

2004-2008 FORD F150

FRONT BUMPER INSTALLATION INSTRUCTIONS



SAFETY

Know safety, no injury. Know injury, no safety. ~Author Unknown

- **READ ALL SAFETY INSTRUCTIONS BEFORE INSTALLATION**
 - FOLLOW ALL INSTRUCTIONS FOR PROPER ASSEMBLY
 - WEAR APPROPRIATE EYE PROTECTION
 - EXERCISE CARE WHEN LIFTING COMPONENTS
 - USE APPROPRIATE TORQUE FOR BOLTS
 - BLUE THREAD LOCKING COMPOUND IS RECOMMENDED ON ALL BOLT

 - SUGGESTED TORQUE VALUES FOR STEEL GRADE SAE 5 BOLT

BOLT DIAMETER (INCH)	TREADS PER INCH	TORQUE (POUND-FEET)
1/4	20	7
5/16	18	14
3/8	16	25
7/16	14	40
1/2	13	60
9/16	12	88
5/8	11	120
3/4	10	200
7/8	9	302
1	8	466



2004-2008 FORD F150 FRONT BUMPER

I. PARTS LIST

<u>QUANTITY</u>	<u>PART NUMBER</u>	<u>DESCRIPTION</u>
1	600-56-0124	2004-2008 FORD 150 WINCH BUMPER
1	60P-56-1535	PAINTED PASS FRAME MOUNT WELDMENT
1	60P-56-1536	PAINTED DRIVER FRAME MOUNT WELDMENT
1	60K-56-0001	HARDWARE PACKAGE #1
1	60P-56-1541	PAINTED WINCH TRAY

II. TOOL LIST

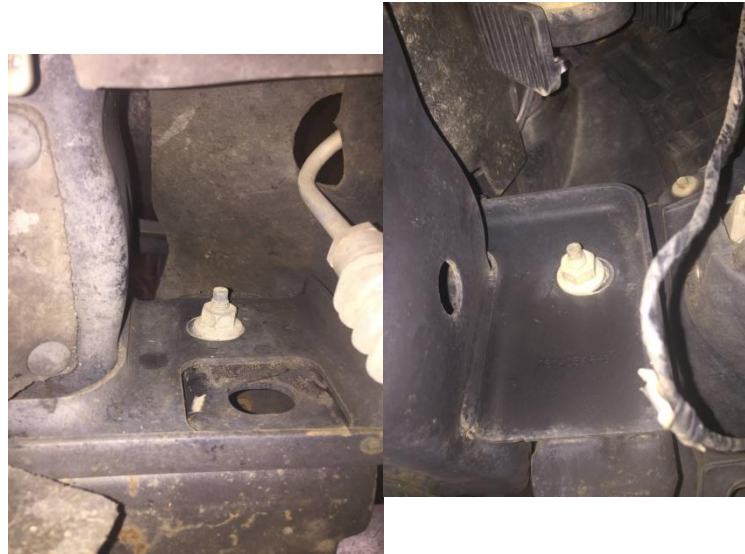
1. 21mm socket
2. 8mm socket
3. 10mm socket
4. 15mm socket
5. ¾" socket/wrench

III. REMOVAL OF OEM BUMPER

1. Remove OEM fog lights and secure out of way.
2. Using 21mm socket, remove two bolts holding frame mount to frame underneath bumper.(both sides)



2004-2008 FORD F150 FRONT BUMPER



3. Using 8mm socket remove three bolts from inside the grill located at the center of the vehicle. See Figure 2.



Figure 2.

4. Using a 10mm socket remove one bolt from outer side of center grill. (both sides). See Figure 3.



2004-2008 FORD F150 FRONT BUMPER



Figure 3

5. Carefully remove OEM bumper and place off to the side. See figure 4.

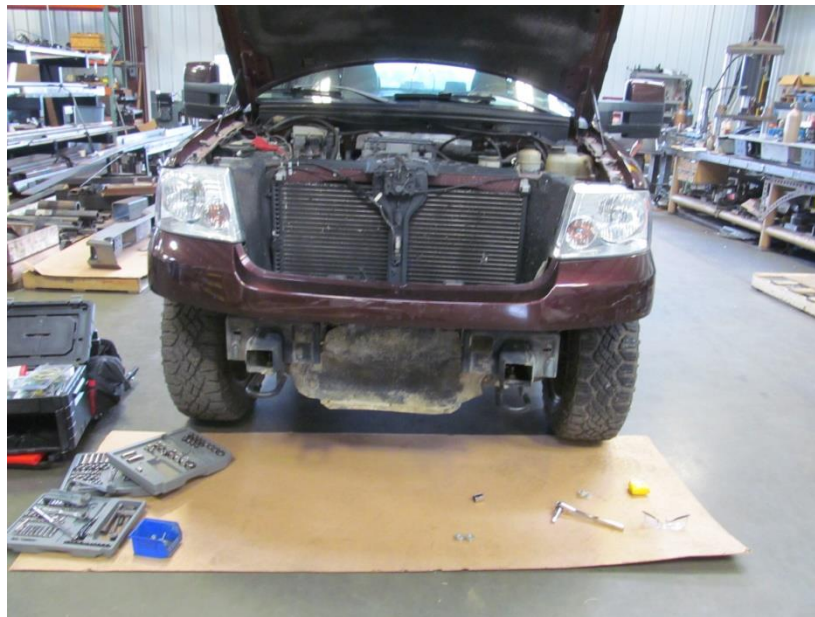


Figure 4

6. Using 15mm socket remove two bolts holding on OEM tow hooks (each side). See Figure 5.



2004-2008 FORD F150 FRONT BUMPER



Figure 5

7. Remove OEM tow hooks. See Figure 6.



Figure 6.



2004-2008 FORD F150 FRONT BUMPER

IV. INSTALLATION OF HAMMERHEAD BUMPER

1. Align frame mounts as shown in Figure 7, Figure 8 and Figure 9.



Figure 7: Front view of mount



Figure 8: Bottom view of mount



2004-2008 FORD F150 FRONT BUMPER



Figure 9: Side view of mount

2. Secure winch tray to frame mounts as shown in Figure 10.





2004-2008 FORD F150 FRONT BUMPER

Figure 10

3. Using Hardware Kit #1 and $\frac{3}{4}$ " socket/wrench. Tighten four bolts from frame mounts to winch tray.
4. Align bumper to frame mounts and secure with the four remaining bolts from hardware kit #1.
5. Center bumper on vehicle and using a $\frac{3}{4}$ " socket/wrench tighten to specification.

CONGRATULATIONS!!

