

IRONBISON IB-FCS1-07 Front Bumper



# IRONBISON IB-FCS1-07 Front Bumper Instruction Manual

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**IRONBISON IB-FCS1-07 Front Bumper**



2018-2020 Ford F150 (Exclude 2020 Diesel Models & Raptor Models)

**Torque & Tools**





90-180 min



Cutting May  
Required



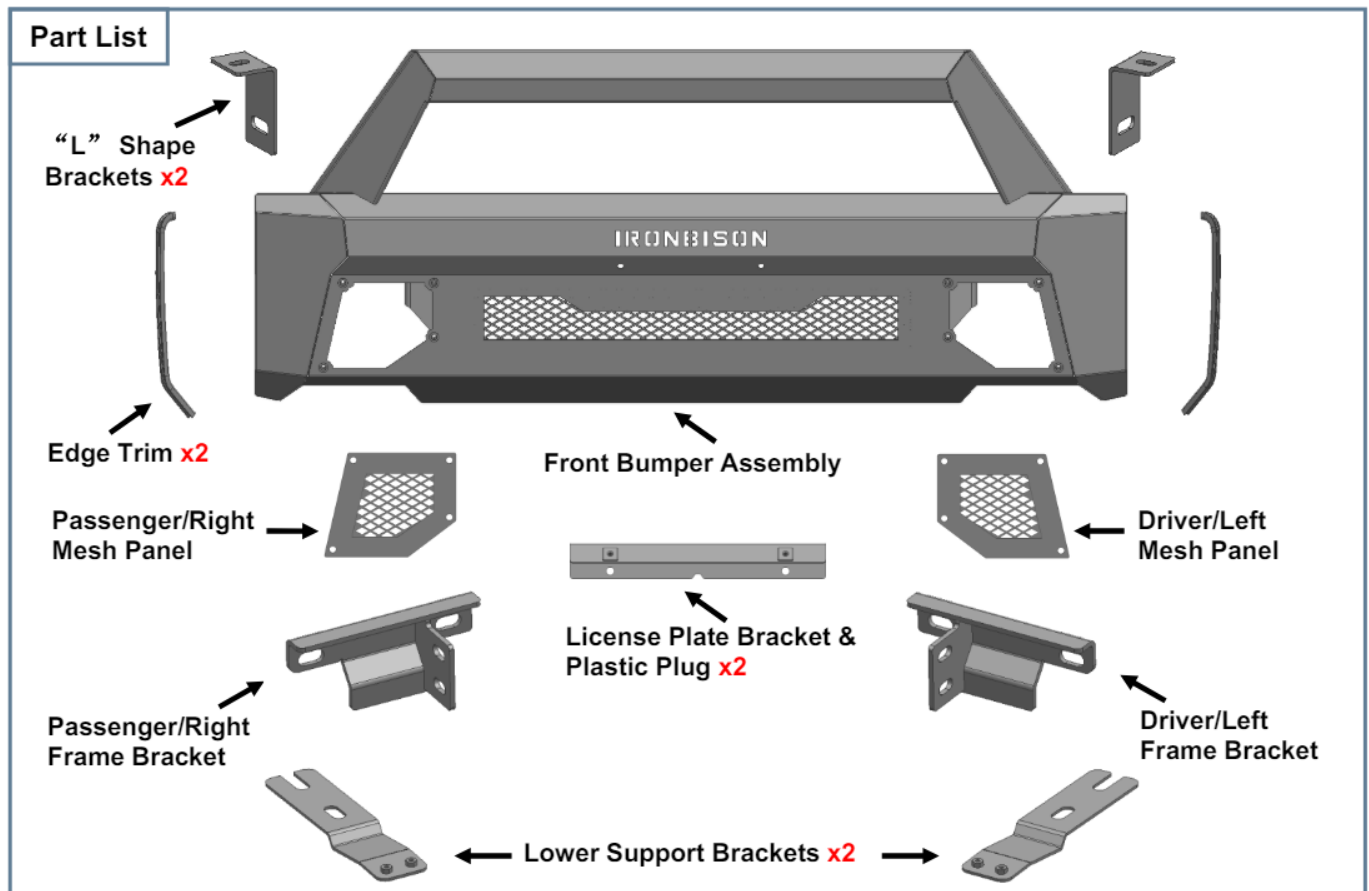
Drilling Not  
Required

Fastener Size	Tightening Torque (ft-lbs)	Wrench Required		Allen Wrench Required	
■ 6mm	■ 7-8.5		<input type="checkbox"/> 10mm		■ 4mm
■ 8mm	■ 18-20		■ 13mm		<input type="checkbox"/> 5mm
■ 10mm	■ 35-40		■ 16mm		<input type="checkbox"/> 6mm
■ 12mm	■ 60-70		■ 18mm		<input type="checkbox"/> 8mm
























**BEFORE INSTALLATION**

REMOVE CONTENTS FROM BOX. VERIFY ALL PARTS ARE PRESENT DEPENDING ON THE PARTS LIST. READ INSTRUCTIONS CAREFULLY. THE BUMPER IS HEAVY, ASSISTANCE IS HIGHLY RECOMMENDED TO AVOID POSSIBLE INJURY OR DAMAGE TO THE VEHICLE.

