

FORD 2011-16 F-250 EXO Bumper

Thank you for choosing Rough Country for all your vehicle needs.

Please read instructions before beginning installation. Check the kit hardware against the kit contents shown below. Be sure you have all needed parts and know where they go.

▲ NOTICE

Rough Country LED lights are for off-road use only.

If factory equipped, winch bumper may interfere with parking, proximity and external cruise control sensors.

KIT CONTENTS:

- 1-EXO Front Bumper W/ Light mount
- 2- 2" Flush Mount LED Cubes
- 1- Single Row 20" LED
- 1- Drivers Side EXO Bumper mount
- 1- Passengers EXO Bumper mount
- 1- Drivers Side Bumper Bracket
- 1- Passengers Side Bumper Bracket
- 2-Bolt Plates
- 2-D-rings

TOOLS NEEDED:

- 3/4 wrench and socket
- 13mm wrench and socket
- 15mm wrench and socket
- 19mm wrench and socket
- 18mm wrench and socket
- Ratchet
- Tape Measure
- Auto Trim Puller

HARDWARE INCLUDED:

- 6-7/16-14 x 1 1/2 bolts
- 6-7/16 Lock Washers
- 6-7/16 Flat Washers
- 2-12mm x 120mm Bolts
- 4-1/2" x 1 1/2" Bolts
- 6-1/2" Flat Washers
- 6-1/2" Lock Washers
- 4-12mm x 35mm Bolts
- 4-12mm Flat Washers
- 4-12mm Flange Lock Nuts



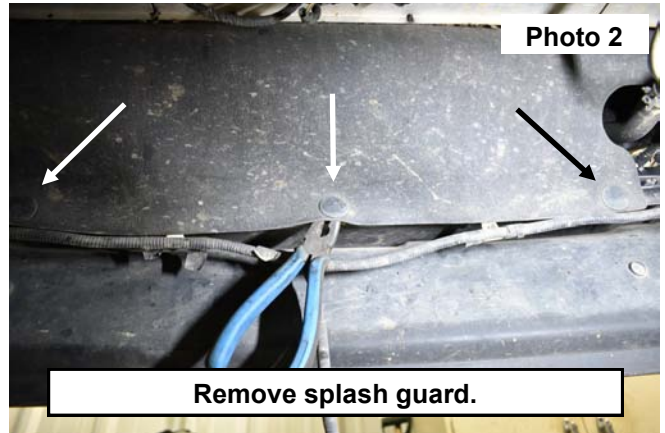
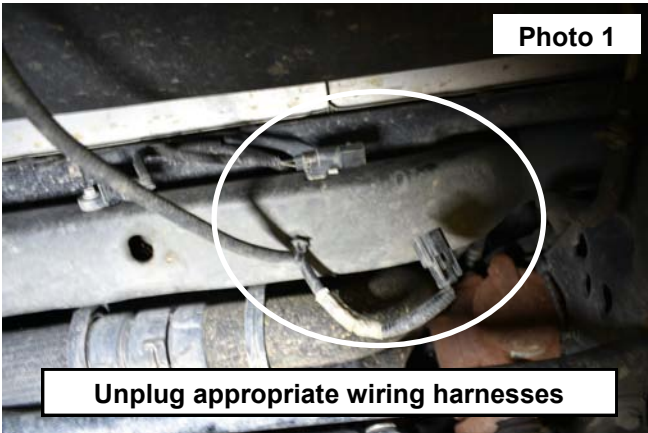
Torque Specs:

Size	Grade 5	Grade 8	Size	Class 8.8	Class 10.9
5/16"	15 ft/lbs	20ft/lbs	6MM	5ft/lbs	9ft/lbs
3/8"	30 ft/lbs	35ft/lbs	8MM	18ft/lbs	23ft/lbs
7/16"	45 ft/lbs	60ft/lbs	10MM	32ft/lbs	45ft/lbs
1/2"	65 ft/lbs	90ft/lbs	12MM	55ft/lbs	75ft/lbs
9/16"	95 ft/lbs	130ft/lbs	14MM	85ft/lbs	120ft/lbs
5/8"	135ft/lbs	175ft/lbs	16MM	130ft/lbs	165ft/lbs
3/4"	185ft/lbs	280ft/lbs	18MM	170ft/lbs	240ft/lbs

