4th Gen 4Runner (06-09) Lo-Pro Winch Bumper Installation Guide.

**Tools required:** small flat head screwdriver, 10mm socket or wrench, 14mm socket with extension, 14mm wrench, 19mm socket or wrench, two ¾” wrenches, two 9/16” wrenches, 3/8” drill bit, die grinder or air saw or similar tool to cut plastic.

Here is the hardware and brackets that should be included with your Lo-Pro.

If you ordered a ComeUp winch from us, then you will have received this mounting hardware for the control box that comes with the winch.
Always use appropriate safety gear when using air or power tools to cut and drill holes in plastic bumper.
1) Open hood and remove all plastic clips from the top of plastic bumper cover. Insert screw driver under the round top of the clip, twist screw driver to release clip.

2) Use 10mm wrench or socket to remove all screws that attach bumper cover to the fender and to the crash bar along the bottom of the bumper.
3) Use screwdriver to pry plastic retaining clips away from bumper cover so inner fender liner can be disconnected and pulled away from plastic bumper cover.
4) Pull plastic inner fender back so that the fog light lug can be accessed. Reach in behind bumper and disconnect fog light wiring from light.

5) Now the plastic bumper cover can be removed from the vehicle. Start at the top corner where the bumper meets the fender. Pull up slightly and away from the vehicle to release bumper cover from the plastic clips that hold it to the fender.
6) Completely remove bumper cover from the front of the vehicle.

7) Now the crash bar and its mounting brackets can be removed. Pull off the foam pad from the front of the crash bar.

Use the 14mm socket and extension to reach in through the front of the crash bar and remove the nuts that hold it to the mounting brackets.

8) Remove the crash bar from the mounting brackets. Use the 14mm socket to remove the crash bar mounting brackets from the frame of the vehicle.
9) Now that those components have been removed, it's time to cut the plastic bumper cover.

Set the bumper face down on a blanket or soft surface to prevent scratching the paint. Use a 10mm wrench to remove the two screws at the top of the bumper grille.

Now separate the plastic grille clips from the bumper cover and remove the grille.

Remove the grille from the bumper.
10) Turn the bumper cover right side up so the lower plastic portion can be cut out. The plastic will need to be cut right in the groove where the lower bumper valance meets the bumper cover. Use a die grinder with cut off wheel or an air saw to cut through the plastic.

11) Clean up the chunks of plastic stuck the edge of the cut with a box cutter knife or sanding type wheel for the die grinder.
The bumper cover should look like this after cutting is complete:
12) If you are installing a winch or light bar, make sure to install them into the bumper before attaching the bumper to the 4runner.

12a) Install the light bar first. If you are installing the Baja Designs light, turn the mounting feet inward on the light and install the light to the bumper like this:

If you are installing the Extreme LED 30” light you will need to use the small L brackets we provided with the bumper. Turn the feet inward and mount the brackets to the light. Use the provided hardware that came with the light to attach the brackets to the bumper.
Adjust the light to the proper height and tighten the bolts.

**12b)** Install the fairlead onto the bumper first, and then the winch.

If you are installing a hawse license plate mount, you will want to do it now since the mount fits between the bumper and fairlead. Here is how the mount is installed:
12c) If you are using the ComeUp winch we have featured on our website you can use the hardware we provide to mount the control box like this:

Remove the U-shaped bracket from the back of the ComeUp control box.
Install the two 8mm bolts that come with the winch into the T-Slot on the back of the control box. Install one of the provided nuts onto each 8mm bolt and tighten the nut to hold the bolt in place on the T-Slot.

Then install the L-shaped bracket we provide onto the control box. Leave nuts loose so the 5/16” bolts we provide with the L-bracket can be installed through the back of the bracket as shown.
Position the control box inside the bumper so the L-bracket and 5/16” bolts line up with the bumper upright structure as shown. Attach the flat plate with slotted hole at each end, over the 5/16” bolts on the outside of the bumper upright structure.

Position the control box so that you have enough room to plug the remote into the control box if using the wired remote ever becomes necessary. This winch is equipped with a wireless remote control, but it's always nice to be able to connect the wired remote in case the wireless one is not functioning. All of the mounting bolts can now be tightened.
You can route the power cables and connect them to the winch like this.

The Lo-Pro bumper is now ready to be installed onto the 4runner.

13) The easiest way to install the bumper onto the vehicle is with the help of a friend, but a jack with some boards or spacers could be used to lift the bumper if you have to perform the install alone.
Align the bumper onto the mounting studs at the front of the frame.

14) Install one of the provided 3/8” grade 8 flat washers onto each mounting stud after the bumper is in place on the studs. Loosely install the original nuts that were removed from the mounting points during dis-assembly. Do not forget to install the two nuts on the inside of the bumper as well.
15) Lift the bumper up and adjust it left to right so that the mounting studs line up in the center of the mounting holes on the bumper. Tighten down all of the nuts on the mounting studs.

16) Now the L-shaped brackets can be installed on each side of the frame connecting to the back of the bumper.
   The brackets go like this:

Loosely install the provided 12mm bolt and ½” washer into the threaded hole on the side of the frame.
Install the 3/8” carriage head bolt from the back of the bumper through the other end of the L bracket.
Install the 3/8” flange nut onto the carriage head bolt. Both the carriage head bolt and 12mm bolt can be tightened. You can see the L bracket installed in this photo.

The bumper is now fully mounted to the 4runner. Now is a good time to run the wires for your winch and light into the engine bay. Route all wires through the body and engine bay making sure they will not rub and cut open on any sharp surfaces.

Also be sure to check and see if your winch is rubbing on any of the A/C condenser lines or the Power Steering cooler lines. Depending on the size and brand of the winch you are using, you may have to slightly bend one of the lines to clearance it away from the winch.

Here is a photo of one of the lines that sometimes needs to be adjusted.
The line can be adjusted like this if necessary.

Also be sure to check that this power steering line is not rubbing on the top of the winch or the winch control box.

Now that the bumper is fully mounted, all wires are ran and adjustments are made, the plastic bumper cover can be re-installed.

17) Install the bumper cover back onto the 4runner. Lift the bumper cover up above the Lo-Pro and then drop it down behind the Lo-Pro. The plastic bumper will need to be stretched and manipulated a bit to fit around the headlights and then down into position. Be careful not to scratch or drag the front of the bumper across the Lo-Pro and cause damage to the paint.
Install the bumper cover from the top like this.

18) Push the cover down into place all the way. Once the cover is in place it can be re-attached to the vehicle using original mounting screws and plastic clips.
Once the bumper cover is fully attached, the only thing left to do is install the flat brackets that hold the plastic bumper to the Lo-Pro.

19) Using a 3/8” carriage head bolt and 3/8” flange bolt, loosely attach the flat brackets to the inside of the Lo-Pro bumper. The passenger side has an existing hole that can be used for the flat bracket to attach to.

Adjust the plastic bumper cover so that it sits nice and close to the Lo-Pro on the edges and closes as much of the gap as possible, then tighten down the hardware that holds the flat bracket in place.
The plastic can be adjusted to look like this:

20) The driver side needs one hole drilled in the plastic so that the flat bracket can be bolted in place. Loosley attach the flat bracket inside the Lo-Pro on the driver side. Then measure ½” in from the back edge of the plastic and make a mark where the measurement and the slotted hole on the flat bracket intersect.
Loosely install the 3/8” flange bolt into the drilled hole and through the flat bracket. Adjust the plastic to fit the same as the driver side and tighten the hardware.

**Your Lo-Pro install is now complete!**