



Installation Instructions

2010-2024 4Runner Rock Runner Front Bumper



Step 1

Begin by installing the side wings onto the bumper center using the $\frac{3}{8}$ " carriage bolts, washers, and flange nuts as shown in Figure 1. Be sure to get all of the hardware started before tightening any of it. Ensure the top face of the wings are flush with the top face of the center section as well as the back edges of the mounting plate, then tighten the hardware.

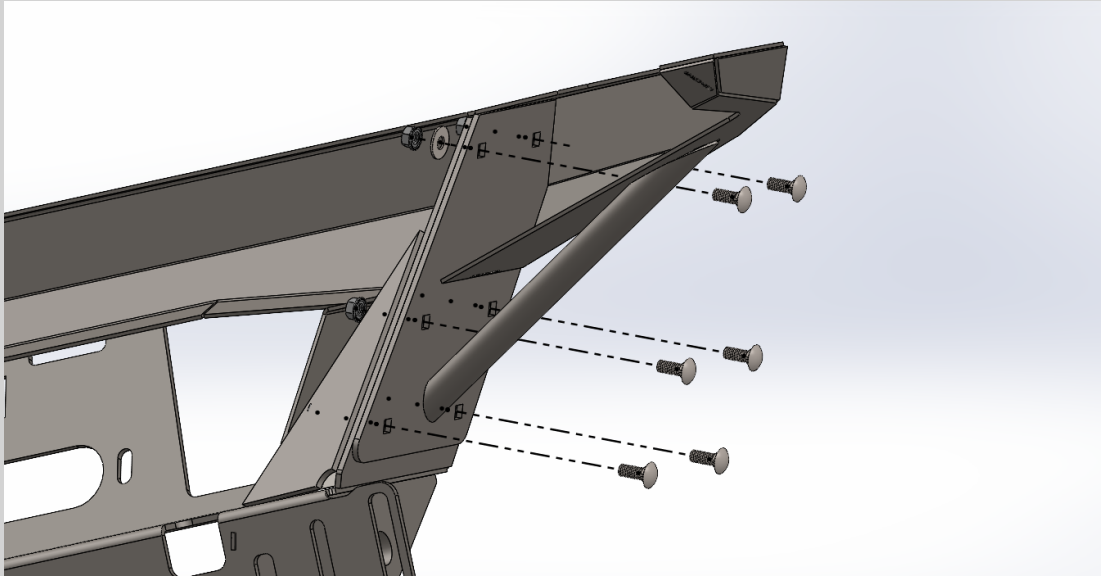


Figure 1: $\frac{3}{8}$ " carriage bolts, washers, and flange nuts used to mount the side wings to the bumper center.

Step 2

Install the Rock Runner logo badge using the small M2.5 screws as shown in Figure 2. Insert the screws through the logo plate and then use the washers, lock washers, and nuts on the back side.

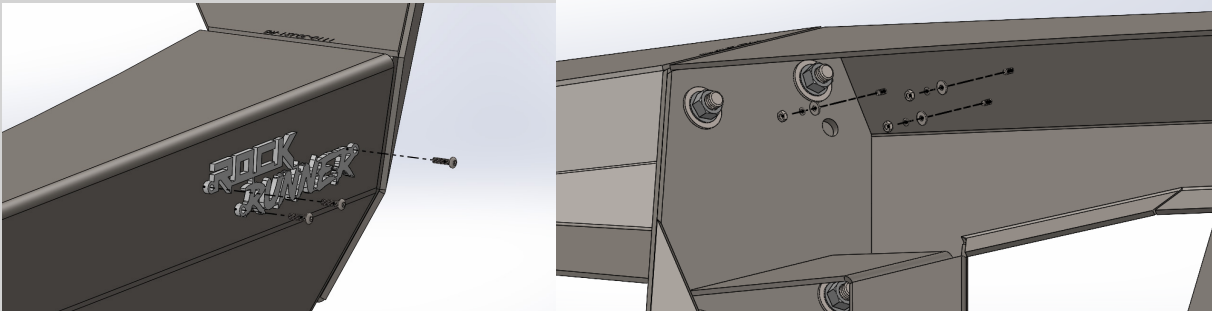


Figure 2: Rock Runner logo plate installed using M2.5 hardware.

Step 3

If you are not installing a winch, you can install the supplied aluminum winch cutout fill plate. Use $\frac{3}{8}$ " carriage bolts, washers and nuts to secure it in place. Note, you are able to use the fill plate with a winch, but you lose access to plug in the winch controller and the free-spool lever.