## Part List



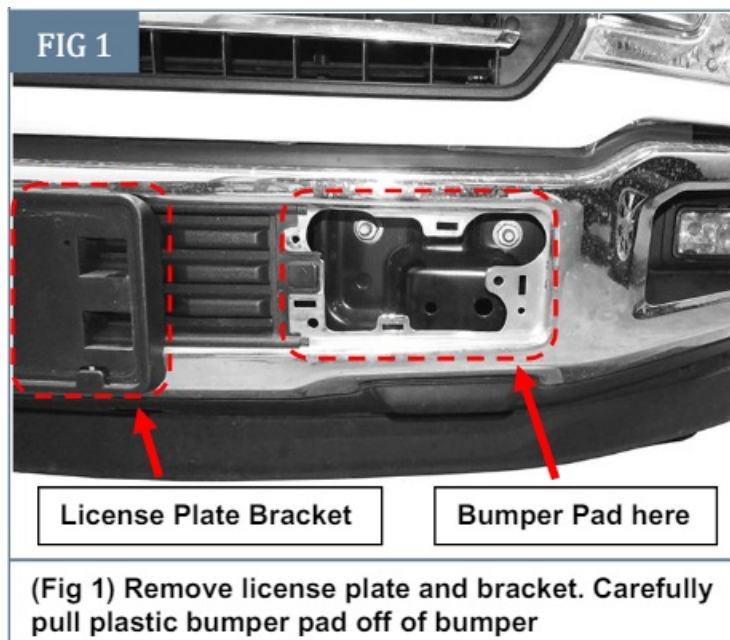
## WHAT IN THE BOX

<p><b>Use to attach the Bumper and Brackets to the frame:</b></p>	 x2 12mm Double Bolt Plate  x4 12mm Plastic Retainer  x4 Bracket Spacer  x4 12mm x 24mm x 2.5mm Flat Washer  x8 12mm Lock Washer  x4 12mm Hex Nut  x4 12mm x 40mm Hex Bolt  x4 12mm x 32mm x 3mm Flat Washer  x2 12mm Double Nut Plate  x2 10mm Double Bolt Plate  x4 10mm x 20mm Flat Washer  x4 10mm Lock Washer  x4 10mm Hex Nut
<p><b>Use to attach LED Light Bar to the Bumper:</b></p>	 x2 8mm x 25mm Hex Bolt  x2 8mm x 16mm Hex Bolt  x6 8mm x 24mm x 2mm Flat Washer  x4 8mm Lock Washer  x2 8mm Hex Nut
<p><b>Use to attach Support Bracket &amp; Mesh Fill Panels &amp; License Plate Bracket to the Bumper:</b></p>	 x12 6mm x 20mm Combo Bolt  x2 6mm x 20mm Button Head Bolt  x4 6mm x 18mm Flat Washer  x2 6mm Nylon Lock Nut  x1 4mm Allen Wrench

## INSTALLATION INSTRUCTION

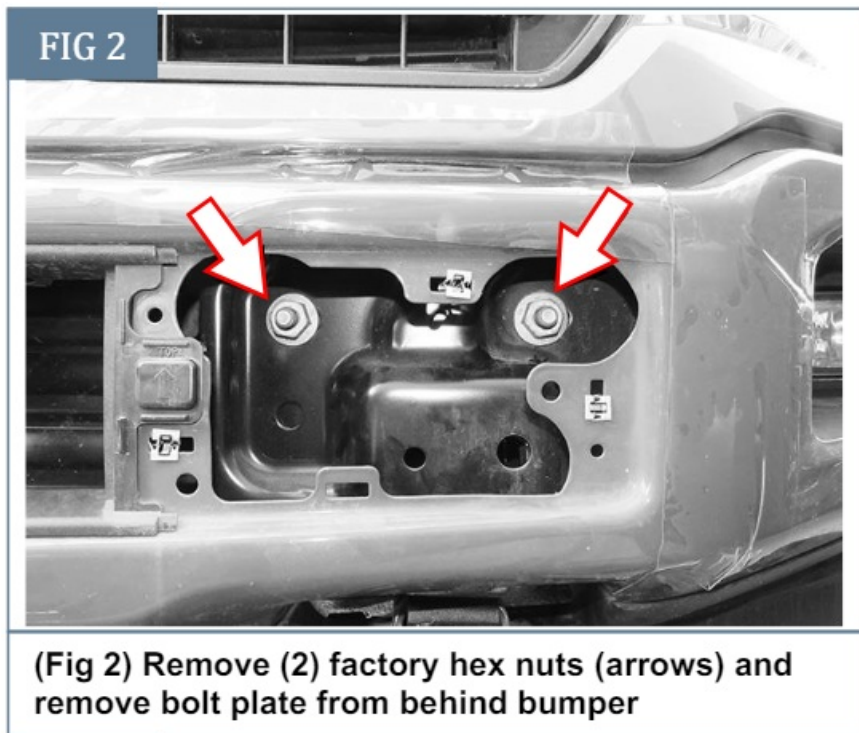
### STEP 1

Remove the license plate and bracket. Next, remove the plastic bumper pads from the bumper, (Fig 1). NOTE: Pull bumper pads straight out to release metal clips. Unplug and remove the adaptive cruise control sensor, if equipped.

