

APS IB-F5210F

APS IB-F5210F 5-inch Stainless Steel Black Running Boards User Manual

For Ford F-Series Bronco 1980-1996 Regular Cab

1. INTRODUCTION

This manual provides detailed instructions for the installation, operation, and maintenance of your APS IB-F5210F 5-inch Stainless Steel Black Running Boards. These running boards are designed for specific compatibility with Ford F-Series and Bronco Regular Cab models from 1980 to 1996. Please read this manual thoroughly before beginning installation or use to ensure proper function and safety.

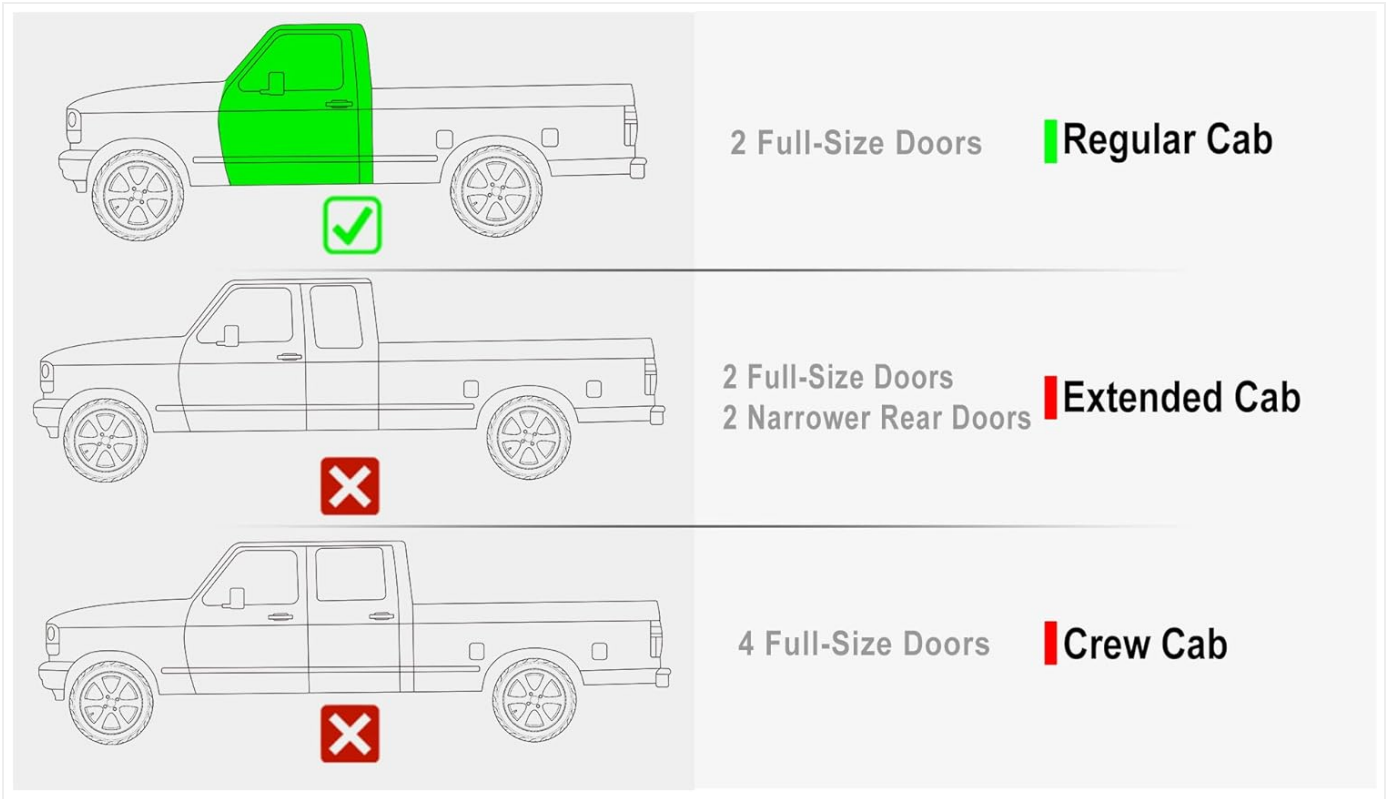


Figure 1: APS 5-inch Stainless Steel Black Running Boards. These boards feature a matte black powder-coated finish and a ribbed surface for enhanced traction.