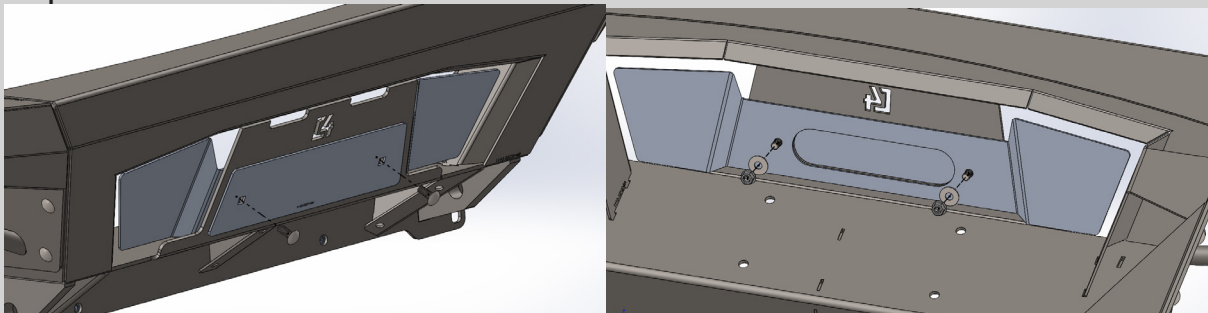


Figure 3: Winch cover plate secured with $\frac{3}{8}$ " carriage bolts, washers, and flange nuts.

Step 4

If you are installing a winch, install the fairlead first, then the winch. You may need to trim the hood latch brace for the winch to fit as shown below.



Figure 4: Center brace trimmed for winch.

Step 5

Next, prep the vehicle for installation using our Overland and Hybrid bumper installation video.

[CLICK HERE TO WATCH THE VIDEO](#)

If your 4Runner is a 2010-2013, use these instructions to cut your bumper cover.

[2010-2013 4RUNNER BUMPER CUTTING INSTRUCTIONS](#)

This video shows you how to remove and cut the bumper cover, install the power steering relocation kit, and all the other prep you will need to do to install the Rock Runner bumper. The bumpers install the same with the exception of the frame support brackets which is explained in this document later on.

Step 6

Once everything in the video has been completed, the bumper can be bolted onto the truck. It is helpful to install the outer top bolt from the back side of the frame plate to use as a stud to hold the bumper while installing. Before lifting the bumper into place, carefully bend the aluminum A/C line back a little near the passenger side frame plate. If you are installing a winch, you may need to bend the line over to the passenger side slightly so it does not rub on the winch. Lift the bumper into place and install only the two center bolts using the factory bolts and supplied grade 8 flat washers (Figure 5). Adjust the bumper so it has about $\frac{3}{8}$ " to $\frac{1}{2}$ " gap between the top of the bumper and the body and so the bumper is centered left-to-right, then tighten these two bolts.

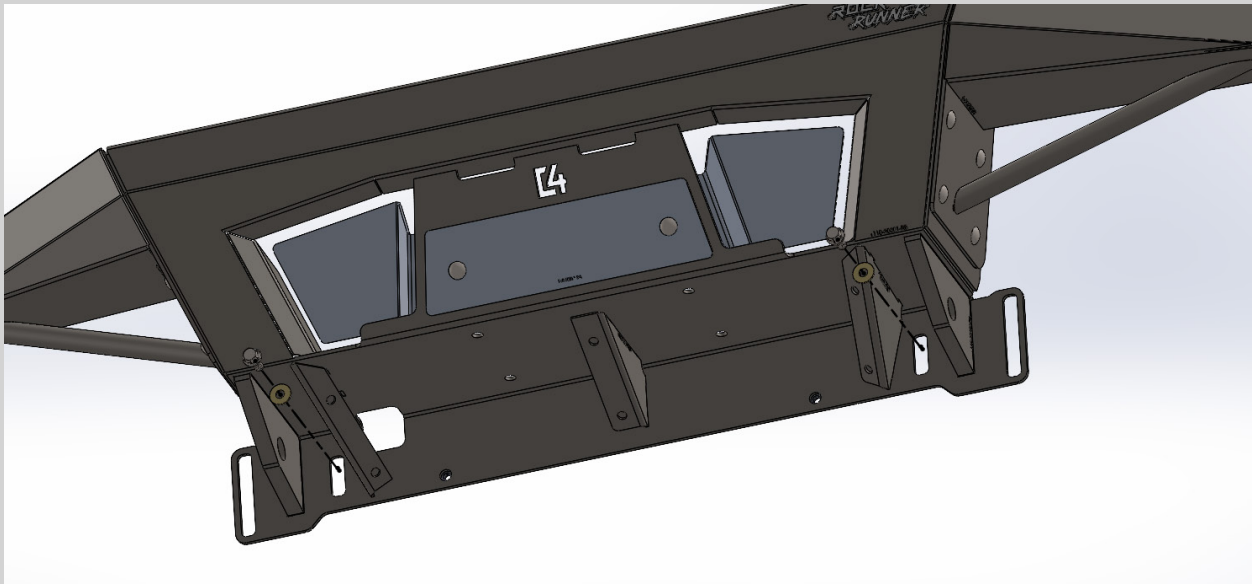


Figure 5: Use the factory bolts with supplied $\frac{3}{8}$ " grade 8 washers on the two center bolts.