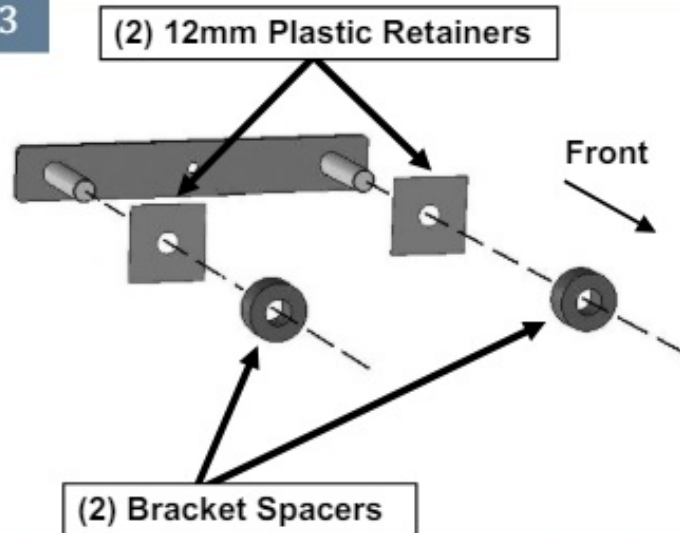


## STEP 2

Remove the (2) factory hex nuts attaching the driver/left side of the bumper to the end of the frame, (Fig 2). Remove the factory double bolt plate from the back of the bumper. NOTE: Use a small flat-blade screwdriver to pry up the metalclips to remove the bolt plate. Select the included 12mm Double Bolt Plate, (Fig 3). Insert the Bolt Plate back through the bumper bracket and bumper, (Fig 4). From the front, thread (2) 12mm Plastic Retainers onto the Bolt Plate to help hold it in place, (Fig 5). Slide (2) Bracket Spacers onto the threaded bolts on the Bolt Plate, (Figs 3 & 6).

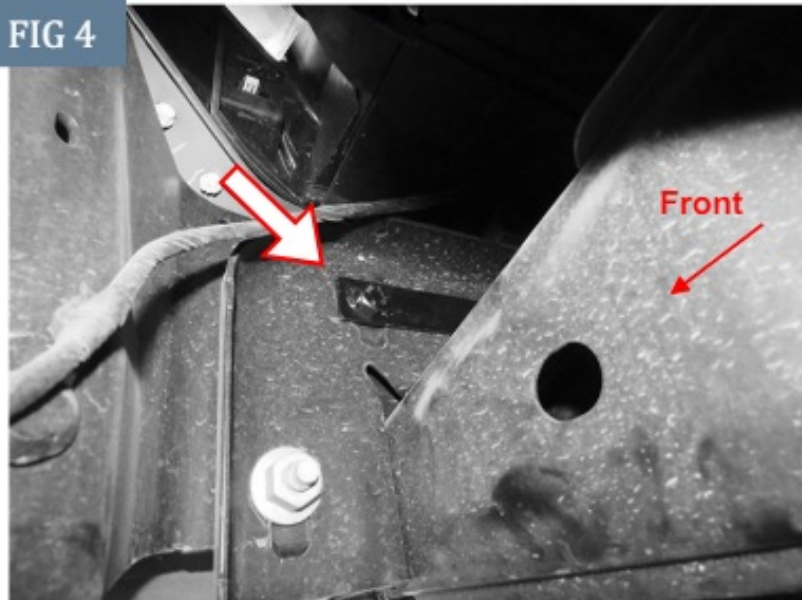


**FIG 3**



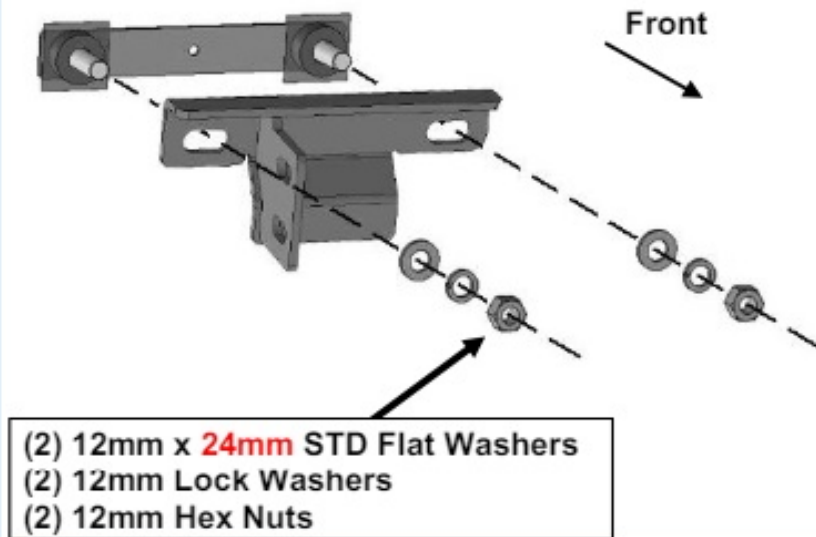
(Fig 3) Insert Double Bolt Plate back through bumper. Thread (2) Plastic Retainers onto Bolt Plate to hold in place. Slide Bracket Spacers onto threaded end of Bolt Plate