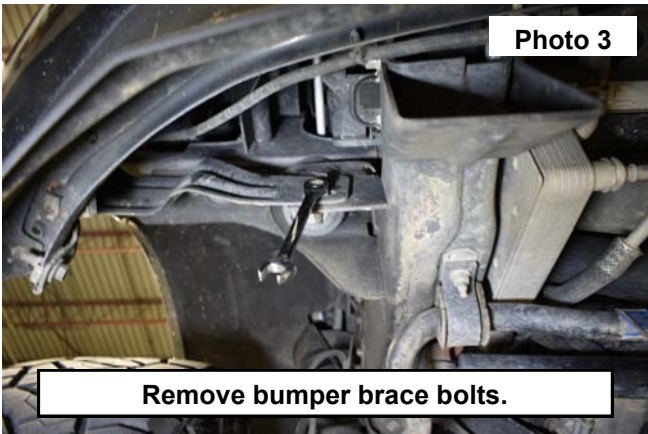


INSTALLATION INSTRUCTONS

1. Place the vehicle in park, If the bumper is equipped with fog lights or sensors unplug these harnesses. **See Photo 1.**
2. Remove the push pins in the splash guard located on the back side of the bumper, use an auto trim puller, save for reuse. **See Photo 2.**



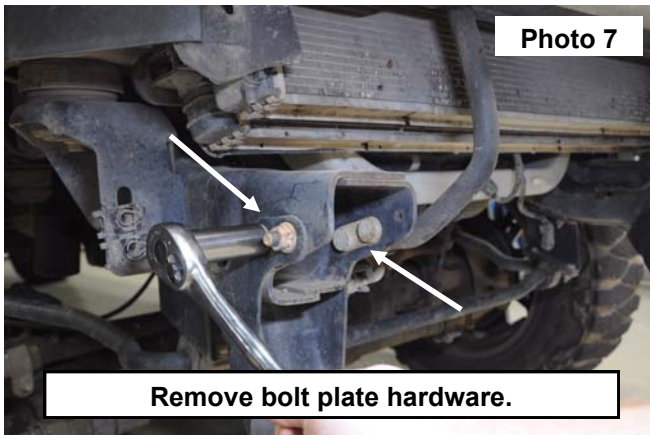
3. Remove the 2 bolts on the brace on the back side of the bumper on the drivers and passengers side, using a 13mm socket. **See Photo 3.** Save hardware for reuse.
4. Remove the 2 bolts and the 2 flag nuts on each side of the front bumper, using a 18mm socket. **See Photo 4.** Save hardware for reuse.



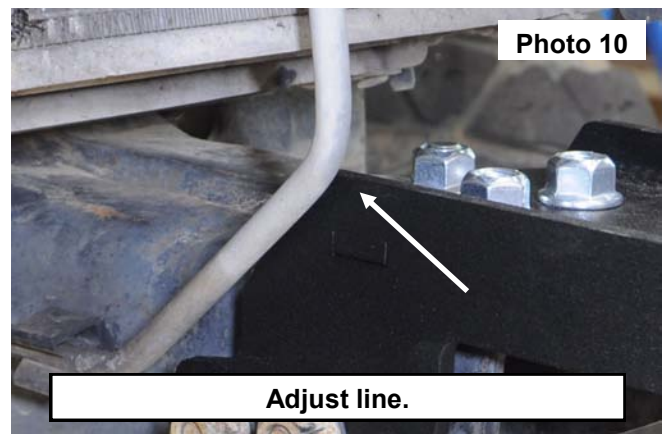
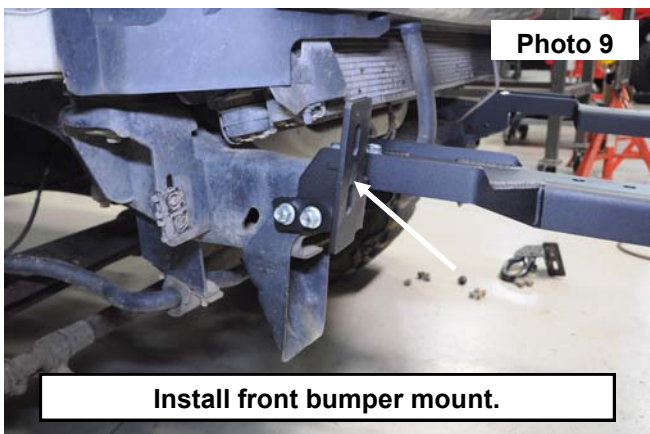
5. Once all of the bolts are removed from the bumper mounts, set the bumper aside. **See Photo 5.**
6. Remove the 3 bolts from the bottom side of the tow hook / bumper mount on each side, use a 18mm socket. **See Photo 4.**



