2007-2014 FJ Cruiser Lo-Pro Winch Bumper Installation Guide

Tools required: Small flat head screwdriver, 10mm socket or wrench, 14mm wrench, 14mm socket and extension, 9/16” wrench, ¾” wrench or socket. Die grinder or air saw to cut plastic on bumper cover.

Hardware and brackets included: Four “L” shaped brackets, two 12mm bolts, two ½” flat washers, four 3/8” carriage head bolts, two 3/8” flat washers, four 3/8” flange nuts.

If you are installing a winch or light bar, mounting hardware will be provided with those products.

1) Start by removing the grille/headlight bezel from the vehicle. Use the flat head screwdriver to release the plastic clips that hold the grille in place.
Also remove the screws from the top using the 10mm socket.

Use the screwdriver to release the clips that hold the grille in place.

There are clips at the top and bottom of the grille.
Once the grille is removed, the plastic bumper cover can be removed.

2) Use screwdriver to remove plastic clips from top of bumper cover.
3) Remove screws from along bottom of bumper cover and fender liner area using 10mm socket.
Once all of those screws and clips are removed, the bumper cover can be removed from the vehicle.

4) At the corner of the bumper cover where it meets the fender, carefully lift up and pull bumper cover away from vehicle. The cover will make a popping sounds as it breaks loose from the plastic clips that hold it to the fender.

The bumper cover can be completely removed from the vehicle.

Now that the bumper cover has been removed, the steel bumper structure/crash bar needs to be removed.

5) Use the 14mm socket to remove the crash bar nuts, then remove the crash bar mounts from the frame of the vehicle.
Be sure to save the nuts that held the brackets to the frame, they will be re-used to mount the Lo-Pro to the vehicle.
Next is to remove the lower valance and cut the center portion of plastic from the bumper cover.

6) Use the 10mm socket to remove the screws from the back of the bumper cover that hold the lower valance in place.

7) Use the screwdriver to disconnect the plastic clips and then remove the grille from the bumper cover.
8) Pry the plastic clips away from the valance and remove it from the bumper cover.
Now the portion of plastic left in the middle of the bumper cover can be cut out.

9) Use a die grinder or air saw to cut the plastic along the seam where the center piece meets the rest of the bumper cover.
Cut both sides and clean up the edge so it is flush and smooth like this.
Now you are ready to prep the Lo-Pro for installation onto the vehicle.

If you are installing a winch and/or light bar, do that now.

Install the light bar first. The Extreme LED 25” light gets installed like this.
If you are installing the Baja Designs 20” S8 light bar, turn the mounting bracket legs in and mount as shown.
If you are installing the hawse license plate mount, do it now before the winch is installed into the bumper. The hawse bracket gets installed between the bumper and the fairlead like this.
If you are installing the ComeUp winch with non-integrated control box, mount the winch inside the bumper and then attach the control box to the upright structure of the bumper using the slotted hole and mounting hardware that come with the winch.

If you are installing a Smittybilt or other brand winch, mount the control box off to the side of the winch like this. Shown is a Smittybilt using the brackets that are provided with the winch.
10) Now install the bumper onto the vehicle. Use the original nuts to hold the bumper onto the frame. Adjust the bumper so the mounting studs line up in the center of the mounting holes on the bumper.
Do not forget to install the two nuts on the inside of the bumper as well. Tighten all nuts.

In some cases it is necessary to adjust the A/C lines to make sure they do not rub on the winch or control box. The lines can gently be bent by hand to make room between the winch and line. Make sure the lines are not rubbing on any other surfaces which could cause them to get punctured.

Adjust this line if necessary:

Once the Lo-Pro is adjusted and tightened, run the wires for the winch and light up into the engine bay and secure them in areas that will not rub and cause an electrical short.

You are now ready to put the plastic bumper cover back onto the vehicle.
11) Lift the bumper cover up over the Lo-Pro and set it into position back onto the vehicle. Gently push on the bumper cover at the corners where it meets the fenders to connect the cover back onto the plastic clips.

12) Re-install all the plastic clips and screws into the fender area, along the bottom corners of the plastic and on top of the bumper so that the cover is secured in place.

13) Re-install the grille. Line it up with the plastic clips and gently push on it to snap it back into place. Re-install the round clips and screws that held the grille in place.

Now that the grille and bumper cover are fully installed, the final step is to install the two sets of “L” brackets that attach the rear of the Lo-Pro to the frame and the lower corners of the plastic bumper cover to the Lo-Pro.

14) Loosely install the large bracket first using the 12mm bolt to hold it in place against the frame.

15) Now install the small “L” bracket on the other side of the bumper mounting plate. Use the 3/8” carriage head bolt to go through the small “L” bracket, through the bumper mounting plate and into the large “L” bracket.
The carriage bolt can be seen in this photo.

Loosley install another 3/8” carriage head bolt from the bottom of the small “L” bracket up through the hole in the plastic bumper cover.

16) Before tightening all of the 3/8” bolts, adjust the plastic bumper cover and hold in place where it lines up nicely to the edge of the Lo-Pro, have someone tighten the bolts while the plastic is being held in place. The gap between the plastic and Lo-Pro should look even and uniform all the way around.

Once the plastic is adjusted and the brackets are tight, your Lo-Pro install is complete!