**FIG 4**



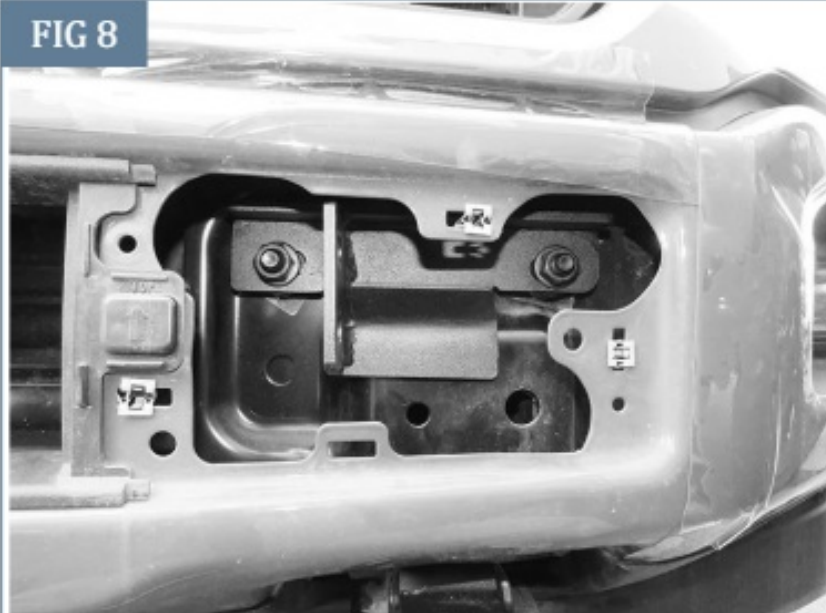
(Fig 4) Driver/left Double Bolt Plate installed (pictured from back of bumper)

**FIG 7**



**(Fig 7) Attach driver/left Frame Bracket over Spacers to Double Bolt Plate**

**FIG 8**



**(Fig 8) Driver/left Frame Bracket installed**

### **STEP 3**

Select the driver/left Frame Bracket, (Fig 7). Attach the Frame Bracket to the Bolt Plate with (2) 12mm x 24mm STD Flat Washers, (2) 12mm Lock Washers and (2) 12mm Hex Nuts, (Fig 8). Do not fully tighten hardware at this time.

### **STEP 4**

Repeat Steps 2 & 3 to install the passenger/right Frame Bracket.

### **STEP 5.1**

Determine if vehicle is equipped with tow hooks to install lower Support Brackets.

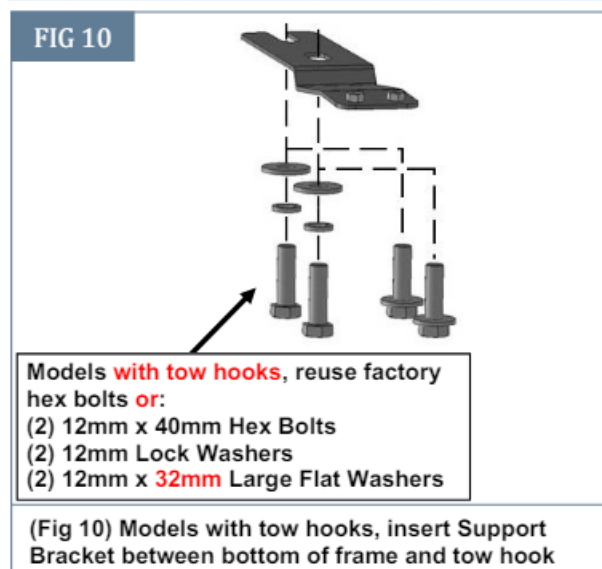
**Models with hooks:**



- Remove the rubber seal around the tow hook. Remove the front bolt but only loosen the rear mounting bolt, (Fig 9). Leave tow hook in place.
- Select (1) Support Bracket. Slide the Support Bracket between tow hook and the bottom of the frame. Reinstall the front factory tow hook bolt. Do not fully tighten hardware at this time, (Figs 10 & 14). **NOTE:** Cut the rubber seal to reinstall over the Bracket.
- Repeat the previous Steps to install the passenger/right Support Bracket.



