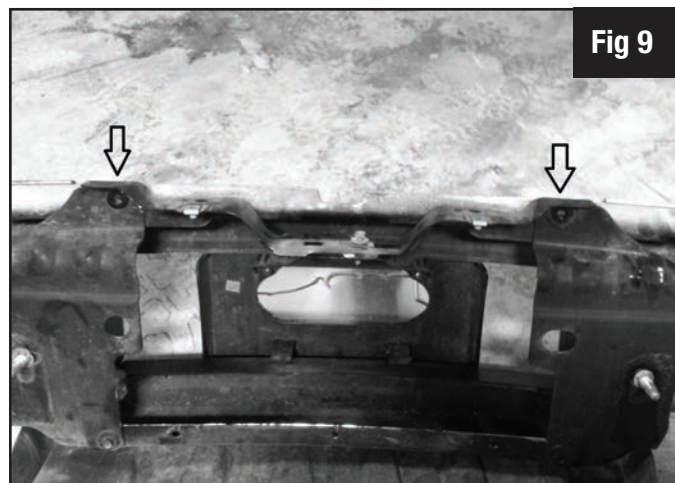


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# RS Series Bumper Installation

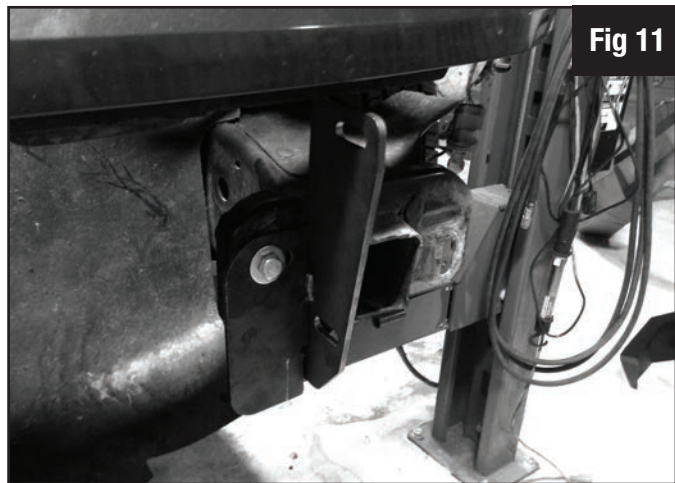
**A)** On 2009-2014 trucks you must remove the two bolts holding the hood latch release bracket to the front bumper. **Fig 9.**

Then reinstall bracket on the lower grill valance. **Fig 10.**



**B)** Reinstall lower grill valance, and headlights on truck.

**C)** Attach your Iron Cross bumper brackets to the vehicle, hand tighten at this time. **Fig 11.**



**D)** Install your RS bumper on the truck. Hand tighten the brackets to the mounts to allow for final adjustment.

**E)** Adjust your bumper left to right, and tighten the brackets to the frame.

**F)** Align your bumper up and down and in and out. Make sure to leave a 1/2" between the bumper and all truck sheetmetal and plastic. Tighten the brackets to the frame.



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