

# 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



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### 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

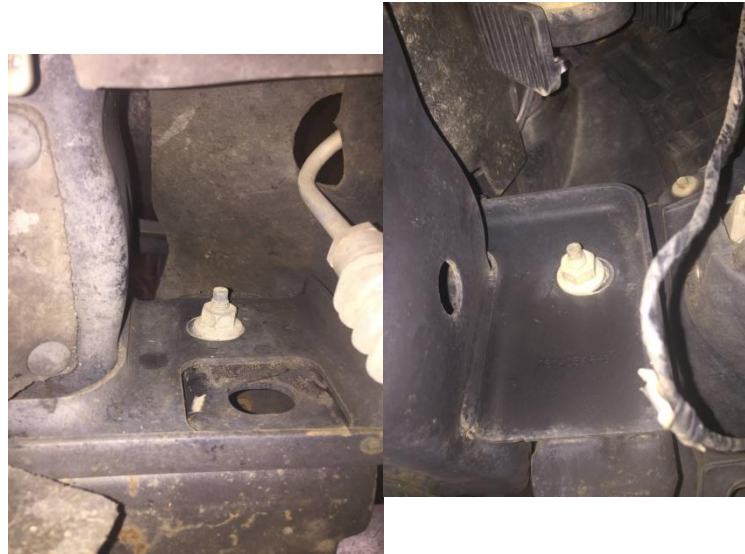
1. 21mm socket
2. 8mm socket
3. 10mm socket
4. 15mm socket
5. ¾" socket/wrench

### 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)



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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.



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Figure 3

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

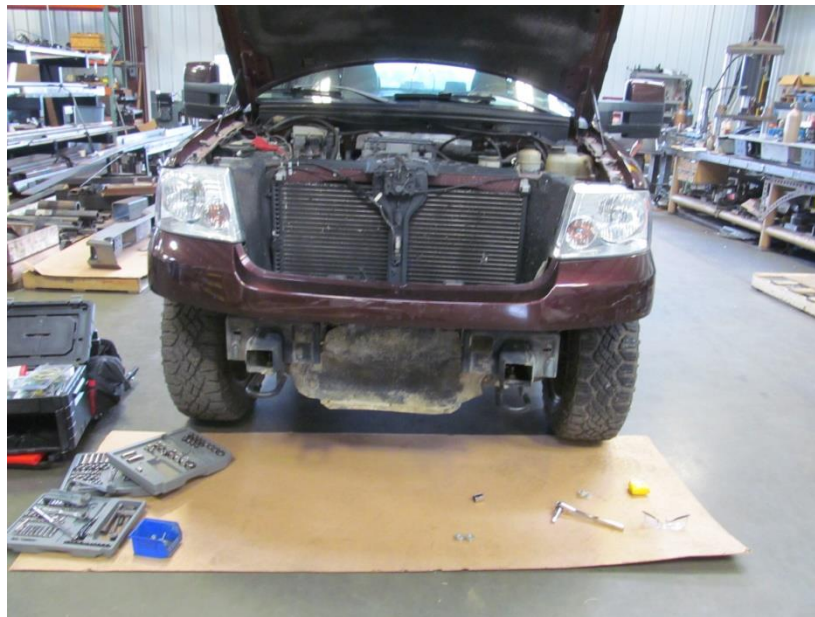


Figure 4

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





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Figure 5

7. Remove OEM tow hooks. See Figure 6.



Figure 6.



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## 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



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Figure 9: Side view of mount

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







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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!!**