(Fig 9) Models with tow hooks, remove forward bolt and loosen but do not remove rear bolt to hold factory double nut plate in place in frame



(Fig 10) Models with tow hooks, insert Support Bracket between bottom of frame and tow hook

## STEP 5.2

Models without tow hooks:

- Select the included (1) 12mm Double Nut Plate. Apply a short piece of tape, (duct or masking tape for example) to the end of the Nut Plate to act as a temporary handle, (Fig 11).
- Slide the Nut Plate into the open end of the frame and over the holes in the bottom of the frame, (Fig 12). Thread (1) 12mm x 40mm Hex Bolt, (1) 12mm Lock Washer and (1) 12mm x 32mm Large Flat Washer into the rear mounting hole to hold the Nut Plate in the correct position, (Fig 15). **NOTE:** On some models, it may be necessary to loosen or remove the large hex nuts, (1 per side), attaching the back of the bumper to the bottom of the bumper bracket, (Fig 13). Tilt the bumper forward for more room to insert the Double Nut Plates into the frame, (Fig 12).
- Select (1) Support Bracket. Use a sharp knife or hacksaw blade to cut a slot out of the lower plastic cover to

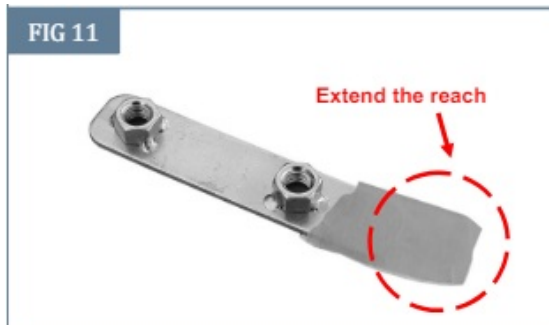


clear the Support Bracket, (Fig 14). Remove the plastic cover from the bottom of the bumper if necessary.

Reinstall after cutting slots

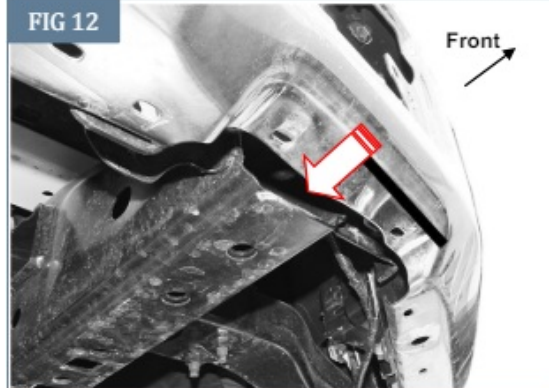
- Slide the Support Bracket through the opening and under the previously hardware Hex Bolt. Attach the front of the Support Bracket to the bottom of the frame and Double Nut Plate with the included (1) 12mm x 40mm Hex Bolt, (1) 12mm Lock Washer and (1) 12mm x 32mm Large Flat Washer, (Figs 15 & 16). Do not tighten.
- Repeat the previous Steps to install the passenger/right Support Bracket.

FIG 11



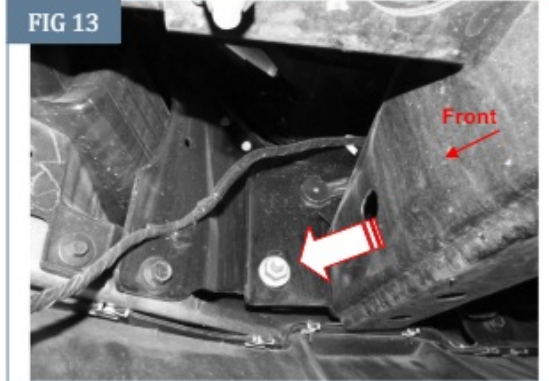
(Fig 11) If necessary, apply tape (masking, duct tape for example) to extend the reach to line up the Double Nut Plate with holes in the frame

FIG 12



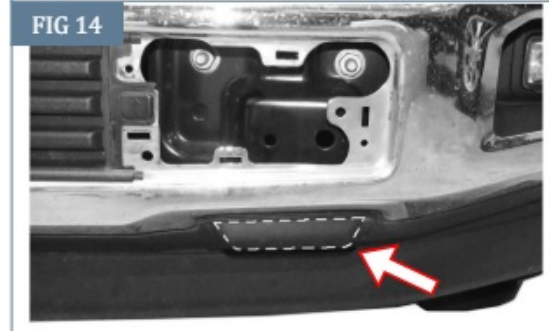
(Fig 12) Insert the Double Nut Plates into the end of the frame (arrow).

FIG 13



- (Fig 13) loosen or remove lower factory hex nut (arrow) from back of the bumper bracket and tilt the bottom of the bumper out enough for more room to insert the Double Nut Plates (driver/left side pictured)

FIG 14



- (Fig 14) Models without tow hooks, Cut slot through plastic splash guard to clear Support Bracket

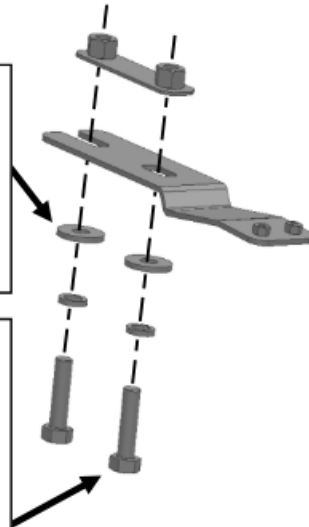
FIG 15

Thread below hardware to hold the Nut Plate in position **before** the Support Bracket mounting:

- (1) 12mm x 40mm Hex Bolts
- (1) 12mm Lock Washers
- (1) 12mm x **32mm** Flat Washers

**After** insert the Support Bracket, Use the below hardware to mount it on the front hole of the Nut Plate:

- (1) 12mm x 40mm Hex Bolts
- (1) 12mm Lock Washers
- (1) 12mm x **32mm** Flat Washers



