



INSTALLATION GUIDE

22+/FORD F-150

PRO-BOLT ON REAR BUMPER



PREPARATION

We recommend reading through the installation instructions in whole before performing the work.

- Disconnect the negative battery terminal. Park the vehicle on level ground and set the emergency brake.
- When button head bolts are being used, install the supplied washer on the nut side. Then, hold the bolt stationary and only turn the nut to tighten. Do not turn the bolt to tighten hardware assembly, unless otherwise noted.
- Anti-seize is recommended for all fasteners.

SKILL LEVEL

-Easy/Intermediate

****This installation requires 2 people for best results****

TIME REQUIRED

- 2.5 hours for OEM Removal/Bumper Install
- 1 Additional Hour to Wire Cube Lights

****Labor Rates are based on a vehicle with no pre-existing damage. Wiring labor is based on a standard wiring procedure with light switches installed in an easily accessible location. Custom light triggering or switch mounting location will result in a greater labor charge.****

INCLUDED IN KIT

- 4- Hex Head Bolts (3/8-16 x 1")
- 2- Button Head Bolts (3/8-16 x 1")
- 6- Nylon Lock Nuts (3/8-16")
- 12- Flat Washers (3/8")
- 2- Sensor Plugs
- 2- Snap In Nut (1/4")
- 2- Sheet Metal Screws (1/4")

TOOLS REQUIRED

- (Sockets) 9/16, 10mm, 13mm
- (Box end wrenches) 9/16, 10mm, 13mm
- (Allen wrenches) 7/32
- Fastener remover or flathead screwdriver
- Zip ties
- Ratchet
- Grinder

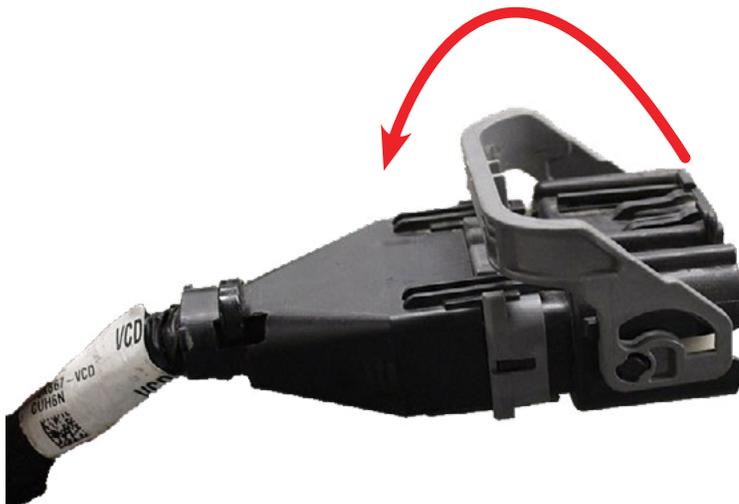
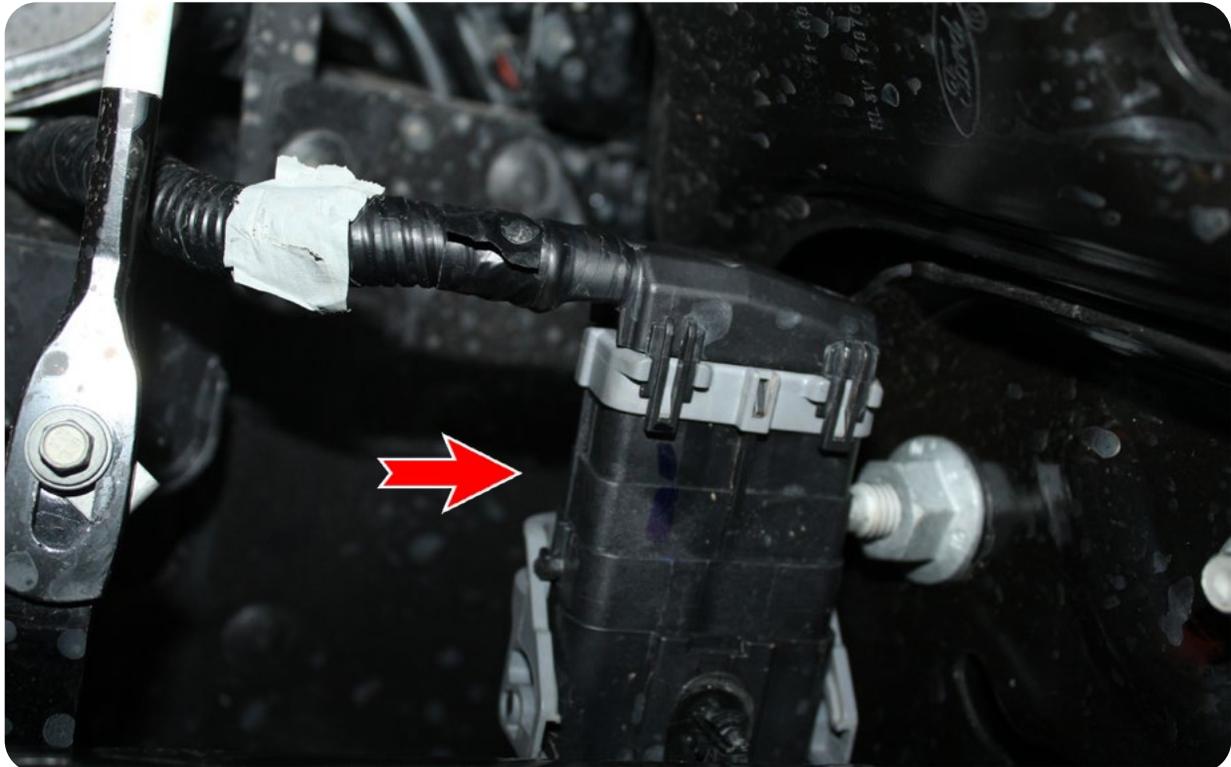
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□ STEP 1