Step 7

Now that the bumper is in position, install the frame support brackets as shown in Figure 6. Start by holding the bracket in place and install the front three bolts using the factory bolts and supplied grade 8 washers. Just get these started so you can start the M12 bolt with ½" washer on the side. Right behind the frame plate, you will use the factory bolt that secured the factory power steering cooler line that was previously removed. Once all the hardware is started, tighten it all down evenly to ensure it is sitting flat against the frame and the bumper.

Note, on the passenger side, the windshield washer tank skid will mount over the top of the frame support bracket using the same hardware.

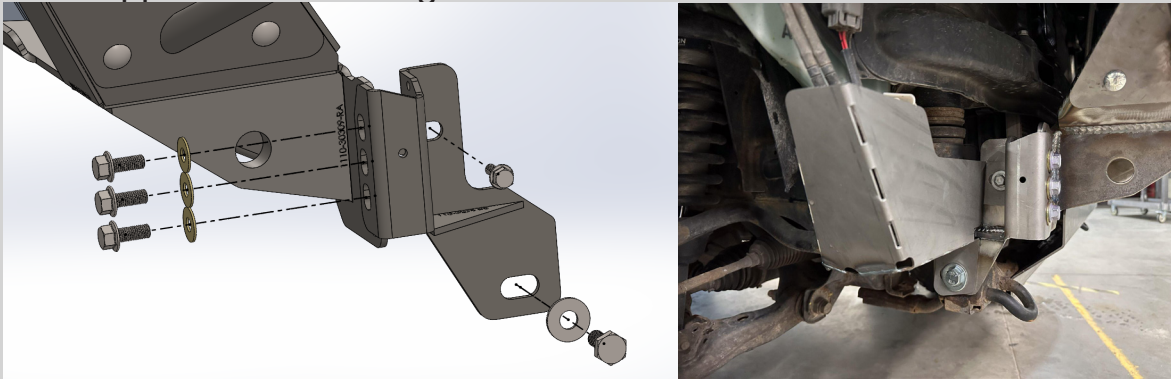


Figure 6: Frame support bracket installation.

Step 8

Next, the lower skid fill plate will be installed. If you have a factory skid plate installed, remove it now to gain access to the hardware for the support braces. Remove the front bolt on each brace under the radiator and loosen the other bolts for them so the brackets can hang down a little.

If you have an aftermarket skid plate, remove the front bolts and loosen any others so the skid plate can hang down enough to slide the lower skid fill plate between it and the frame.

With the brackets hanging down, slide the lower skid fill plate between the gap and bolt it to the bumper using the black $\frac{3}{8}$ " button head bolts and washers. Reinstall the skid plate brace bolts and tighten them down, then reinstall the skid plate.