(Fig 15) Models **without tow hooks**, Attach Support Bracket to Double Nut Plate in frame

FIG 16

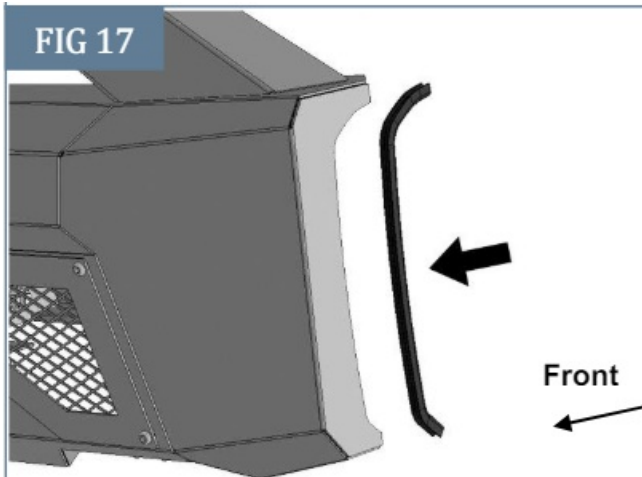


(Fig 16) Support Bracket installed between tow hook and bottom of frame

## STEP 6

Carefully unwrap the Bumper. Attach the included Edge Trim to both ends of the Bumper, (Fig 17).

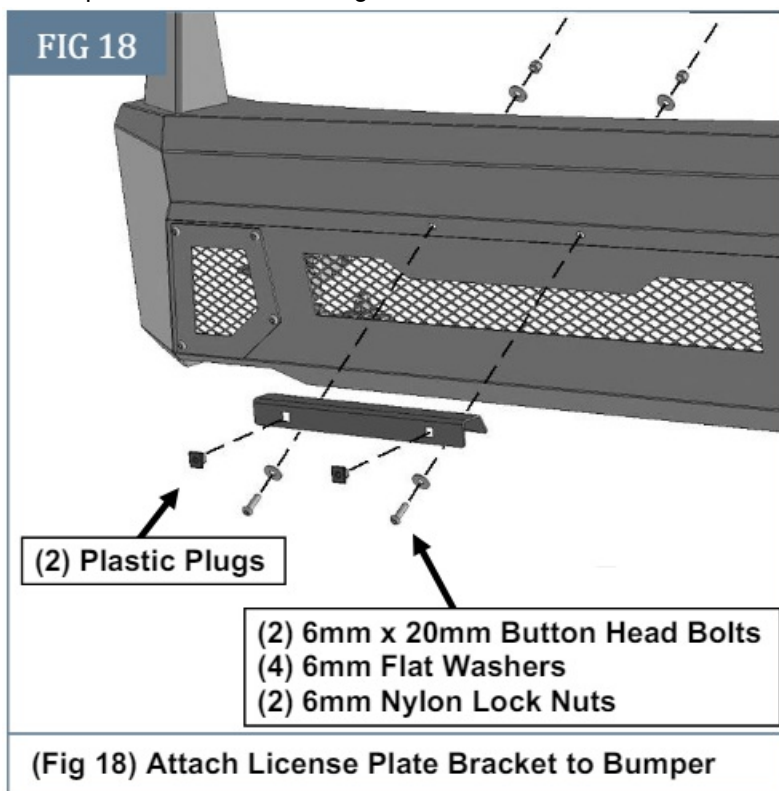
FIG 17



(Fig 17) Push Edge Trim onto both ends of Bumper

## STEP 7

On vehicles requiring front license plate, select the License Plate Bracket. Attach the Bracket to the front of the Bumper with the included (2) 6mm x 20mm Button Head Bolts, (4) 6mm Flat Washers and (2) 6mm Nylon Lock Nuts, (Fig 18). Push the included (2) push-in Plastic Plugs into the square holes in the Bracket. Reuse the factory hardware to attach the license plate to the Plastic Plugs.



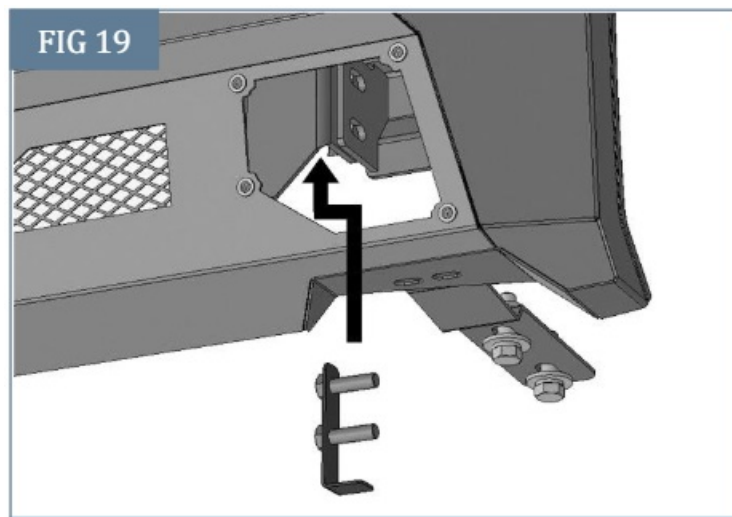
## STEP 8

With assistance, position the mounting tabs on the back of the Bumper up to the inside of the Frame Brackets. Temporarily support Bumper.