Unplug the main wire harness located on the passenger side by pulling the gray tab back as shown below. Remove the ground using a (10mm socket) located on the passenger side on the frame rail.

REMOVAL



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□ STEP 2

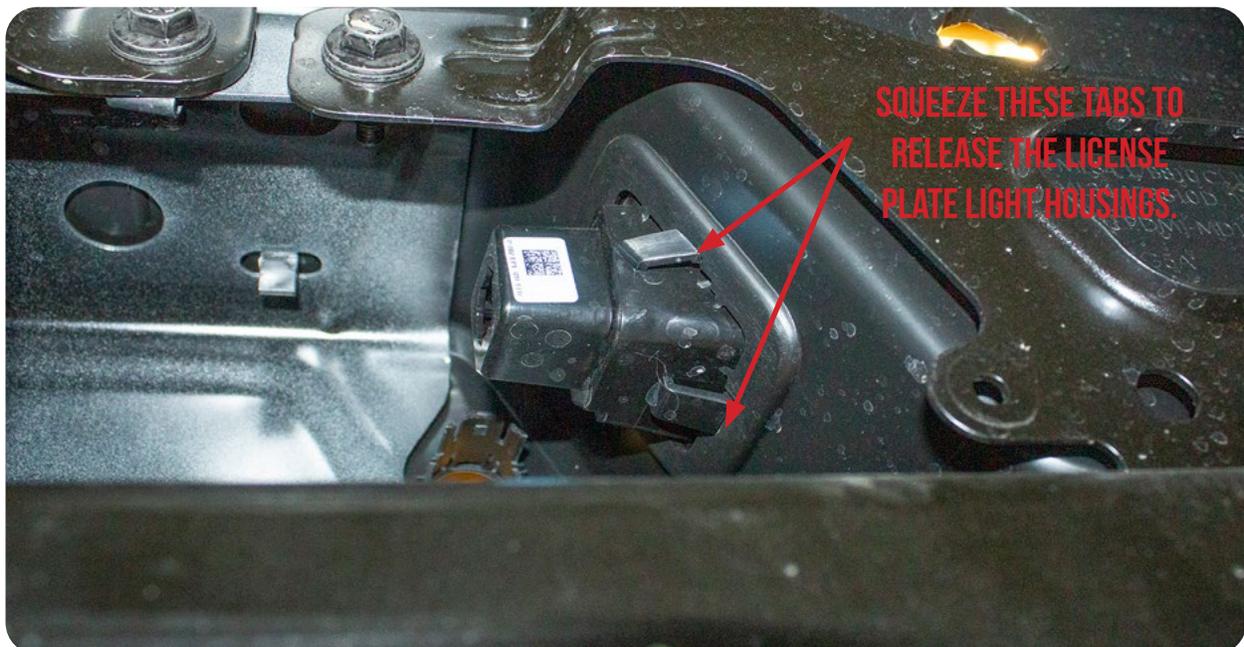
Unplug/remove the trailer plug.