2. SAFETY INFORMATION

- Always wear appropriate safety gear, including gloves and eye protection, during installation.
- Ensure the vehicle is parked on a level surface and the parking brake is engaged before starting installation.
- Do not exceed the maximum weight limit of 500 pounds per running board.
- Regularly inspect all mounting hardware for tightness and signs of wear or damage.
- If you are unsure about any step of the installation process, consult a qualified professional.

3. PACKAGE CONTENTS

Verify that all components are present before beginning installation:

- 1 Pair of APS iBoard Running Boards (Left and Right)
- 1 Mounting Brackets Kit (includes all necessary hardware)
- 1 Installation Instruction Manual (this document)

4. COMPATIBILITY

These running boards are specifically designed for:

- **Vehicle:** Ford F-Series / Bronco
- **Model Years:** 1980-1996
- **Cab Type:** Regular Cab (2 full-size doors)

Important Note:

- Will NOT fit factory reinforced heavy-duty frames.
- Will NOT fit Extended Cab or Crew Cab models.



Figure 2: Vehicle Cab Type Compatibility. This diagram illustrates that the running boards are compatible only with Regular Cab trucks, indicated by the green checkmark. Extended Cab and Crew Cab models are not compatible.

5. SPECIFICATIONS

Feature	Specification
Model Number	IB-F5210F
Material	Stainless Steel
Exterior Finish	Matte Black Powder Coated Finish
Dimensions (L x W x H)	51 x 5 x 1.5 inches
Item Weight	42.9 Pounds (per pair)
Weight Limit	500 Pounds (per board)
Automotive Fit Type	Vehicle Specific Fit



Figure 3: Running Board Dimensions. This image highlights the 5-inch width and 1 9/16-inch height of the running board, showcasing its contemporary and seamless design.

6. SETUP AND INSTALLATION

The APS IB-F5210F running boards are designed for a straightforward, bolt-on installation without the need for drilling on compatible vehicles.

6.1 Before You Begin

- Read all instructions carefully.

- Identify all parts in the package contents.
- Ensure your vehicle is a Ford F-Series or Bronco Regular Cab (1980-1996) and does not have factory reinforced heavy-duty frames.
- Gather necessary tools (typically wrenches, sockets, and possibly a torque wrench).

6.2 Installation Steps (General Guide)

1. **Position Brackets:** Locate the pre-drilled mounting points on your vehicle's frame. These are typically found along the rocker panel area. Attach the mounting brackets to these points using the provided hardware. Do not fully tighten at this stage.
2. **Attach Running Boards:** Carefully lift each running board and align it with the installed mounting brackets. Secure the running board to the brackets using the remaining hardware.
3. **Adjust and Align:** Adjust the running boards for optimal position and levelness. Ensure they are evenly spaced from the vehicle body and provide a comfortable step.
4. **Tighten Hardware:** Once satisfied with the alignment, progressively tighten all mounting hardware. Refer to your vehicle's service manual or a professional for recommended torque specifications for frame-mounted accessories. Over-tightening or under-tightening can compromise safety and stability.
5. **Final Check:** After tightening, double-check all connections to ensure they are secure. Gently test the stability of the running boards by applying pressure.



Figure 4: Installed Running Board. This image shows a running board properly installed on a compatible Ford F-Series truck, demonstrating the flush fit and appearance.

7. OPERATING INSTRUCTIONS

The APS running boards provide a stable and convenient step for entering and exiting your vehicle. To operate:

- Step onto the running board with one foot, ensuring your weight is centered.
- Use the vehicle's grab handles or door frame for additional support if needed.
- Avoid jumping onto the running boards or applying excessive force, as this can damage the boards or mounting hardware.
- Ensure the surface of the running board is clear of ice, mud, or debris before stepping to prevent slips.

8. MAINTENANCE

Regular maintenance will ensure the longevity and appearance of your running boards.

- **Cleaning:** Clean the running boards regularly with mild soap and water. Avoid abrasive cleaners or harsh chemicals that could damage the powder-coated finish. Rinse thoroughly and dry with a soft cloth.
- **Inspection:** Periodically inspect all mounting hardware (bolts, nuts, brackets) for tightness. Re-tighten any loose fasteners to the recommended torque specifications. Check for any signs of corrosion, cracks, or damage to the boards or brackets.
- **Corrosion Protection:** The stainless steel construction with powder coating offers excellent corrosion resistance. However, in harsh environments (e.g., areas with road salt), additional protective waxes or sprays designed for automotive finishes can be applied.