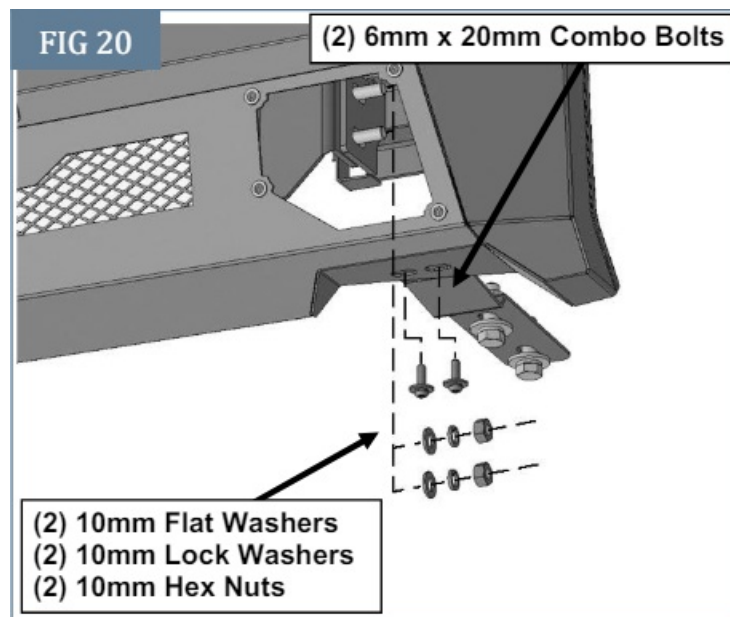
- **WARNING:** To avoid possible injury or damage to the vehicle, do not proceed until the bumper is fully and safely supported.
- **WARNING!** Do not crawl under bumper unless it is properly supported on blocks or stands or the bumper may fall.

## STEP 9

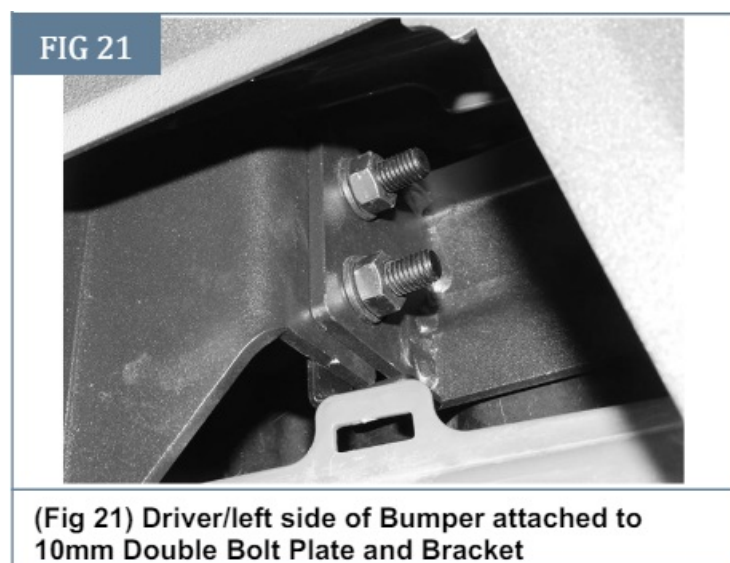
Select (1) 10mm Double Bolt Plate, (Fig 19). Insert the Bolt Plate through the outer opening in the Bumper. Guide the Bolt Plate into, up and through the back of the Brackets. Attach the Bumper to the Bolt Plate with (2) 10mm Flat Washers, (2) 10mm Lock Washers and (2) 10mm Hex Nuts, (Figs 20 & 21). Do not tighten hardware. Repeat this Step to attach the passenger/right side of the Bumper to the Mounting Bracket.



- ( Fig 19) Insert 10mm Double Bolt up and through back of tab on Bumper and Frame Bracket



- (Fig 20) Attach driver/left side of Bumper to 10mm Double Bolt Plate. Attach the bottom of the Bumper to Support the Bracket



## STEP 10

Line up the mounting holes in the driver/left Support Bracket with the holes in the bottom of the Bumper. Attach the Support Bracket to the inside of the Bumper with the included (2) 6mm Button Head Combo Bolts, (Figs 20 & 22). Do not fully tighten the hardware. Repeat this Step to attach the passenger/right Support Bracket.

