

# INSTALLATION GUIDE

Toyota FJ Cruiser



## HARDWARE

ITEM	QTY
FJ Cruiser Front Bumper	1
Mounting Brackets	2
Skid Plate	1
Front Bumper Mounting Hardware	
1/4" - 20 X 1" Socket Cap Bolt	3
1/4" - 20 Clip Nut	3
1/4" USS Washer	3
5/16" USS Washer	2
3/8" - 16 X 1" Hex Cap Bolt	2
3/8" - 16 x 1 1/2" Hex Cap Bolt	2
3/8" - 16 X 4" Hex Cap Bolt	2
3/8" F436 Washer	6
3/8" - 16 Nyloc Nut	2
1/2" - 13 X 1 1/2" Hex Cap Bolts	4
1/2" - 13 Nyloc Nut	4
1/2" F436 Washer	22
M8-1.25 X 30mm Hex Cap Bolt	2
M12-1.25 X 25mm Hex Cap Bolt	2

## SKILL LEVEL - 4 STARS



1 STAR

EASY - No tools required

2 STARS

BASIC - Requires standard tools, basic mechanical knowledge and understanding

3 STARS

MODERATE - Requires standard tools. Some drilling and/or cutting.

4 STARS

ADVANCED - Requires speciality tools. Drilling, cutting, and/or welding

5 STARS

EXPERT - Professional installation recommended.

## DISCLAIMER

Expedition One is not responsible for any damages to vehicle or injury.

We always recommend professional assistance when installing our vehicle products.

Always follow safety precautions including the use safety gear and devices.

## Remove Stock Bumper

### 1. Remove Grill Surround

Pop out clips behind grill surround using flat head screwdriver (2 on each side and 1 in the middle) and pry off.



2. Remove screws holding on bumper cover. 2 screws in each fender well and 6 screws on the bottom skin and 3 clips along the top of bumper cover (behind grill surround).

ALWAYS DOUBLE CHECK THAT ALL SCREWS ARE REMOVED BEFORE PRYING OFF BUMPER COVER AS THERE MAY BE MORE

At this point the outer bumper skin should be removable. By prying on one side of the bumper.



3. Next remove the internal bumper by undoing the 4-14mm nuts on each side.

4. Also remove the thin center sheet metal piece that runs along the back edge of the stock plastic outer cover. This piece is held by a 10mm bolts on each side and one in the middle and remove extra bumper brackets and corner pieces



### Remove Front Bumper (Continued)

1. Before you start the install this is the most convenient time to install the winch. Use the factory mounting bolts supplied by the winch manufacturer. Install the fairlead before the winch.

NOTE: The light ports in the bumper make it easier to gain access of the mounting area for the bumper so we recommend installing the lights last.

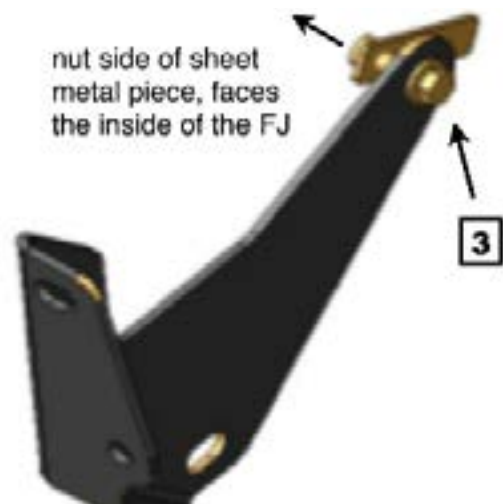
2. If you have a 2010+ model Its also recommended that you replace the windshield washer reservoir with an Expedition One Relocation Kit because the factory reservoir will be slightly exposed to possible damage after install \*see new online guide for washer kits\*



### Frame Reinforcement Brackets

3. The rear most hole of the bracket uses the small .75"x3" sheet metal piece with the "nut-insert" in it, and a 3/8" x 1.25" bolt with washer.

Note: the direction of the face of the nut-insert is away from the frame reinforcement bracket, with the nut facing toward the inside of the Fj cruiser. Put this piece in first!!! After putting it in the reinforcement bracket and putting on the bolt, screw it in a few turns, slide it in the .9" hole in the frame in the corresponding spot and swing it up into place.