REMOVAL



□ STEP 3

Remove the license plate light by twisting counter clock wise and remove the housing.



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□ STEP 4

Remove the parking sensors and bezels from the stock bumper, You can now remove the wire harness and set aside for install. ****Remember the location and orientation of the sensor bezels after removal for this will be important later on in the install****

REMOVAL



**SPREAD THESE TWO TABS
TO RELEASE THE PARKING
SENSOR.**



**SQUEEZE THESE TWO TABS
TO RELEASE THE PARKING
SENSOR MOUNTING RINGS.**



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STEP 5

Pull the top plastic cover off the bumper. There are no tools required for this step, it simply pulls off by hand.

REMOVAL



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□ STEP 6

Using a (13mm Socket), remove the mounting bolts that hold the bumper side covers to the vehicle.

REMOVAL



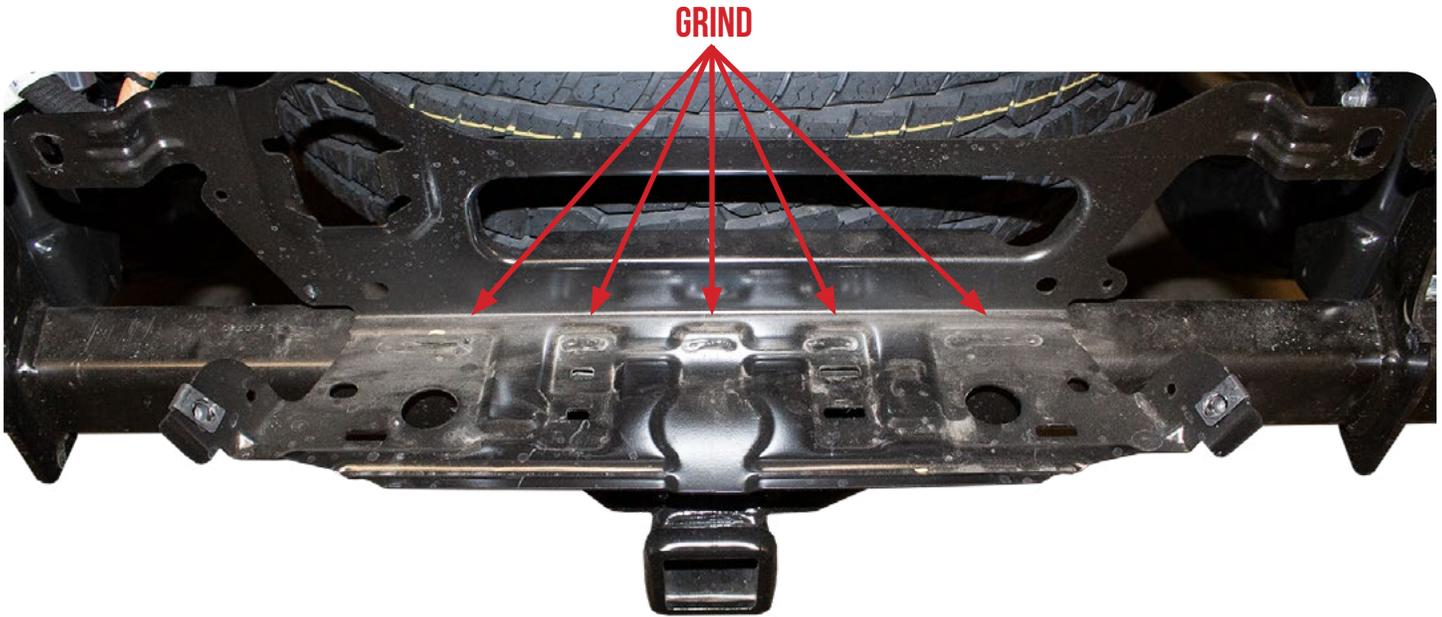
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□ STEP 7