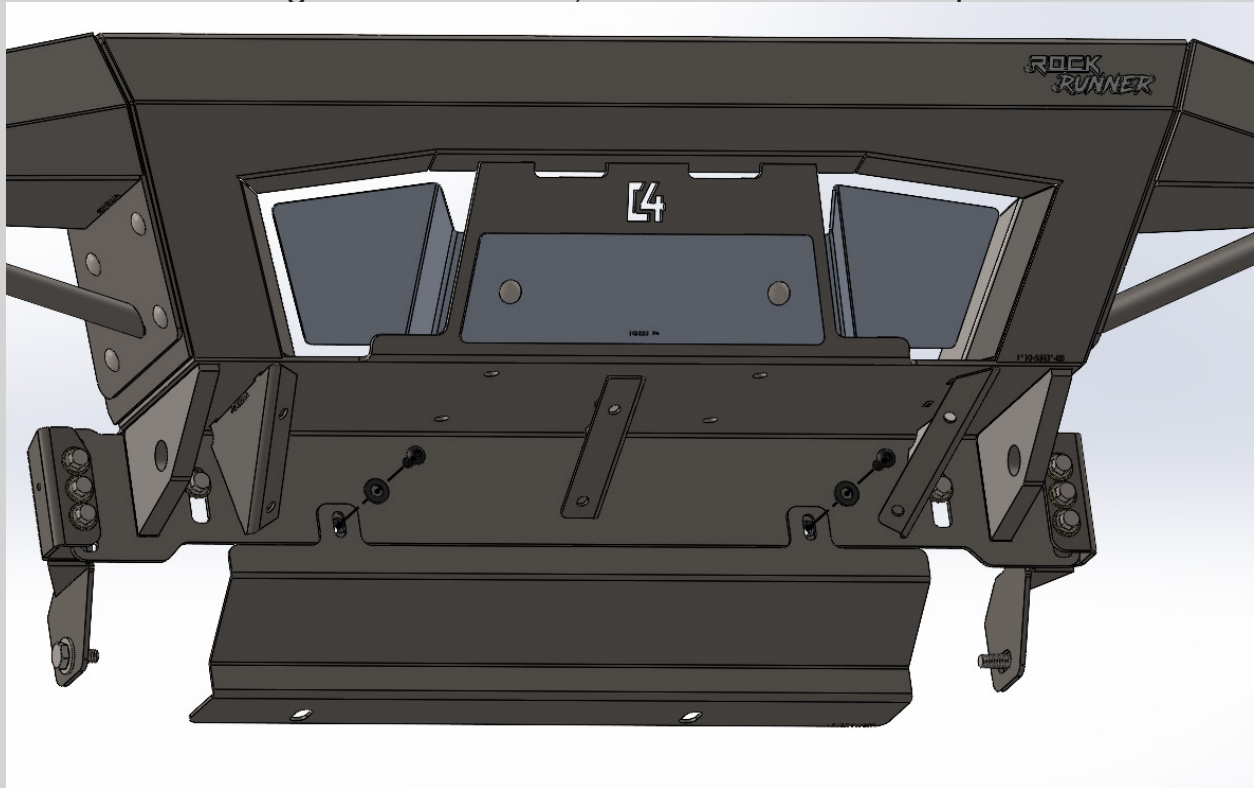


Figure 7: Lower skid fill plate installed using black $\frac{3}{8}$ " hardware.

Step 9

Install the lower cover plate using the six ¼" button head bolts. Make sure to start them all before tightening.

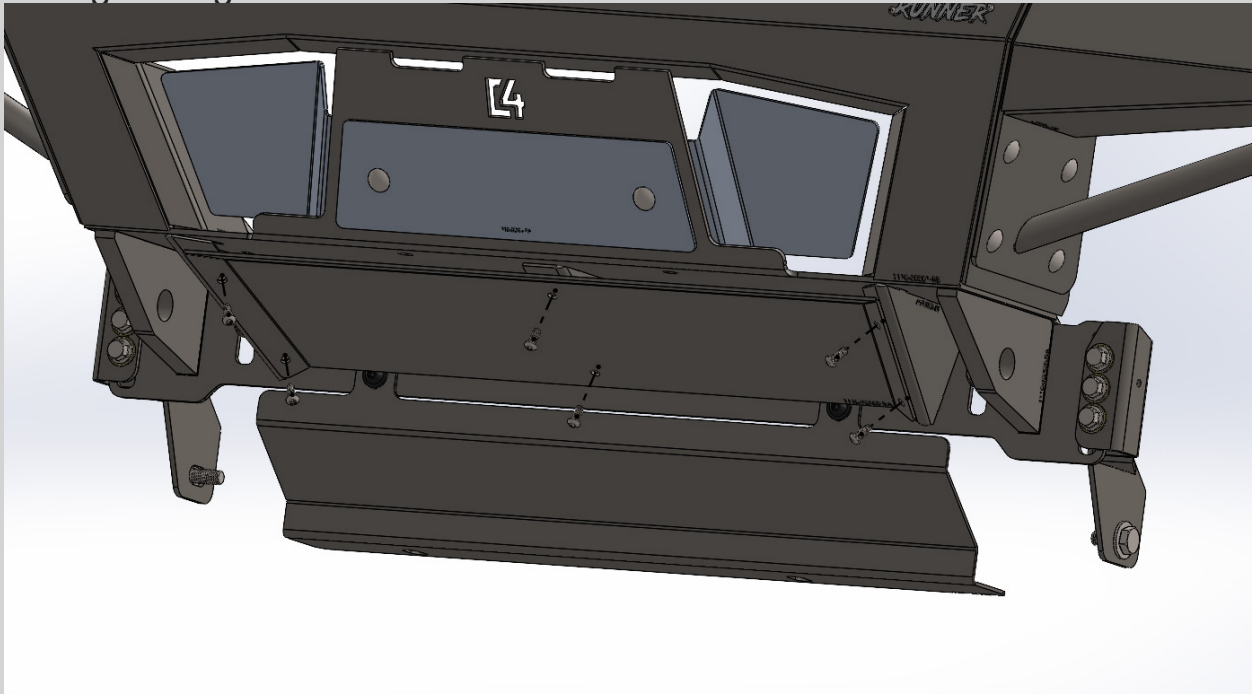


Figure 8: Lower cover plate installed using ¼" button head bolts.

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