Figure 5: Triple-Layer Rust Protection. This diagram shows the construction layers: Stainless Steel, Pre-treatment, Anti-corrosion Primer, and Powder Coated finish, all contributing to enhanced durability and rust resistance.

9. TROUBLESHOOTING

- **Running Board Feels Loose or Unstable:**
 - Check all mounting bolts and nuts. Re-tighten them to the manufacturer's recommended torque specifications.
 - Inspect brackets for any signs of bending or damage. Replace damaged components immediately.
 - Ensure the running boards are correctly seated on the mounting brackets.
- **Difficulty Installing:**

- Verify vehicle compatibility (Ford F-Series/Bronco 1980-1996 Regular Cab, no heavy-duty frames).
 - Ensure you are using the correct mounting points on the vehicle frame.
 - If issues persist, consult a professional installer.
- **Excessive Flex or Sagging (under normal use within weight limit):**
 - Re-check all mounting hardware for proper torque.
 - Inspect the running board itself and the mounting brackets for any structural fatigue or manufacturing defects. If defects are found, contact customer support.
 - Ensure the weight limit of 500 pounds per board is not being exceeded.

10. WARRANTY AND SUPPORT

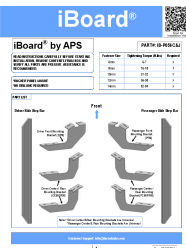
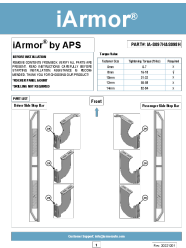
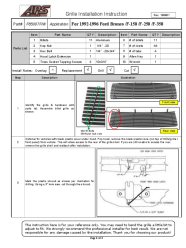
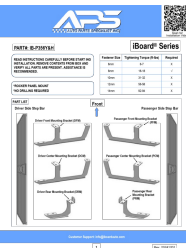
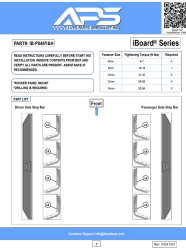
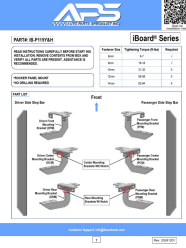
APS provides a 5-year spare part availability duration for this product, indicating commitment to long-term support. For further assistance, technical support, or warranty claims, please contact APS customer service through their official website or the retailer where the product was purchased. When contacting support, please have your model number (IB-F5210F) and purchase information readily available.



Figure 6: Running Boards on Ford Bronco. This image displays the APS running boards seamlessly integrated onto a blue Ford Bronco, highlighting the aesthetic and functional fit.



Related Documents - IB-F5210F

	<p>iBoard Running Boards Installation Guide - APS</p> <p>Step-by-step instructions for installing iBoard running boards (Part # IB-P056C&J) by APS. Includes hardware lists, torque specifications, and detailed diagrams.</p>
	<p>iArmor by APS Running Boards Installation Guide</p> <p>Detailed installation instructions for iArmor by APS running boards (part numbers IA-S097H & IA-S098H), including torque values, parts list, and step-by-step assembly guidance.</p>
	<p>APS Grille Installation Instructions for 1992-1996 Ford Bronco/F-150/F-250/F-350</p> <p>Step-by-step guide for installing an APS billet grille (Part# F85007F/W) on 1992-1996 Ford Bronco, F-150, F-250, and F-350 models. Includes parts list, illustrations, and installation notes.</p>
	<p>APS iBoard Series Step Bars Installation Guide - Part # IB-P356Y&H</p> <p>Comprehensive installation instructions for APS iBoard Series step bars (Part # IB-P356Y&H). This guide includes a detailed parts list, hardware specifications, fastener torque settings, and step-by-step procedures for mounting the step bars to your vehicle.</p>
	<p>iBoard® Series Running Boards Installation Guide - APS Auto Parts</p> <p>Comprehensive installation guide for APS iBoard® Series running boards. Includes part lists, hardware details, torque specifications, and step-by-step instructions for vehicle mounting.</p>
	<p>APS iBoard® Series Step Bars Installation Guide - Model IB-P115Y&H</p> <p>Comprehensive installation guide for APS iBoard® Series Step Bars (Model IB-P115Y&H). This document provides detailed instructions, parts lists, hardware specifications, and tightening torque values for rocker panel mounting without drilling.</p>