Remove the license plate bracket by using a (grinder) to grinding through the five visible welds that connect that bracket to the hitch. ****Once the bracket has been removed, paint over the raw metal to prevent rust****

REMOVAL



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□ STEP 8

Install the license plate light housing. Be sure that the clips are fully clipped in by using a (flathead) to pry into place. ****DO NOT pry to hard due to breakage****

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STEP 9

Install the sensor bezels in the correct orientation they were removed from the stock rear bumper. The plug ins will face towards the inside of the bumper on both sides as shown on page 10.

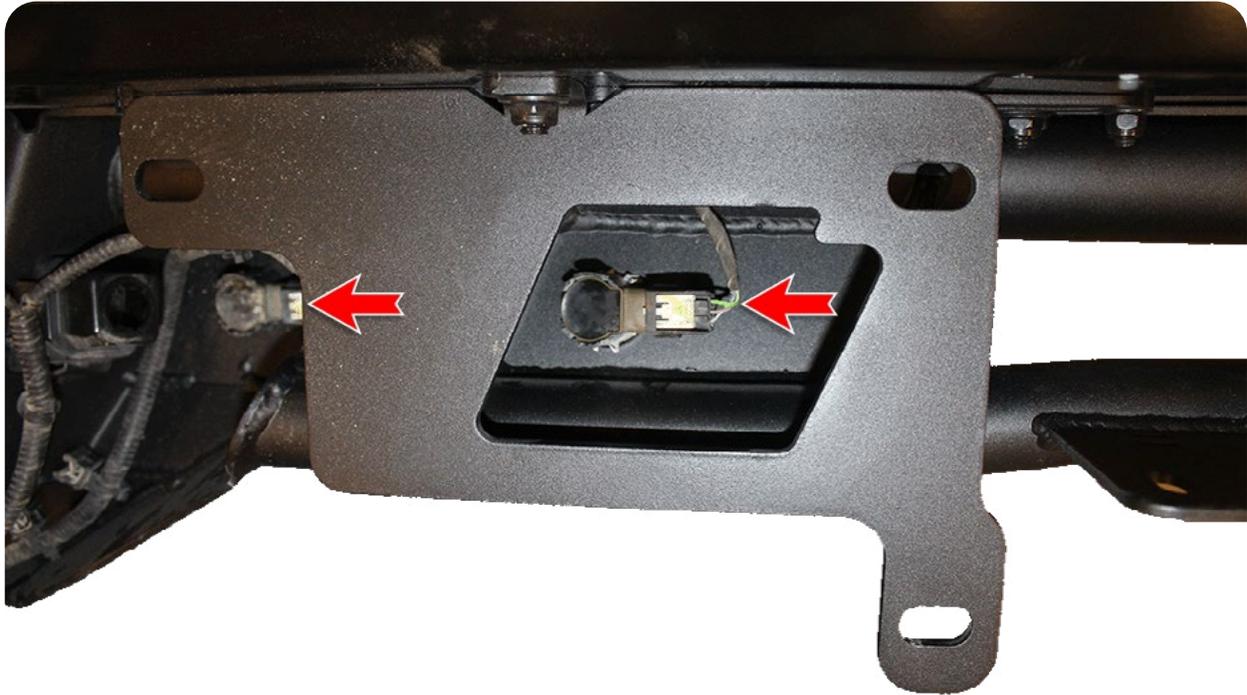
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□ STEP 10