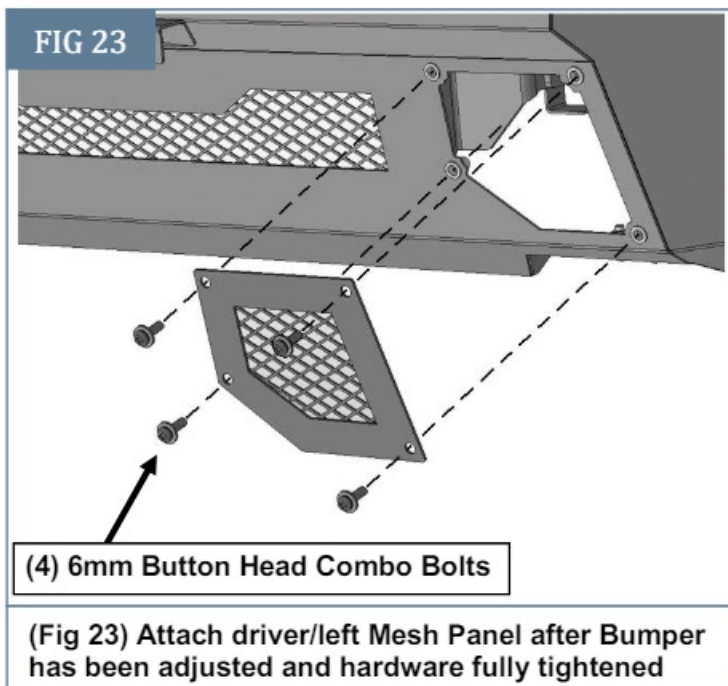


### STEP 11

Check the Bumper for level and centered on the vehicle. Adjust the Bumper as necessary and fully tighten all Mounting Bracket hardware. NOTE: If additional left-right adjustment is required, temporarily loosen the Frame Bracket hardware and slide the Brackets left or right as necessary and fully tighten the Frame Bracket hardware.

### STEP 12

Once the hardware has been fully tightened, attach Mesh Panels to the Bumper with the included (8) 6mm x 20mm Button Head Combo Bolts, (Fig 23)



### STEP 13

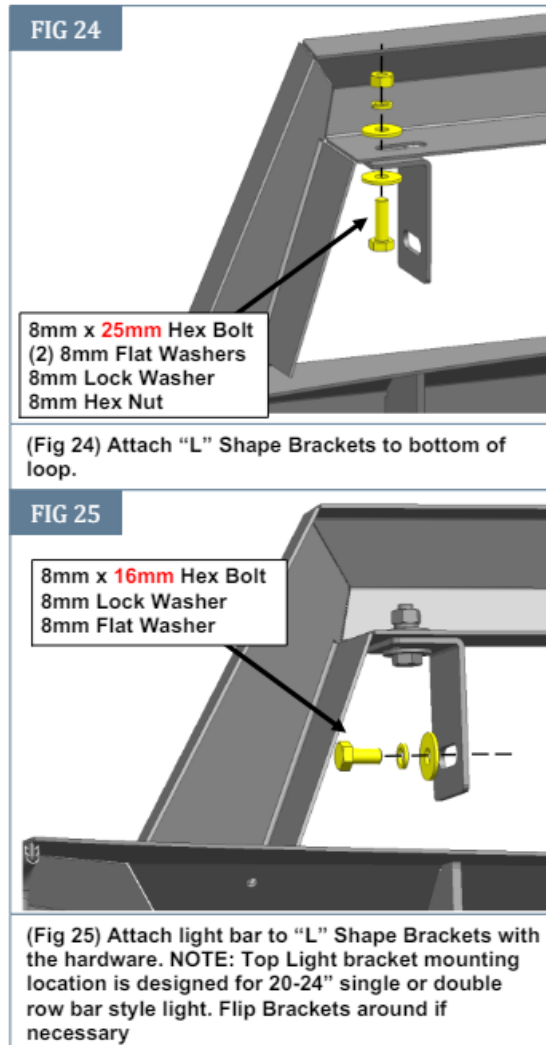
Top-mounted LED light installation (optional light not included).

- Select (1) “L” Shape Bracket. Attach the Bracket to the bottom of the top hoop with (1) 8mm x 25mm Hex Bolt, (2) 8mm Flat Washers, (1) 8mm Lock Washer and (1) 8mm Hex Nut, (Fig 24). Do not tighten the hardware at this time.
- Repeat the previous step to attach the remaining “L” Shape Bracket.
- Attach light bar to “L” Shape Brackets with the hardware included (2) 8mm x 16mm Hex Bolts, (2) 8mm Lock Washers, and (2) 8mm Flat Washers. Adjust the width of the Brackets to the light.



**IMPORTANT:** Top Light Brackets are designed to install most 20" to 24" single and double row bar style LED lights, (Fig 25).

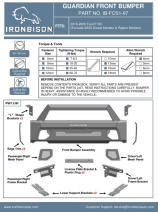
- "L" Shape Bracket installed to the inside will accommodate a light 21-3/8" to 23- 3/16" wide.
- "L" Shape Bracket installed to the outside will accommodate a light 24-9/16" to 26-5/16" wide.
- Fully tighten the top light hardware once adjusted.



#### STEP 14

Do periodic inspections to the installation to make sure that all hardware is secure and tight.

- [www.ironbisonauto.com](http://www.ironbisonauto.com)
- Customer Support: [service@ironbisonauto.com](mailto:service@ironbisonauto.com)



## [IRONBISON IB-FCS1-07 Front Bumper](#) [pdf] Instruction Manual

IB-FCS1-07 Front Bumper, IB-FCS1-07, Front Bumper, Bumper

## References

- [User Manual](#)

### [Manuals+](#), [Privacy Policy](#)

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