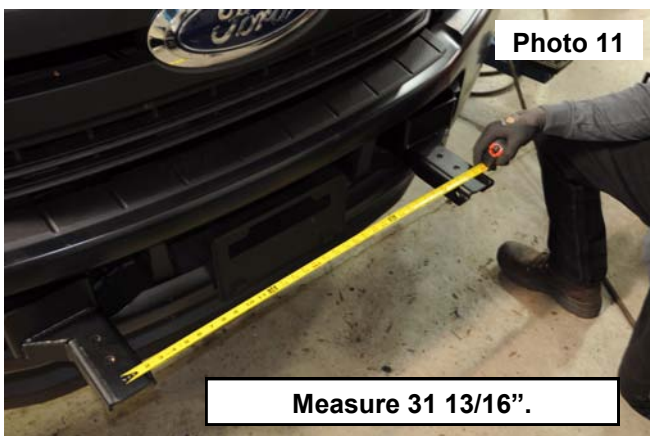
7. Remove the nuts from the bolt plate securing the lower bumper bracket on, using a 18mm wrench. **See Photo 7.** Save hardware for reuse.
8. Mount the new EXO bumper mount to the top of the frame, using the supplied 7/16-14x1-1/2 bolt, lock washer and washers, secure through the bottom. Install the lower bumper bracket and OE bolt plate through the inside of the frame rail. Do not tighten at this time. **See Photo 8.**



9. Install the bumper mount to the outside of the frame, using the supplied bolt plate and M12X1.75 flange nut. Torque to 55ft-lbs using an 18mm socket. **See Photo 9.**
10. When installing the drivers side bumper bracket, adjust the cooler line so it will not come in contact with the edge of the bracket. **See Photo 10.**



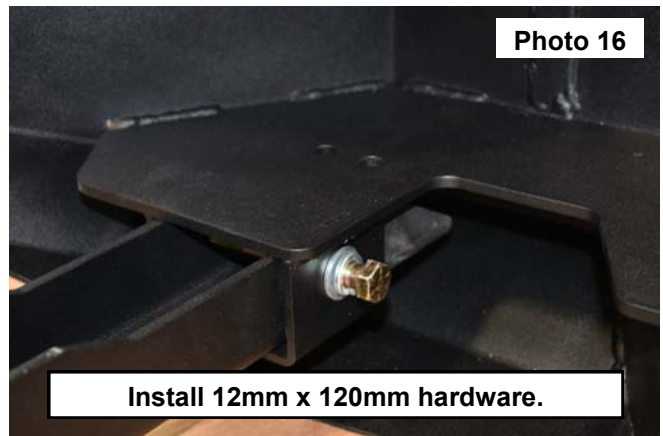
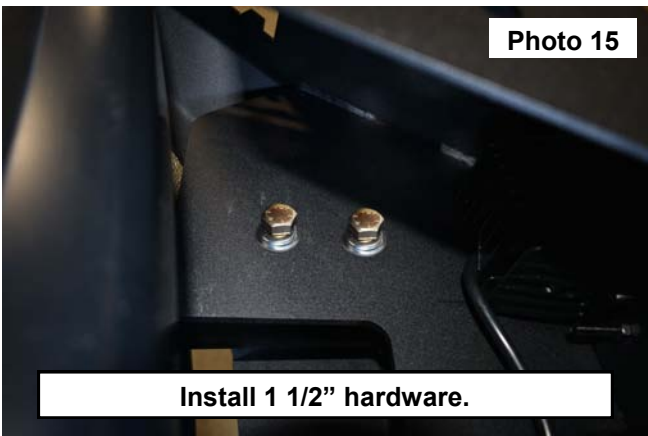
11. Measure 31 13/16" of an inch from the center of the hole to center of hole on the top of the brackets. **See Photo 11.**
12. Make sure the bumper mounts are vertical, these may have to be adjusted after bumper is installed. Torque all 12mm hardware to 75ft-lbs using an 18mm socket and all 7/16" hardware to 45ft-lbs using a 5/8" socket and wrench. **See Photo 12.**



13. Install the front bumper with the OE hardware. Adjust the bumper along with bumper brackets behind the bumper to the correct height, along the grill and the headlights torque to factory specs using an 18mm socket. **See Photo 13.** If equipped with fog lights or sensors plug these harnesses back together, re install the 3 push pins with splash guard in the bumper.
14. Install the EXO bumper onto the mounts, using the supplied 1/2" X 1 1/2" bolt, lock washer and washer through the holes in the bumper into the frame mount. Do not tighten at this time. **See Photo 14-15.**



15. Install the supplied 12mm X 120mm long bolt, lock washer, and flat washer in the bottom hole in the bumper, torque the 1/2" hardware to 90ft-lbs using a 3/4" socket and the 12mm hardware to 75ft-lbs using an 18mm socket. **See Photo 16.**



16. Install the flush mount lights and winch per instructions included in corresponding kits.
17. Install the light bar in the mount with instructions included in light bar kit. **See Photo 17.**
18. Install the light bar mount on the bumper with the supplied 12mm x 35mm bolts, flat washers and lock nuts. **See Photo 18.** Torque to 75ft-lbs using an 18mm wrench and 19mm socket.
19. Install the supplied d-rings.



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