If your sensor bezels do not click into place, you may have to trim the mounting tabs to accommodate for the thickness of the material on your new bumper.

BEFORE

AFTER



TRIM HERE



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STEP 11

Some F-150 packages come with six parking sensor. If you have four use the provided plugs to plug the two outer sensor holes on each side.

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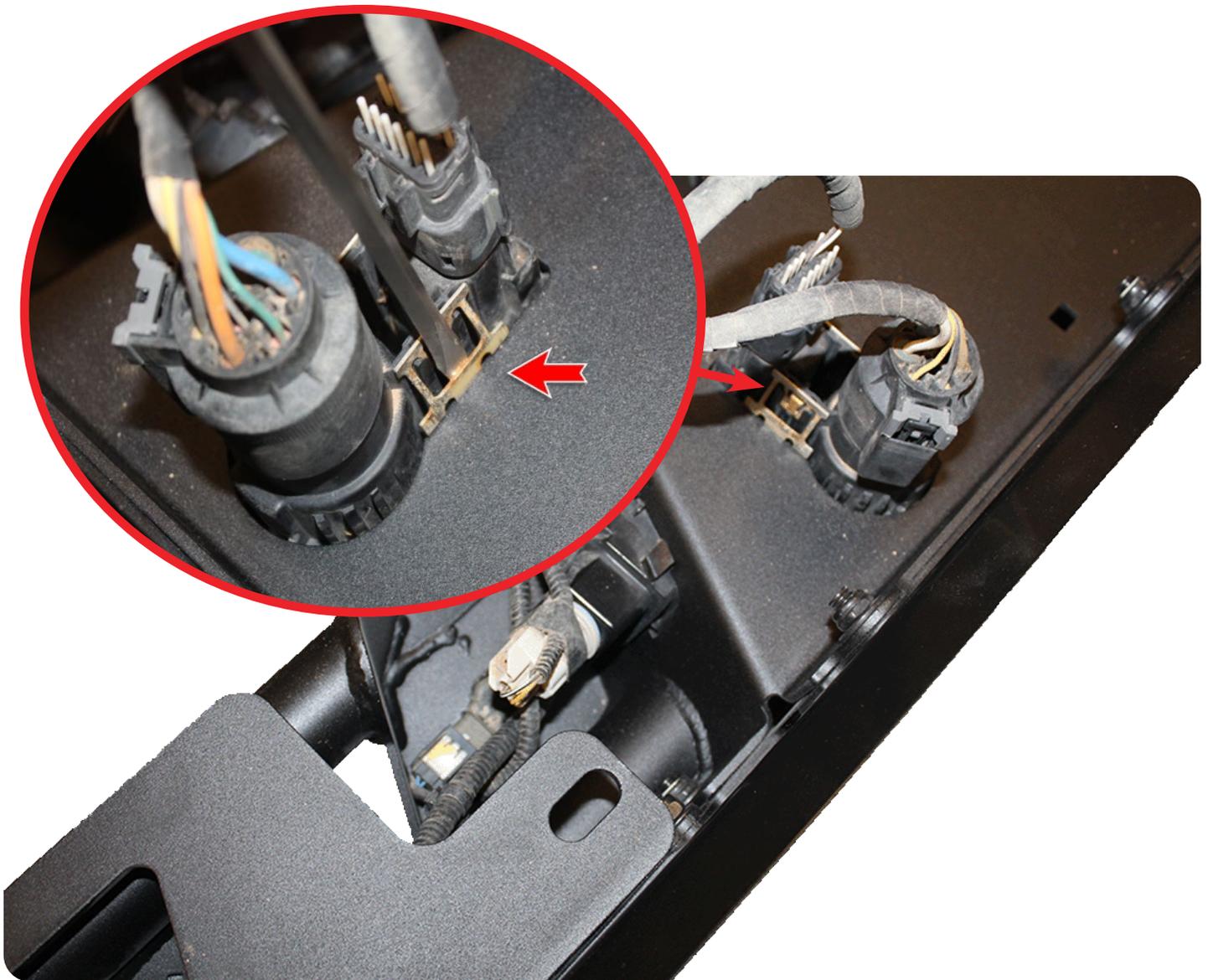
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STEP 12