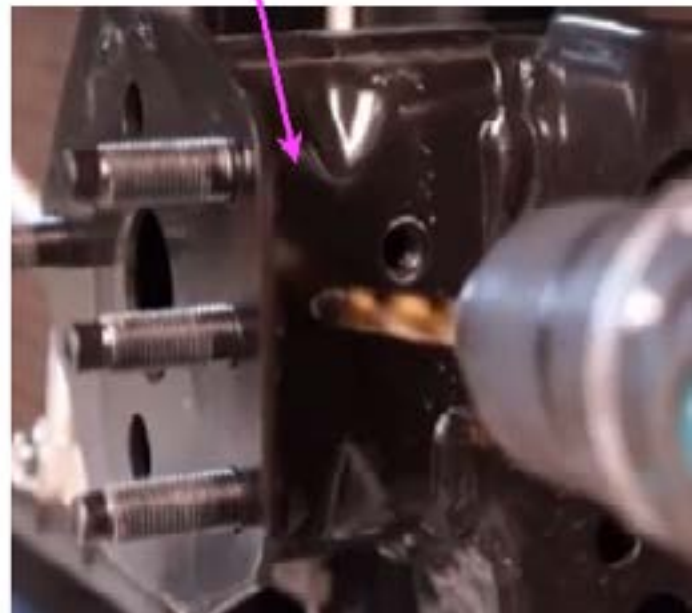
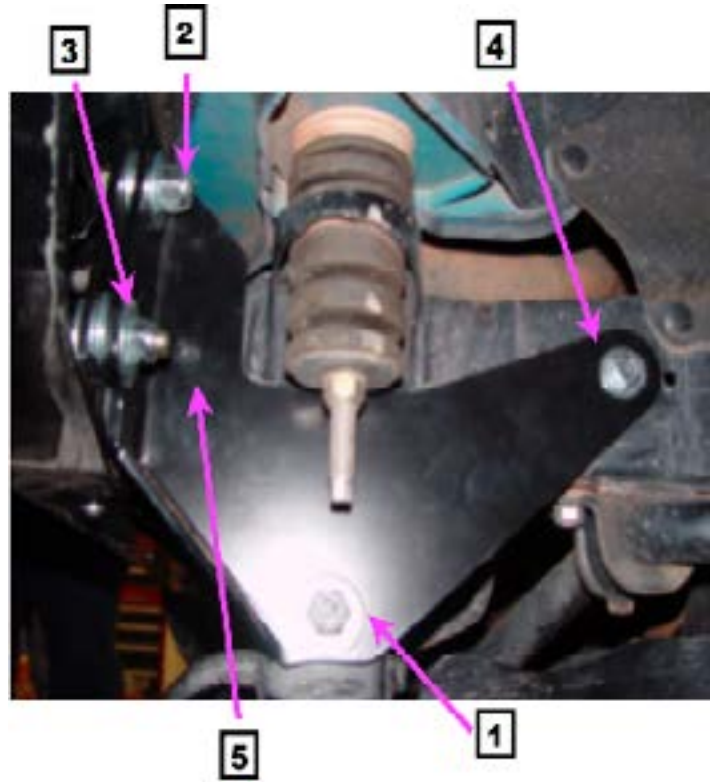
### Frame Reinforcement Brackets(Cont)

1. The short stubby M12 1.25 X 30 metric fine thread bolt goes directly into the frame
2. The 1/2" X 2" bolt and nylock goes in the top flange hole, adjacent to the upper mounting hole in the bumper after the bumper is on vehicle.
3. The 1/2" X 2" bolt is for the lower flange hole and nylock (again to be placed after the bumper is on the vehicle)

The extra large washers act as shims between the reinforcement brackets, and the bumper. Generally 3 washers would be used in-between the bracket and bumper and one on each end of the bolt and nut respectively.

4. The 3/8" x 1-1/4" Bolt with nut insert on the opposite side goes into the rear hole of the reinforcement bracket

5. Partially seen in the picture the 3/8" x 3 1/2" bolt will go. The hole for this bolt must be drilled using a 3/8" bit. This bolt is a through frame hole. The bolt goes through the frame in the .4" hole that is about 1.25" back from the flanged edge of the reinforcement brackets.





## Front Bumper Install

Have a friend help you slide the bumper onto the front of the vehicle. Then you can install the Bolts, Washer/ Shims, and Nylocks (pictured in #2 and #3 on the previous page) in the front flange of the reinforcement bracket, securing the bumper to the vehicle.



## Install Skid Plate

Instructions for Installing the skid plate changes based on the year of your FJ so read through the entire instructions first before you embark on the skid plate installation.

There are 3 button head bolts & washers for this, and 2 new replacement bolts for the factory skid plate. You must remove the factory skid plate in order to install the bumper skid. There are 2 funny alignment/holder hooks on the front of the stock skid that may have to be bent up or removed in order for everything to fit right.



FJ 2010+ skid plate: On the newer models there will be a 1" bracket shaped like a leaf spring on each side held on with 3 bolts. After you take off the front stock skid, you have to take the 3 bolts out, install our skid plate using the 2 mounting holes. Put those parts back on and then the factory skid. On the most recent model, the tubes (see photos above) are a formed sheet metal, but the process is still the same.

Once everything is put together tighten all bolts nice and snug.



:::QUICK NOTES:::

Check all the bolts in a few weeks or after a nice off road trip. The bolts can loosen a bit so give them a turn or 2 after the bumper has settled



Tips for Fender well Plastic: the best thing I've seen so far is to remove the bottom most part of the fender well (the one that looks like you could use for a bowl to eat out of). 3 plastic rivets hold it on. Pop them off and then fold the bottom part up and into the bumper.

If you have any questions please email [info@expeditionone.biz](mailto:info@expeditionone.biz) or call 801-627-2921