Install the trailer plug and pry out the tabs to securely seat plug using a (flathead screwdriver).

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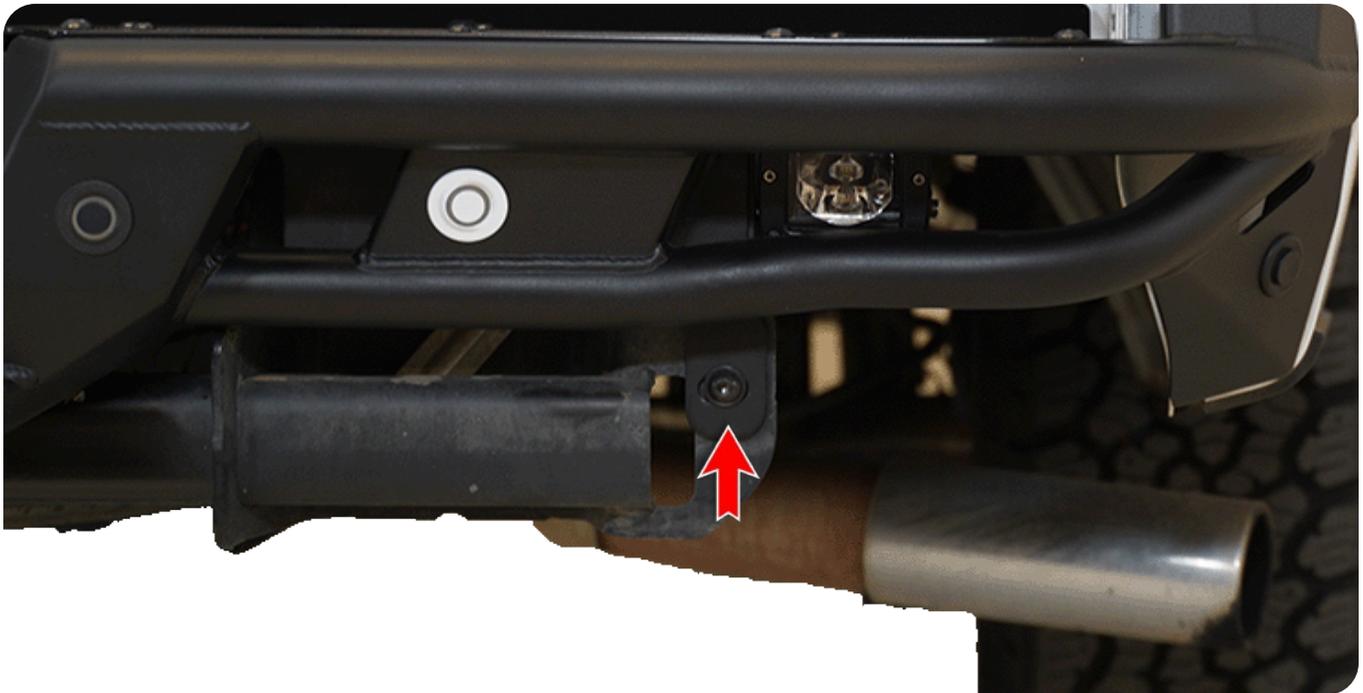
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□ STEP 13

You can now install your Pro-Bolt On™ rear bumper with the provided 3/8" button head bolts, washers, and nylon lock nuts using a (7/32 allen) and (9/16 socket). Install the provided 3/8" hex head bolts, washers, and nylon lock nuts using a (9/16 socket) and (9/16 wrench).

INSTALLATION



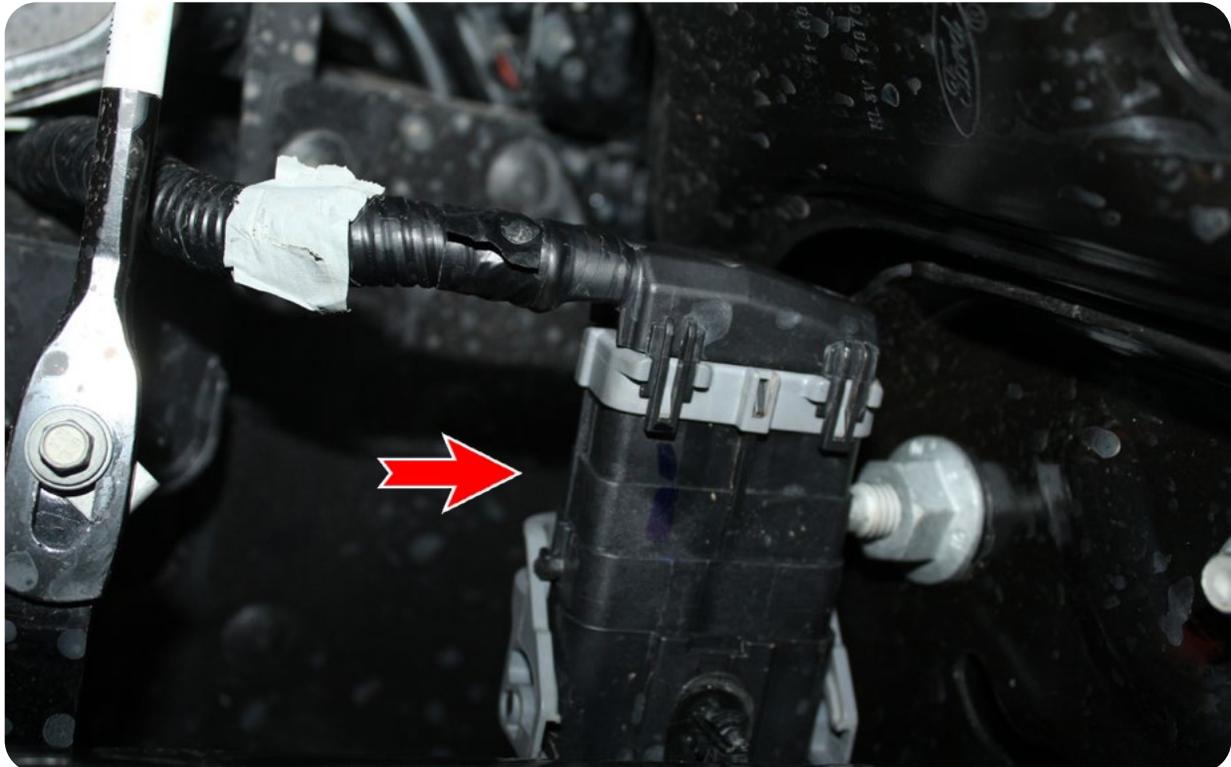
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□ STEP 14

Plug in the wire harness, and reinstall the ground using a (10mm). ****Ensure the clip is fully pushed down when plugged in as shown below****

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FINAL

STEP 15

Stand back and enjoy your new ADD Pro- Bolt On™ rear bumper.

Check and re-tighten, if needed, all mounting bolts after 100 miles and periodically thereafter.



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EMAIL INFO@ADDICTIVEDESERTDESIGNS.COM